

THE

MASTER

COPY

Newsletter of the Wellington Masters Athletics Inc.

Volume 11 Issue 5

December 2012



*Wishing all members
a very Merry Christmas
and a Happy and Prosperous
New Year*

WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2012-13

EXECUTIVE:

President:	Brian Watson	06 364 7758
V.President:	John Hammond	04 292 8030
Secretary:	Albert Van Veen	563 8450
Treasurer:	Graham Gould	973 6741

COMMITTEE:

Barbara Tucker	027 271 5177
John Palmer	479 2130

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WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2012-2013

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MASTERS RECORDS:			

LIFE MEMBERS

Jim & Colleena Blair (2004); Bruce & Noeleen Perry (2008); Heather May; Richard Harris (dec'd) and John Palmer (2010).

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WGTM MARATHON:	Bruce Perry	Apt 512, 134 Burma Road, Johnsonville, Wellington 6037	
WGTM MASTERS:	Colleena Blair	Flat 4, 39 Kiln Street, Silverstream, Upper Hutt 5019	528 2992

COMMITTEE MEETINGS 1st THURSDAY OF MONTH AT OLYMPIC HARRIER CLUBROOMS, BANNISTER AVENUE,
JOHNSONVILLE, COMMENCING AT 5:30pm.

CLUB REPRESENTATIVES AND MEMBERS ARE ALWAYS WELCOME.

EDITORIAL

Well, another year has flown past and the festive season is almost upon us again. The years seem to pass by quicker each year and it only seems a short time ago that we were hosting the North Island Masters track and field championships held here in Wellington. As this newsletter goes out to you we are again in the midst of organising another major championship event – the NZMA national track and field championships to be held at Newtown Park from 1st to 4th March 2013. The entry forms were published in the October issue of Vetline and will be published again in the January issue. Planning is progressing reasonably well at the moment although obtaining sponsorship seems to be our biggest hurdle. For those who wish to compete at these championships, I remind you that you need to be a financial member of Masters to be able to compete.

The events that we put on during the year were well supported with a slight increase in participation in two of the events we held. We changed the Classic Relay from Mother's Day to a week earlier with the intent of increasing the number of teams taking part. This year we had two more teams than the previous year but the pleasing thing was that each category was contested whereas the previous year a couple of the categories weren't contested. Unfortunately, when we went to book the race for 2013 someone else had booked the date that we were after so we have had to revert back to Mother's Day.

The Johnsonville 8km was also up in numbers participating and this year the event had an "international" feel with Roger Robinson and Kathrine Switzer taking part. The usual lunch was provided after the event and the warm stew always goes down well with those who take part. This is the 28th year that this event has been held and for all those year's Brian Watson has been the organiser of this event. Many thanks Brian for your dedication to ensuring this event carries on.

The Lower Hutt 5km and 10km were held on November 4th and the numbers in the walk was down on the previous year as too were the starters for the 5km. Thanks to Peter Wrigley for acting as Race Director for this event.

As with all the events we put on there are a number of Masters who religiously support our events year in and year out. The committee is extremely grateful for these members continued support. The committee is also grateful to those who come along and act as officials - usually the same ones at each event also.

The AGM came and went without any contentious issues being raised. In fact, it was probably the quickest AGM that Wellington Masters have ever held with the business being concluded in a very short time. A cup of tea and some lovely baking supplied by the President's wife was available after the meeting. This year we had three committee members stand down and to date we haven't been able to replace them. If anyone is interested on joining the committee please contact the President for any information about what is involved. Sometimes new members bring along new ideas and maybe that is what Wellington needs to keep the spirit of Masters going and maybe some ideas of how to increase participation at our events.

We also require someone to take on the role of looking after the Records for Wellington Masters. This is an important role and if anyone is interested can they also contact the President or if they need to know what is involved with the role, then contact Mark Macfarlane (telephone 04 234 8874) and he will fill you in on the details.

I hope that you all have enjoyed reading the newsletter over the past year and I am always on the lookout for any interesting articles that members may have in their archives and would to have them published for the wider membership. I do find it difficult sometimes to get material that is of interest to our wide diverse membership. I note that our membership now covers many disciplines and not just road racing and track and field. There are some members who have diversified and are now into triathlons, duathlons and cycling to name just a few.

May I take this opportunity to wish all members a very Merry Christmas and a Happy and prosperous New Year.

John Palmer
Editor

HEALTH

BOOST YOUR DIET

You might be training the house down but if you are neglecting your diet not only will your performance be compromised but so too will your energy levels, weight, well-being and mental alertness. Here are some super foods you should add to your shopping list.

GO RED

Brightly coloured food doesn't just look appealing; colour is often a sign of the nutritional properties of particular foods. Red foods contain phytochemicals such as flavonoids and the powerful anti-oxidant lycopene which scientists are just discovering has an array of health benefits.

Tomatoes

Tomatoes, or as they used to be called 'apples of love', are without doubt a super food and the benefits can be experienced whether they are eaten raw, cooked or in sauces. Tomatoes are a good source of vitamin C which is beneficial to female athletes in particular. Why? Well, iron deficiency is the leading deficiency in female athletes and eating vitamin C together with iron promotes enhanced absorption of iron. A salad full of tomatoes, red capsicum (another super red food) and spinach, together with a lean steak will give you a great boost of iron.

Red Wine

A glass of red wine may indeed be good for you! The secret is the numerous compounds in wine known as flavonoids. They act as anti-oxidants, reduce thickening of the arteries and keep the blood 'thin' and smooth flowing (a similar effect to aspirin). Red wine with the skin and seeds of grapes has nine to ten times more of these natural chemicals than white wine. However, moderation is the key in order to reap such health rewards. In excess alcohol can be detrimental to your health.

Other super red foods to look out for include: strawberries, raspberries, goji berries, red chillies, red kidney beans, cranberries, rhubarb and pomegranates.

GRAINS & SEEDS

Grains and seeds are not immune to the Western penchant for fashion, with a range of 'new age' plant-based foods exploding onto the healthy eating scene in recent years. Two that definitely have a rightful place on the 'super food' list are quinoa and chia seeds.

Quinoa

Although it was discovered 5000 years ago, quinoa (pronounced 'keen-wah') has only really gained popularity in western culture since the 1980s. Although cooked and eaten like a grain, quinoa is a seed and comes in a variety of colours from red to purple to green and yellow. The most common variety is off-white in colour and can be found in the health food section of your supermarket.

So why all the hype and is it justified? To begin with, quinoa is a complete protein, meaning it contains all the amino acids necessary to meet our nutritional needs. This makes it a rarity in the plant-world as complete proteins are usually associated with animal products. Vegetarians and vegans or anyone looking for an alternative to meat would find this a super-nutritious substitute for wheat, rye and barley. It is also a low glycemic index food and packed full of fibre, both soluble and insoluble. This makes it an ideal fuel source that won't cause dramatic fluctuations in blood sugar levels. In its raw form quinoa is also gluten-free, making it an excellent alternative for sufferers of celiac disease. From a micronutrient point of view this seed packs a punch. It is a rich source of B vitamins, iron, calcium and magnesium, all of which are important in health maintenance and disease.

In salads quinoa is a nutritious alternative to rice or cous cous. Alone it makes a tasty porridge and quinoa flour is great for baking breads and muffins. If you haven't tried it yet, get onto it!

Chia Seeds

These tiny seeds really do pack a punch in terms of nutritional content and value and are becoming more readily available. They are packed full with healthy polyunsaturated fats including both omega-3s and omega-6s. Chia seeds are in fact the richest plant source of omega-3 fats.

They provide a great source of protein, calcium, iron, zinc, fibre and a range of antioxidants. It has been said that a tablespoon of chia seeds is like a smoothie made from salmon, spinach and human growth hormone. That might not sound very appealing, but believe me the nutritional value is heavenly!

The best way to include chia into your diet is to sprinkle a tablespoon onto your breakfast cereal in the morning or into a salad at lunchtime.

TEA

Black, green and white teas all derive their leaves from a warm weather evergreen tree known as *Camellia sinensis*. The leaves from this tree contain polyphenols. Regardless of the processing method and which leaves are used, black, green and white teas all contain polyphenols. In fact, tea ranks as high as or higher than many fruits and vegetables in terms of antioxidant potency.

The antioxidant polyphenols have been linked to a reduction in the risk of a range of cancers including ovarian, esophageal and gastric cancers. They are also believed to assist in the prevention of blood clotting and lowering cholesterol levels.

Be aware that many/most herbal teas are not derived from the leaves of the *Camellia* plant and therefore do not contain many of the health promoting properties discussed above. Herbal teas are often not teas at all but more a combination of herbs, flowers, roots and spices combined to create a hot beverage.

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BITS and PIECES

BOOST YOUR DIET - continued from page 4

Tea is a rejuvenating beverage offering many health benefits. Brew for at least 3-5 minutes to bring out the beneficial polyphenols.

GARLIC

Garlic is regarded by many to be a miracle food. Its reputation has some basis in truth, and the bulb's healing properties are now backed by scientific evidence. The compounds in garlic are good for the heart – they lower blood pressure and suppress cholesterol production by the liver. In addition, garlic can inhibit blood clotting and increase the rate at which blood clots are broken down. The dose required is however fairly large for most of us – 10-20 grams (two-four cloves) per day. With its pungent odour this may not be desirable. Unfortunately the odour comes from two active compounds which promote its beneficial effects, so odourless garlic tablets are not effective.

YOGHURT

Once they colonise our digestive system, the probiotic 'friendly bacteria' in yoghurt promises to displace nasty bacteria like E.coli, overcome diarrhea, build immunity and ward off bowel cancer by mopping up carcinogens.

Due to its partial 'pre-digestion' by bifidus and acidophilus bacteria, yoghurt is more easily digested than milk and well tolerated by those who are lactose intolerant. Yoghurt is an excellent source of calcium, protein and riboflavin.

FISH

I once attended a medical seminar where a guest speaker revealed the four secrets to longevity. According to the speaker, these were 'fish, vegetables, rice and sex!' I believe the world would be a better place if we all indulged in each of these four on a daily basis.

Fish has always been high on the list of recommended foods and rightly so. It is low in kilojoules, quick and easy to prepare and the best source of omega-3 fats – a unique polyunsaturated fatty acid which prevents stickiness of the blood i.e. prevents the formation of clots, steadies the heart's rhythm, helps reduce blood triglycerides (fats) and lowers blood pressure. Omega-3 also may help dampen the inflammation of asthma and arthritis.

I challenge you to include all of these foods in your diet as often as possible, and you can be sure you will soon feel their super powers.

The above article is by Vicky Kuriel, Sports Dietitian and was reproduced from Issue 3 of the Australian Triathlete magazine.

* * * *

There is an expression among even the most advanced runners that getting your shoes on is the most hardest part of any workout - Kathrine Switzer.

MEMBERSHIP

Our current membership stands at 65 members. Welcome to new members Colin Price (WHAC); Nicole Macquet (WMA) and Leon Mitchell (Mana AAC).

* * * *

OBITUARY

It is with sadness that we note the passing of past Wellington Master's member Norm Rodley. He died peacefully on 20th October at the Woburn Masonic Home. He was aged 87. Norm was well known for his distinctive outfits that he wore at the Wellington Cup Day. He first entered the Man of the Carnival fashion competition in 2005, but had been a regular attendee at cup day since 1942.

* * * *

RECORDS STATISTICIAN

We still require someone to take on the role as Records Statistician for Wellington Masters. Mark Macfarlane has stepped down from the committee and would also like to relinquish the role of keeping the records too. If anyone is interested in this important role please contact the President Brian Watson.

* * * *

COMMITTEE MEMBERS NEEDED

The committee is still in need of some new committee members. With three committee members standing down at the AGM the Executive is seeking new committee members to fill these vacancies.

With the NZ Masters Championships taking place in Wellington in March 2013 we need the extra members on the committee to assist with the planning. If we can't get the extra committee members then the executive will have to approach members and ask them to assist with the organising of the Championships.

If you are interested in joining the committee, please contact the President Brian Watson.

* * * *

Still looking for that elusive Xmas present?

Well, Brian Watson still has available copies of his book *Racing Jaguar in New Zealand*. A great Xmas gift and a book that will look great on any coffee table.

Cost: \$70.00 plus \$10.00 postage.

COMPONENTS AND TRAINING METHODS IN RACE WALKING

By Craig Hilliard

RACE WALKING is essentially an aerobic activity; however, there are several integral components that contribute to the overall development of the athlete. These are:

- Technique, mobility and flexibility;
- Endurance;
- Speed and specific endurance; and
- Strength and strength endurance.

Careful consideration must be given to the overall program structure and content of each training unit relative to the athlete's needs, objectives and particular phase of the year. In essence, coaches must strive to provide a balanced program that will ensure an athlete reaches a peak(s) at a specific time of the year.

TECHNIQUE

Must be rehearsed throughout the year and is most easily improved and developed through specific walking drills that concentrate on a different aspect of walking technique. These drills are best practiced over 100 to 400m, depending on the status of the athlete and can be easily incorporated into the warm-up.

ENDURANCE

Many walkers train with runners in the early conditioning periods to introduce variety and avoid monotony. Hausleber, the prominent Mexican coach, strongly advocates that running training can affect a walker's technique owing to the greater take-off angle elicited when running compared with walking. Biomechanically this is true; however, a large percentage of running would have to be performed for this to come into effect. In essence, running sessions would best be employed on recovery days.

Endurance qualities can be developed through a number of training methods, with the volume and intensity of the work closely related to the age, experience and general conditioning. The most common endurance development methods include:

- Long slow distances (10km to 20km);
- Continuous fast distances over a proportion of the race distance;
- Interval training;
- Repetition training;
- Hill work;
- Fartlek training;
- Bushwalking and cross country skiing; and
- Weight circuits.

It is essential to develop a sound aerobic base before many of the more specific race pace and speed endurance sessions can be performed.

SPEED

As in distance running, speed is relative and the program of a novice walker should be tempered with this concept. In regard

to the advanced walker, training for speed needs to be considered under three main types:

- *Specific event speed*
The maximum speed which can be maintained over the full racing distance.
- *Part event speed*
The maximum speed over a distance less than the race distance.
- *Maximum speed*
The fastest speed over short distances, say 300 to 400m, which the walker can maintain without 'lifting'.

Specific event speed

The development of this speed is the object of all training because it:

- coordinates the efforts of other work,
- rehearses the body and mind for actual racing,
- develops the skill of pace judgment.

A typical session would include race pace work over the majority of the event distance. This type of work must be carefully incorporated into the program as it is physically and mentally very exhausting. It is best 'blocked' into two, three or more weekly cycles, followed by two or more weeks of less intensive work to allow full adaption, avoid staleness and prevent the risk of injury.

Part event speed

This speed is more closely related to 10km and 20km races, less closely to the 50km. This type of training entails efforts of between 1km to 5km. The speed will be targeted at race pace or slightly faster than the main race distance. An example of a typical unit of work for an elite female athlete would be: 1-2 sets of 4-5 x 1000m at 4:20 pace with a work to rest ratio of 1:¼ to 1:½, or 1 x 3000m, 2 x 2000m, 3 x 1000m of similar pace and rest intervals.

It is imperative with this type of training that recovery times are closely monitored. The pace of the workout will remain relatively constant throughout the block or cycle of work, having once established the desired target times. The best training effect will be achieved by gradually reducing recovery times and by carefully monitoring the volume of work performed.

Again, because this type of training is monotonous and physically demanding, it cannot be employed week in and week out and is best 'blocked' into the program. Improvements through this regime of training are relatively rapid. It provides:

- An adequate speed reserve for 10km and 20km racing.
- A more than adequate speed reserve for 50km racing.
- A potential for the development of special event speed.

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Maximum Speed

This speed is not closely related to performance in 10, 20 and 50km events. However, sessions involving maximal speed over a distance of 200m to 400m should be included in the program from time to time. The benefits are:

- That it 'shocks' the system out of the same regular pace and possibly facilitates a better race pace rhythm,
- That it provides a quick indication of technical breakdown,
- That it provides an excellent speed endurance and aerobic workout, if the recovery between repetitions is kept to a minimum, and
- That it will provide the necessary confidence if a final 'sprint' is ever required.

Relationship to Endurance

The ability to perform at a constantly high speed over a given distance can only be achieved after developing a high level of general endurance. The speed of this type of training is of critical importance.

As aerobic and strength factors improve, so must the speed of each endurance workout. Relaxed, easy pace walks must be carefully blended with medium to fast pace walks. Too often walkers become obsessed with slow mileage at the expense of faster more intensive tempo work.

STRENGTH AND STRENGTH ENDURANCE

As distinct from distance running, upper body development is critical for walkers, yet it is so often neglected. Owing to the rhythmical, but powerful, arm action involved in fast walking, strength endurance development must be incorporated into the program. Significantly, strength gains must be commensurate with technical development.

Apart from the general weight conditioning exercises that can be employed, four essential areas need specific attention if the athletes are to maximize their potential. They are:

1. Calves;
2. Torso;
3. Hip flexors and quadriceps;
4. Triceps, biceps and upper back.

Up to three sessions of weight training can be incorporated into the preparation phase and depending upon the caliber of athlete and time available, interspersed with circuit work. As training becomes more specific the weight sessions can be reduced and the circuits deleted.

A typical weight session during the preparation phase would include six exercises working the torso, upper body and legs, made up from three to 5 sets of 10 to 15 repetitions with approximately 60 to 65% of the maximum, increase the weight when possible or employ 15-12-10-8 repetitions with the weight increasing on each new set. The rest between sets is short, only two to three minutes.

As the build-up phase progresses, repetitions will be reduced and intensity increased:

e.g.: 4-5 x 6 repetitions at 70%; or
Pyramid to maximum 8-6-4-2-1-1-1
or
10 reps at 65% followed by 5 reps at 75-80%
Repeat 2-3 times.

Most of these sessions would be appropriate for advanced walkers, who were coming from a sound general weight conditioning background. Younger walkers are better off learning how to perform lifts and exercises correctly and employing stage and circuit training units. There are a variety of circuits available that will enhance all-round strength and aerobic conditioning. One is limited only by one's imagination.

Skipping	-	60 sec.
Sit-ups	-	20 reps.
Bench jumps or step-ups	-	10 reps.
Push-ups	-	15 reps.
Back arches	-	10 reps.
Squat thrusts (each leg)	-	20 reps.
Chin-ups	-	6-10 reps.
Ball throwing – kneeling	-	
Side to side – standing	-	
Overhead	-	
- from between legs	-	10-15 reps.
- from sit-up position	-	
Heel raises	-	10 reps.
Punching bag	-	60 secs.

Such a circuit involves very little equipment and can be designed and modified to suit any level, depending on fitness. A circuit of this type could feasibly last up to 40 minutes if repeated four to five times and as such would provide an excellent aerobic and strength endurance workout to replace a regular road session of similar duration.

Other ways of developing specific strength can be achieved by utilizing weighted jackets, ankle and wrist weights and long and short repetition hill work.

ORGANISATION OF TRAINING

The best training for walkers is walking for beginners, steady continuous walking at a speed which is comfortable over a distance within their capacity. This will vary according to age and general fitness level, ranging between 3km to 8km.

As condition improves variety can be introduced into training with sessions of flexibility-mobility drills and technique work, speed, circuits, hills (to augment circuit/weight units) and basic weight training exercises.

Checklist

Use different venues and terrain to maintain interest and enjoyment. Bushland (hiking) hilly areas, golf courses and forest tracks are excellent for early preparation. For more intensive, quality sessions where tempo, rhythm and balance are essential, use tracks, bike paths and quiet roads where surfaces are even. Where grass surfaces must be used, ensure that the grass is kept low, is not slippery and is even underfoot.

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Ensure there is a systematic progression to each training unit–

- e.g.
- * Warm up/game/run/walk.
 - * Drills and flexibility exercises (partner work).
 - * Set mileage/technique work/speed unit.
 - * Warm down.

Avoid using the clock for initial sessions. Instead set target distances and emphasise technical awareness.

Essentially there are two coaching positions for observing technique:

- * Side on – at least 15 metres away. View the athlete over an approach of 20 metres and for 10 metres past you. This will allow you to observe contact, knees, vertical and horizontal hip movement, shoulder movement, arm carriage and posture.
- * from head on – at least 50 metres away. This will provide an ideal view of any unnecessary head and shoulder movement, excessive hip sway, linear foot placement, vertical hip movement, and arm drive to the body's midline.

Coach and enforce the knee straightening rule first. Contact will always present problems for the beginner and this will gradually diminish as technique, strength and rhythm improve. Two methods of overcoming this are:

- * Employ a grid system which will cater for athletes of varying stride lengths. Mark out in separate lanes different stride intervals for a distance of 20-30 metres, e.g. 90cm - 95cm – 100cm.

Athletes who perform without losing contact and, providing their knee position is sound, can progress to the next step interval.

- * Have athletes count their strides over a set distance. See how few strides they can achieve without losing contact. This will give them a better idea and feeling of their speed limitations.

Use your athletes to highlight sound technical points. Provide simple cues that relate to the desired technical modification and be positive with all feedback.

Craig Hilliard is a track and field coach at the Australian Institute of Sport and this article is an extract from the Coaching Manual of the Australian Track and Field Coaches Association.



RECIPE

Quick Thai Green Chicken Curry with Basmati Rice

Fast Food to Fix Your Body

There are fantastic green curry pastes available in the shops and they don't need much added to them to cook the tastiest dishes. Always check instructions on the back of the label - this version is a bit on the spicy side! Don't wash the rice as it removes some of the nutrients; the boiling water will sterilise any baddies if there are any to be found. Try to cook the rice and the chicken at the same time and they will both benefit from five minutes' rest before serving up as a well deserved post-exercise meal.

Ingredients:

- 1 free range skinless chicken breast
- 1 red onion, sliced
- ½ red pepper
- ½ green pepper
- 1 tbsp. green curry paste
- 150ml coconut milk
- 1 tsp. palm or brown sugar
- 60g basmati or Thai rice
- 40ml grape seed oil
- 1 tsp Thai fish sauce
- 1 tbsp fresh coriander leaves
- ½ lime

Method:

1. First thing's first, get the rice on the go, as the secret of good rice is to let it rest. Set the water to boil – double the volume of the rice you want to cook.
2. Slice the onion and fry half of it and then add the dry rice. Stir-fry briefly and add the boiling water. Cover the rice lid and let simmer for 12 minutes.
3. In another pot, fry the rest of the onion together with the sliced peppers at a high heat until they begin to brown. Add the chicken and curry paste and fry for two minutes.
4. Add the coconut milk, fish sauce and sugar. Bring to boil without a lid and cook for a minimum of 10 minutes to ensure that the chicken is cooked through.
5. Finish by adding the coriander leaves to the chicken and serve with an optional wedge of lime. You can also thicken the sauce with cornflour.

Serves 1

Prep time: 25 minutes.

WE NEED YOU!

Athletics Officiating - Right Now we need Measurers, Checkers, Result Recorders and more becoming an official means:

- **The best seat in the house to watch and support Runners, Walkers, Jumpers and Throwers**
- **Opportunities to travel and meet new friends, and enjoy the camaraderie of the athletics culture**
- **To experience and share the pleasure of seeing athletes compete, and improve their best performances**
- **To help perform an interesting variety of tasks for our athletes, who also enjoy their sport**
- **Come and join our team of Wellington Centre volunteers**
- **You can become a track, road, cross country, jumps or throws judge and see it all from close up**
- **Come on, Give it a Go! You will be made MOST WELCOME!**
- **You will ENJOY THE CHALLENGE!**

Come and Join the Wellington Centre Athletics Officials

***For more information contact Jim McIlroy on
Telephone 04 577 0722***

The Wellington Centre is short of officials at the present time owing to retirements, officials moving away from the area and others moving on to other interests. To successfully hold a big meeting at Newtown Park the Centre needs 80 officials to run the meeting successfully. Please give serious consideration to becoming an official of the Wellington Centre.

RUNNING TRENDS

By Bevan McKinnon

In this article on running technique, it addresses technique trends, specifically the barefoot running movement, and how it is encouraging runners to change their foot strike.

One of the most talked about topics in running in the last few years has been the debate between running shoes versus barefoot running. What this really boils down to is a discussion regarding optimal foot strike and what part of the foot should touch the ground first. There is of course a lot more to running style than just this – the head, shoulders, arms, hips, knee drive etc. are all part of it, so the foot strike is not the only area of importance. But the huge debate in running circles exists around how the foot lands and whether this is adversely affected when we run in shoes. These two issues have been hotly debated but are actually inter-linked thanks to the philosophy of how one affects the other.

It's not uncommon now to see people trying the 'natural' running phenomenon. One of the main differences between running in shoes and running barefoot is that when you run barefoot, you tend to land more on the front part of the foot. In contrast, pull on a pair of shoes and you'll land more on the heel.

What studies have also shown is that we have to absorb far greater levels of shock when we heel strike, and this shock absorption is usually the job of the shoe. Historically the overwhelming majority of coaches and experts were advocating that heel-striking was the most effective technique, but more recently there has been the trend towards forefoot running. It's a complete 180 degree shift, and more importantly, very confusing!

I don't think it would take much guesswork as to what would be the likely outcome if you went out and ran for an hour today, landing on your forefoot instead of landing as you've always done. Chances are you'd be hurting for a few days, with calf muscles that you had perhaps forgotten you had! Worst case scenario, you'd be injured for months with an Achilles tendon injury. So clearly there are problems with making sweeping statements about landing patterns. But the question still remains – what is best for us?

Why don't we look at elite runners to see what they're doing, as it makes sense that the best runners generally have the best technique and this may give extra weight to the foot strike argument.

In one particular study (Foot strike patterns of runners at the 15km point during an elite-level half marathon Hasegawa H, Yamauchi T, Kraemer WJ. J Strength Cond Res. 2007; 21(3):888-893) the foot strike patterns of runners were examined during the half marathon and some interesting results were uncovered. During the 2004 Sapporo International Half marathon in Japan scientists set up a high speed camera at the 15km mark of the race, and captured most of the runners coming through. In total, they were able to observe the foot strike of 248 men and 35 women and characterise them as heel strikers, midfoot or forefoot strikers.

WHAT DO YOU THINK THEY FOUND?

Given that the current trend is that 'better' running happens when there is midfoot/forefoot striking it would be reasonable to suggest that:

- The majority of runners landed on the forefoot;
- Those that DO NOT land on the forefoot are the runners who finish towards the back of the field.

Well, if that's what you thought, you'd be completely incorrect...because the findings were as follows:

- The vast majority (75%) of the elite runners land on the heel;
- About 1 in 4 (24%) runners landed on the midfoot;
- Only 4 out of 283 runners landed on the forefoot.

In fact, those runners that landed on the forefoot did not finish in the first four positions, which goes completely against the notion that the fastest running would be from midfoot/forefoot strikers.

The key here is that this study is still not conclusive as, because we've run in shoes for many years, a majority of the runners may have been forced into becoming heel strikers and we can't rule out the possibility that the winning runners would have been quicker had they learned to run on their forefoot. Personally, however, I think that's unlikely, as most elite athletes try all techniques until they settle on the 'best' one for them.

That wasn't the only finding however, and this is where the barefoot advocates could get excited. When the researchers divided the finishers into groups of 50 they started to see something of a change in midfoot landing as they moved further down the list. In other words, there were a higher percentage of midfoot strikers compared to heel strikers in the first 50 runners than in the second 50, and then the third 50, and so on. So, from this it could be interpreted that if you want to be a faster runner then you should be a midfoot striker, not a heel striker. It certainly doesn't seem to be making things any clearer, but I'd like to propose another possible reason why the findings look the way they do – perhaps it's simply a function of running faster.

SPEED AND FOOT STRIKE

What this idea suggests is that you naturally shift your contact point with the ground further forward when you run faster. The hard thing here however, is trying to determine whether faster running causes a change in foot strike (i.e. more midfoot landing) or a change in foot strike results in you running faster. It's a chicken and egg scenario:

1. Faster runners are midfoot strikers (could be co-incidence or some other cause); or
2. Midfoot strikers are faster runners (and therefore we should all change our running style and land on the front part of the foot more); or
3. All runners would eventually be midfoot strikers, if they just ran fast enough!

continued on next page

Continued from previous page

This is another classic example of how a scientific result can be taken out of context and applied to give advice that may not be 100 per cent correct.

WHAT CONCLUSIONS COULD BE DRAWN FROM THIS?

I believe this study disproved the popular theory that all runners should be aiming to become midfoot or forefoot strikers. We're often told by experts and coaches that the elite are landing on the ball of the foot or the midfoot and so we should too, but as you can see this is not always the case.

Science has little to offer in support of the forefoot phenomenon and maybe there is a case to forget about the possibility that you're landing 'wrongly' and just let your feet land where, and how they naturally prefer, and worry about all the other things there are to think about when you run!

So, given that various foot strikes can all produce fast running, we must now start to look further up the 'chain' for technique improvements. If there is one thing you need to be focusing on in your running it isn't your foot strike but rather where your feet land relative to your body. If you are over-reaching and throwing your foot out in front of you that's going to be slowing you down – no matter how you strike.

Bevan McKinnon was voted Tri NZ Coach of the Year in 2011-2012 and is an accredited Level 2 coach and is the Director of Fitter a coaching clinic for triathletes catering for all levels from beginners thru to elite athletes.

* * * *

Scorching Triathlons

The 2012/13 Scorching Triathlons are back and will be held on the following dates:

- | | |
|-------------------------|--|
| 2 December | - Scorching Bay |
| 26th January (Saturday) | - Scorching Bay |
| 24th February | - Scorching Bay |
| 24th March | - Scorching Bay Teams
Challenge (teams of three). |

Dates are all Sundays (unless otherwise indicated).

Duathlon option available at all events (including teams challenge on 24th March).

Novice, Short, Medium and Long course options available.

* * * *

TOUGH!

We all know that runners are mentally tougher than couch potatoes – but now scientists say we're better at enduring physical pain too. In a University of Heidelberg review of 15 studies, athletes were shown to have higher pain tolerance than non-athletes. The downside to these hard-man bragging rights? You may be tempted to run through a serious injury. If it hurts so much it affects your form, then stop, rest and ice.

* * * *

Skin Cancer Check: Get your Gear Off

...to check for any new or changing moles or suspicious lesions.

At this time of the year we're starting to think about sunblock, but we shouldn't forget about regular skin checks.

Overall skin checks make sense, but they haven't been the routine with some GPs and skin cancer clinic doctors, according to plastic surgeon Patricia Terrill. Her research found that 67% of patients referred for a specific cell abnormality had other lesions needing treatment - issues that were picked up only after a full-body check.

When skin cancers form on the body, they can be part of a "field change", says Professor Ian Olver, CEO of Cancer Council Australia. "Although they are common on sun-exposed areas, skin cancers can occur throughout the rest of the body. Research shows definitively that once you have a lesion, the chance of having another somewhere else is high." Not sure what to look for? Perhaps it is time that you visited your local GP for a checkup.

* * * *

GUT PROBLEMS?

Many athletes regularly experience stomach discomfort, wind, bloating and diarrhea when training or competing. After ruling out food-borne illness - which would tend not to persist for extended periods - here are a few common causes (and what you can do about them):

1. **LACTOSE INTOLERANCE** - Cut out all dairy.
2. **BILE INSUFFICIENCY** - Limit dietary fat, especially before exercise.
3. **CONSUMING SUGAR ALCOHOLS OR FAT SUBSTITUTES** - Cut out reduced fat/kilojoule foods, lollies, sweet biscuits and sugary drinks.
4. **GLUTEN SENSITIVITY/CELIAC DISEASE** - Limit gluten intake.

TIP - There are many other food sensitivities that can cause gastrointestinal issues. Keeping a food and symptom diary may be helpful, as is consulting a specialist physician.

* * * *

FACT OR FICTION

Doing something different may prevent Alzheimer's disease.

FACT - Regularly doing everyday tasks a bit differently - like brushing your teeth with your non-dominant hand or taking a new route to work - encourages new pathways to form in the brain. Runners who switch things up are doubly protected, as exercise is known to slow mental decline as well.

PACE CHART

Keep an even pace, calculate your average pace after a race, and improve your time with the chart below. Find your time per kilometre in the vertical column on the left and read across the chart horizontally to find the time you must maintain to achieve your personal goal.

Time/km	4km	5km	8km	10km	12km	15km	20km	(Half Mara.) 21.1km	30km	32km	(Full Mara.) 42.2km
3:10	12:40	15:50	25:20	31:40	38:00	47:30	1:03:20	1:06:49	1:35:00	1:46:40	2:13:38
3:30	14:00	17:30	28:00	35:00	42:00	52:30	1:10:00	1:13:51	1:45:00	1:52:00	2:47:52
3:50	15:20	19:10	30:40	38:20	46:00	57:30	1:16:40	1:20:53	1:55:00	2:02:40	2:41:46
4:00	16:00	20:00	32:00	40:00	48:00	1:00:00	1:20:00	1:24:24	2:00:00	2:08:00	2:48:48
4:10	16:40	20:50	33:20	41:40	50:00	1:02:30	1:23:20	1:27:55	2:05:00	2:13:20	2:55:50
4:30	18:00	22:30	36:00	45:00	54:00	1:07:30	1:30:00	1:34:57	2:15:00	2:24:00	3:09:54
4:50	19:20	24:10	38:40	48:20	58:00	1:12:30	1:36:40	1:41:59	2:25:00	2:34:40	3:23:58
5:00	20:00	25:00	40:00	50:00	1:00:00	1:15:00	1:40:00	1:45:30	2:30:00	2:40:00	3:31:00
5:10	20:40	25:50	41:20	51:40	1:02:00	1:17:30	1:43:20	1:49:01	2:35:00	2:45:20	3:38:02
5:30	22:00	27:30	44:00	55:00	1:06:00	1:22:30	1:50:00	1:56:03	2:45:00	2:56:00	3:52:06
5:50	23:20	29:10	46:40	58:20	1:10:00	1:27:30	1:56:40	2:03:05	2:55:00	3:06:40	4:06:10
6:00	24:00	30:00	48:00	1:00:00	1:12:00	1:30:00	2:00:00	2:06:36	3:00:00	3:12:00	4:13:12
6:10	24:40	30:50	49:20	1:01:40	1:14:00	1:32:30	2:03:20	2:10:07	3:05:00	3:17:20	4:20:14
6:30	26:00	32:30	52:00	1:05:00	1:18:00	1:37:30	2:10:00	2:17:09	3:15:00	3:28:00	4:34:18
6:50	27:20	34:10	54:40	1:01:30	1:22:00	1:42:30	2:16:40	2:24:11	3:25:00	3:38:40	4:48:22
7:00	28:00	35:00	56:00	1:10:00	1:24:00	1:45:00	2:20:00	2:27:42	3:30:00	3:44:00	4:55:24
7:10	28:40	35:50	57:20	1:11:40	1:26:00	1:47:30	2:23:20	2:31:13	3:35:00	3:49:20	5:02:26
7:30	30:00	37:30	1:00:00	1:15:00	1:30:00	1:52:30	2:30:00	2:38:15	3:45:00	4:00:00	5:16:30
7:50	31:20	39:10	1:02:40	1:18:20	1:34:00	1:57:30	2:36:40	2:45:17	3:55:00	4:10:40	5:30:34
8:00	32:00	40:00	1:04:00	1:20:00	1:36:00	2:00:00	2:40:00	2:48:48	4:00:00	4:16:00	5:37:36
8:10	32:40	40:50	1:05:20	1:21:40	1:38:00	2:02:30	2:43:20	2:52:19	4:05:00	4:21:20	5:44:38
8:30	34:00	42:30	1:08:00	1:25:00	1:42:00	2:07:30	2:50:00	2:59:21	4:15:00	4:32:00	5:58:42
8:50	35:20	44:10	1:10:40	1:28:20	1:46:00	2:12:30	2:56:40	3:06:23	4:25:00	4:42:40	6:12:46
9:00	36:00	45:00	1:12:00	1:30:00	1:48:00	2:15:00	3:00:00	3:09:54	4:30:00	4:48:00	6:19:48
9:10	36:40	45:50	1:13:20	1:31:40	1:50:00	2:17:30	3:03:20	3:13:25	4:35:00	4:53:20	6:26:50
9:30	38:00	47:30	1:16:00	1:35:00	1:54:00	2:22:30	3:10:00	3:20:27	4:45:00	5:04:00	6:40:54
10:00	40:00	50:00	1:20:00	1:40:00	2:00:00	2:30:00	3:20:00	3:31:00	5:00:00	5:20:00	7:02:00

Warm up is important before walking

Before you start walking, it is a very good idea to warm up first. Increasing the temperature in your muscles and joints and increasing blood flow will make you more comfortable when you exercise and reduce the risk of injury.

Below are a few easy warm up moves that target the muscles you use most during walking. You can do them all in a standing position and the entire routine should take only three to four minutes.

Ankle Circles

Standing on one foot, lift the other leg off the ground in front of you. Slowly flex that ankle through its full range of motion, making circles with the toes. Do six to eight circles then reverse the direction of your circle and do six to eight more. Switch feet and repeat.

Leg Swings

Standing on one leg, swing the other leg loosely from the hip in a front to back motion. Keep it relaxed and unforced like the swinging of a pendulum. Your foot should swing no higher than a foot or so off the ground. Do 15 to 20 swings on each leg.

Figure-8 Swings

Just like the leg swings above, swing one leg from the hip in a front to back motion, but this time, trace a figure-8 with your leg. Your leg should trace a circle in front of the body and another circle behind. Do 15 to 20 swings on each leg.

Pelvic Loops

Stand with your hands on your hips, your knees gently bent, and your feet hip-width apart. Keep your body upright and make 10 slow, continuous circles with your hips, pushing them gently forward, to the left, back and to the right. Then reverse directions and repeat.

Arm Circles

Hold both arms straight out to your sides, making yourself the letter T. Make 10 to 12 slow backward circles with your hands, starting small and finishing with large circles, using the entire arm. Shake out your arms, then repeat with 10 to 12 forward circles.

Hula-hoop Jumps

Begin hopping in place on both feet. Keep your head and shoulders facing forward, and begin to twist your feet and lower body left, then right, going back and forth on successive hops, 20 times.

* * * *

NZ Masters Athletics Championship Roster

With the changes that were created by Tasman and Northland not being able to conduct their events the National Championship Roster has now become out of kilter with the desired rotation process.

The Board has reviewed the Roster and the following is the latest update.

North Island Championships

2012	Waikato/Bay of Plenty
2013	Northland
2014	Hawkes Bay/Gisborne
2015	Auckland
2016	Manawatu/Wanganui
2017	Taranaki
2018	Wellington
2019	Waikato Bay of Plenty

South Island Championships

2012	Tasman
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National Championships

2013	Wellington
2014	Southland
2015	Waikato Bay of Plenty
2016	Otago
2017	Tasman
2019	Northland
2020	Canterbury
2021	Taranaki

* * * *

WHAT ARE JUNK MILES?

Running a few miles (called "junk miles") on a day that should be a rest day, will not improve conditioning. But even a few miles may interfere with the recovery of the muscles, tendons, and joints and feet. When you are continuing to increase workload, as in a marathon, injury risk goes down when you don't run on a rest day. You could do cross training that does not use the calf muscle.

* * * *

TREADMILL RUNNING

Treadmills are just as good as streets for short runs. More and more runners (especially those with small children) are using treadmills for at least 50% of their runs. It is a fact that treadmills tend to tell you that you have gone farther or faster than you really have (but usually are not off by more than 10%). But if you run on a treadmill for the number of minutes assigned, at the effort level you are used to (no huffing and puffing), you will get close enough to the training effect you wish. To ensure that you have run enough miles, feel free to add 10% to your assigned mileage. It's best to run the long runs on the surface used during your goal race.

Twenty Interesting Foot Facts

1. Feet contain 26 bones per foot, that adds up to a quarter of the body's bones. Fourteen of these are found in the toes, with each toe having three bones, except for the big toe which has two.
2. Sometimes people can have a few extra bones in the feet, typically on the bottom of the foot below the big toe.
3. The average person will walk 128,000km in a lifetime, that's about three times around the world.
4. The foot has 33 joints, and 100 tendons, ligaments and muscles.
5. There are approximately 250,000 sweat glands in a set of feet and they excrete around 500ml of sweat per day.
6. The soles of your feet contain more sweat glands and sensory nerve endings than any other part of your body.
7. It is rare that two feet are the same size - typically one is larger than the other.
8. The average child will walk at around 13-17 months of age, but between 10-18 months is still classified as normal.
9. During the first year of life feet develop rapidly, growing to about half of their adult length and by age 12 the foot is at 90% of its adult length.
10. The first foot coverings would have been animal skins, with Stone Age people in northern Europe and Asia tying them around their ankles in cold weather.
11. Flat feet are not always problematic. In World War 2 recruits were excluded from service if they had insufficient arch height, believing these people to be at higher risk of injury. Testing over the past 20 years has proven this to be false.
12. Lower back ache and hip pain can sometimes be attributed to poor foot posture.
13. Standing in one spot is much more tiring than walking - this is because more demands are made on fewer muscles for a length of time.
14. The skin on your feet is thicker than any other part of your body.
15. It is always best to buy shoes at the end of the day, as your feet swell slightly throughout the day.
16. Women experience foot problems more than four times the rate of men. Mostly due to footwear.
17. Fingernail and toenail grow faster during hot weather, pregnancy and teenage years.
18. Feet can contract a number of nasty diseases from communal showers including tinea, ringworm and verrucae.
19. The largest feet in the world belong to Brahim Takioullah of France with a left foot measuring 39.6cm. His right foot is 38.9cm.
20. King Edward the Second devised a method of shoe sizing using the length of a barleycorn as a size.

Barleycorns are a 1/3 of an inch long, so that would be the next shoe size. This sizing is still used today in the UK.

* * * *

Small Bones - Big Job!



Atlas and Axis bones

When you think about the atlas and the axis – do you think about world geography? A globe? Or a pair of very important bones?

The first seven vertebrae in the spine make up what is known as the cervical spine. It begins right below the neck and ends where the 12 vertebrae of your mid-back, or thoracic spine, begin.

The two uppermost vertebrae at the top of the cervical spine are different from the others in this grouping because they provide the neck with the ability to rotate. The atlas (C1) is the first cervical vertebra; it is located between the skull and the remaining vertebrae of the spine. Directly below the atlas is the axis (C2). Special ligaments link these two vertebrae, allowing a great deal of rotation between them.

When we talk about "head rotation," we are really referring to the atlas rotating on the axis. These two bones, working in tandem, give your head its ability to turn from side to side.

Because the cervical spine is so flexible, it is quite susceptible to injury. When you hear about whiplash injuries sustained in a car crash, these two vertebrae are often involved. When you stop to consider that this relatively small area of the spine supports the head, it is easy to understand how abrupt head movement could cause damage, let alone a car crash with a violent head jerk!

* * * *



RESULTS

Wellington Masters 5km & 10km Road Run and Walk

Lower Hutt – Sunday 4th November 2012

This year the fields were down on last year with 7 walkers (11 in 2011) and 17 runners taking part (17 also in 2011). The 5km this year only attracted 1 competitor (6 in 2011).

The forecast showers never eventuated and conditions were sunny with a light to moderate southerly breeze to content with on the way back. In the 10km walk the fastest male walker was Phillip Grimmett while Terri Grimmett was the fastest women. Robin Iremonger was the only competitor in the 5km walk. The fastest male runner in the 10km was Michael Wray, with Tineke Hooft the fastest woman over the distance.

Thanks to Peter Wrigley for organising this event, the officials who helped out and a thanks to those competitors who continually turn up and support our events.

Name	Club	Time	Place	Grade
Walkers:				
5km:				
Female:				
Robyin Iremonger	Scottish	47.56	1	W65-69
10km:				
Female:				
Terri Grimmett	Scottish	62.31	1	W50-54
Daphne Jones	Scottish	82.18	1	W70-74
Male:				
Phillip Grimmett	Scottish	73.47	1	M55-59
John Ihaka	Trentham	76.43	1	M60-64
John Hines	Scottish	78.48	1	M75-79
Peter Tearle	Scottish	89.58	1	M85-89
Runners:				
Female:				
Liz Eade	No club	45.44	1	Pre Vet
Michelle Van Looy	Olympic	43.25	1	W40-44
Tineke Hooft	Olympic	42.55	1	W50-54
Maryanne Palmer	Scottish	56.32	1	W55-59
Male:				
Michael Wray	Scottish	37.16	1	M45-49
Colin Price	WHAC	39.49	2	M45-49
Glen Wallis	Scottish	42.03	3	M45-49
Richard Martin	No club	48.26	4	M45-49
Mark Handley	Olympic	40.38	1	M50-54
David Hood	Trentham	40.54	2	M50-54
Neil Price	WHAC	42.25	3	M50-54
Ian Morton	Scottish	55.15	1	M55-59
Richard Sweetman	Scottish	52.18	1	M65-69
John Palmer	Scottish	53.42	2	M65-69
Albert Van Veen	HVH	55.45	3	M65-69
Ray Wallis	Ruamahanga Ramblers	55.35	1	M70-74
Peter Hanson	Olympic	60.53	1	M75-79

Don't forget nominations for

WELLINGTON MASTERS
ATHLETICS INC.

ATHLETE OF THE YEAR



It is time to put forward nominations for the Athlete of the Year Award.

Award:

Known as the Wellington Masters Athlete of the Year Award.

Period Covered:

From 1 January to 31 December.

How Nominated:

Nominations may be made by Clubs, Centre Committees, and individuals or by athletes themselves.

Criteria for Award:

Achieving a medal at the WAVA or (WMA) Championships or World Masters Games.

Achieving a World Record or a World Best Performance.

Achieving a New Zealand Record or New Zealand Best Performance.

Achieving 90% or higher performance on the Age Graded Tables.

Achieving a meritorious performance or performances.

Closing Date:

The 20th January following the year for consideration.

Selection:

This is to be made by the Committee of Wellington Masters Athletics.

Presentation Date:

Either on the second day of the Wellington Masters Athletics Track and Field Championships in February following the year of consideration or at a special presentation dinner.

Form of Award:

A trophy has been donated by Colleena & Jim Blair and this year was awarded to Jim Blair.

- COMING EVENTS -

2013

Jan

13	Nelson Striders Half Marathon & 10km	Matai Valley, Nelson
22	Cooks Classic	Wanganui
25	Capital Classic	Newtown Park
26	Holdsworth Jumbo Trail Run (12 & 24km)	Mt Holdsworth, Masterton

Feb

9	Buller Gorge Full and Half Marathons	Westport
17	AMI Round the Bays - Half Marathon & 7km	Frank Kitts to Kilbirnie
23	New Balance Great Lake Relay	Taupo

Mar

1-4	NZ Masters T&F Championships	Newtown Park
3	Mountain to Surf Marathon, Half Marathon & 10km	New Plymouth
11-14	Australian Athletics Championships	Sydney
22-24	NZ Track & Field Championships	Auckland (venue TBA)

April

7	Marathon de Paris	Paris, France
15	Boston Marathon	Boston, Massachusetts

May

4	Rotorua Marathon, Half Marathon, $\frac{1}{4}$ Marathon & 5km	Rotorua
5	Nelson Half, $\frac{1}{4}$ Marathon and 5km	Saxton Field, Stoke
12	Masters Classic Relay	Trentham Memorial Park

June

2	Christchurch Airport Marathon, Half Marathon & 10km	Christchurch
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July

6-7	35 th Gold Coast Full & Half Marathon + associated events www.goldcoastmarathon.com.au	Gold Coast, Queensland
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Aug

10-11	ITU Duathlon World Championships	Ottawa, Canada
18	Woodburne Half Marathon, 10km & 5km	RNZAF Base, Blenheim

Note: While every attempt is made to provide correct dates of events, intended dates and venues can change. It is advisable to check the information from official entry forms, websites or event organisers.

CENTRE RECORDS:

IF YOU FEEL THAT YOU HAVE SET/BROKEN A CENTRE RECORD, PLEASE SEND THE APPROPRIATE PAPER WORK SIGNED-OFF TO THE SECRETARY FOR RATIFICATION BY THE COMMITTEE. THE SECRETARY'S CONTACT DETAILS ARE LISTED ON THE INSIDE FRONT COVER OF THE NEWSLETTER.

CHANGE OF ADDRESS:

If any member changes their address, it would be appreciated if they could notify the Subscription Secretary. This enables us to keep records that are accurate and up to date and ensures that you continue to receive your newsletter and any other Master's material. It is also important that Club Co-ordinators notify the Secretary of any change of address to enable the information to keep getting out to the clubs in the Centre.

WELLINGTON MASTERS ATHLETICS INC.

**SUBSCRIPTION FOR THE 2012/2013 YEAR
(1 September 2012 to 31 August 2013) = \$50.00**

NAME(S): _____

ADDRESS: _____

BIRTH DATE(S): _____ **EMAIL:** _____

CONTACT PHONE No. _____ **CLUB (if any)** _____

How to Pay:

\$50 (\$100 for couple) - Cheque made out to Wellington Masters Athletics Inc. – (WMA Inc.) and send with form to: **VERONICA GOULD, PO BOX 5887, LAMBTON QUAY, WELLINGTON, 6145.**

Direct Credit to: Wellington Masters Athletics Inc., National Bank, The Terrace: **06 0565 0064415 00**
and forward a completed form to Veronica Gould at the above or email to:
gvgould@xtra.co.nz

NOTE: Wellington Masters Athletics singlets and T shirts are also available from Veronica Gould at a cost of \$30 and \$50 respectively.

Please advise any change of address as soon as possible

✂ -----