

THE

MASTER

COPY

Newsletter of Wellington Masters Athletics Inc.

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Photo Sharon Wray

Gary Rawson setting a new record in the M55 Pole Vault at the second day of the Masters Track and Field Championships.

WELLINGTON MASTERS ATHLETICS INC.

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IN THIS ISSUE . . .

Committee & Club Coordinators	2
From the Editor	3
Training – Bad Running Habits	4
Heat & Exercise – Staying out of Trouble	5
Health – Maintain Healthy Joints	6
Nutrition & Training	7
Recipe & What's in our Supplements	8
The Athletes Kitchen	9
The Athletes Kitchen cont. & Your Brain	10
Health – Why Minerals Are Important	11
How to Push Past the Wall	12
Athlete of the Year	13
Results Track & Field Championships	14
Coming Events	IBC

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Jim Blair (2004); Bruce Perry (2008) and John Palmer (2010).

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COMMITTEE MEETINGS 1st THURSDAY OF EACH MONTH AT 139 HOMEBUSH ROAD, KHANDALLAH,
COMMENCING AT 6:00pm.

CLUB REPRESENTATIVES AND MEMBERS ARE ALWAYS WELCOME

FROM THE EDITOR

UPCOMING EVENTS:

The committee has set the dates for the Masters events we organise during the year. The Masters Classic Cross Country Relay is set down for Sunday 22nd May at Trentham Memorial Park. The Johnsonville 8km run and walk is being held on Sunday 17th July with race headquarters being the Olympic Harrier Clubrooms. The final event of the year is the Lower Hutt 10km which is being held on Sunday 16th October and again will be held on the stop-banks at Lower Hutt.

MISSING TROPHIES:

At the Classic Relay last year it was embarrassing at the prize-giving where we were unable to hand out the cups for some of the grades associated with this event. It seems that some of the cups have been misplaced. This is a plea for club coordinators or some club member to have a look at their trophy cabinets and see what cups they have relating to the Classic Relay. If you find any please email the Secretary, Albert Van Veen and inform him of the cup that your club holds. This way we can then do an inventory and if need be purchase new cups to replace any that have been lost.

MEMBERSHIP:

At the time of going to print our membership stands at 83 members. Welcome to new members Josh Campbell (Trentham), Lyn Clark (Scottish), John McInnes (WMA), Nicole Macquet (WMA) and Graham Cook (Kiwi).

WELLINGTON MASTERS ATHLETE OF THE YEAR:

Last year the committee decided that we would make an even playing field by presenting two trophies for the Wellington Masters Athlete of the Year – one for the male athlete and one for the female athlete. Page 13 of this issue has the criteria for these awards and we have extended the deadline until the end of February for members to put in nominations for worthy athletes. These nominations cover the 2015 year (1st January to 31st December).

WELLINGTON MASTERS T&F CHAMPIONSHIPS:

These championships were held over two Saturdays – first day in Masterton and the second day in Wellington. Once again they were held in conjunction with the Wellington Centre Track and Field Championships. Sadly, the championships were not well attended by Wellington Masters with numbers probably slightly down compared with other years.

It has been raised at one of our committee meetings that some members do not like competing with the open grade athletes and that is the reason they do not take part. The committee did look at the option of holding our own Masters championships but there was some resistance to change from the current format owing to trying to fit our championships into an already tight programme calendar. There was also the issue of having our already busy officials having to officiate at an extra one or two days of our championships.

Anyway, I am not sure that by having our own championships that the number participating would increase by great numbers. It is certainly a problem with the low attendance by Masters at these championships and the committee would be glad to hear from any members who have any ideas or solutions to increase participation at the championships.

Of those members taking part in the championships there were a number of new records set – day 1 saw five new records set and on day 2 four new records were set. Congratulations to those members who set those records.

Good luck to all those members travelling to Dunedin to take part in the NZ Masters Track and Field Championships.

John Palmer, Editor

TRAINING TIPS

Five Bad Running Habits and How to Break Them

By Marty Munson

Little running habits — that you don't even realize you have — can cost you a lot of energy and keep you from running faster. Ignoring them is like driving down the highway with a tarp on top of your car — when the tarp has a loose corner. The tarp resistance can cause your fuel economy to dip — and your energy and enthusiasm for the trip can go with it.

Look around on the road and you'll see runners doing the same thing. Runners move parts that don't need to move and compromise their ability to speed up and stay fresh. Here are some of the most common bad running habits coaches see on the road — and how to fix them.

1. Swinging Your Hands Across Your Body

When you run, all of your movement should be forward or back. Any other motion saps energy. Crossing your hands over the midline of your body is a big one. Not only does this force your upper body to work harder, it makes you cross your legs over each other, too.

"If there's a white line on the road and you're hitting it with every step, then you're spinning your body more," says New York City Nike marathon training coach Terence Gerchberg.

The easiest fix is to be aware of where your arms are, he says. Keep your elbows moving front to back and your hands will follow.

"Relax your arms and keep your elbows at a 90-degree angle. When your arms are a little lower, it's harder for them to cross," Gerchberg says.

2. Looking at Your Feet

"Look down at your feet and try to breathe in," Gerchberg says. "Now look in front of you and do the same thing. When you look down, you're cutting off valuable oxygen."

Plus, he says, "If you're looking where you are, you've given up. There's nothing to see at your feet." Look at least a few metres ahead of you.

3. Squeezing Your Fists

The pressure that you put on your hands translates into your forearms and shoulders, he says. "That energy starts to travel to every part of your body. If

you're not relaxed in your arms and hands, you'll inevitably feel it in your legs," Gerchberg says.

When you feel yourself tightening up, let your arms fall down to your sides, relax your shoulders, and shake out your hands.

4. Trying to Get Faster Every Day

To get strong and fast, your body doesn't just need a workout; it needs to rest. Rest helps to repair muscle tissue, which is what makes you stronger over time.

To get faster, you should either build in rest days and/or truly go easy on your easy days. "Easy doesn't mean 30 seconds slower than your race pace," Gerchberg says. "Some of the top runners in the world go as much as two and a half minutes slower per km than marathon race pace."

And if they can back off some days and still run fast, so can you.

5. Bouncing Up and Down

Going up in the air doesn't help you move forward. You need to move horizontally across the ground.

"When you toe off in the back of your stride, think about propelling yourself forward, not up," Gerchberg says. "Sometimes, this requires more of a bend in your ankle than you're used to."

"Just be careful: Sometimes when you tell people to lean forward from the ankle, they want to lean from the waist," he says. Form better running habits by keeping the action in your feet, and let that lead you to speed you never knew you had.

Related Articles:

- [Improve Your Running With Cross-Training](#)
- [Improve Arm Carriage for Faster Running](#)

About the Author

Marty Munson is a USAT Level 1 triathlon coach. Her writing has appeared in *Health, Prevention, Marie Claire, Shape.com* and *RealAge.com*. Find more triathlon tips and strategies from her and other experts in the field at trieverything.net.

* * * *

Make a Meal of Breakfast

Skipping breakfast could affect your evening run even if you compensate by eating more at lunchtime, suggests new research out of the UK. When cyclists took part in a 30-minute time trial at 5pm they performed 4.5 per cent worse when they had no breakfast than they did on a day when they ate breakfast, despite eating more at lunchtime.

Heat and Exercise – Staying Out of Trouble

How do you stay out of trouble exercising in the heat? Here are some of the general principles to refresh your memory.

Body temperature is raised by environmental conditions and exercising muscle. Cooling is primarily by evaporation of sweat.

Humidity

Humidity is an important barrier against effective cooling. Although the rate of sweating is higher in humid conditions, the cooling is less. Because the air is already saturated with water, the sweat can't evaporate. This sweat will deplete the body of vital water and salt. If dehydration sets in, cooling becomes even more difficult. Even air temperatures of 25 degrees can be dangerous if the humidity is above 95%.

Clothing

Light coloured clothing reflects light and is cooler than dark clothing. Loose, light weight clothing allows for better air circulation and therefore facilitates evaporation of sweat.

Adapting to Heat

Heat acclimatization is a process by which the body makes adjustments to promote better cooling in hot environments. Sweat becomes more diluted. The threshold at which sweating begins is lowered and the sweat rate is increased. The adaptations take about 10 days to develop and only work if you are well hydrated. Try to simulate racing conditions during your training to avoid unpleasant 'surprises' on race day.

Medications

Some medication can cause dehydration (diuretics) and others interfere with sweating. Antihistamines (commonly used for allergies and hay fever) for example decrease sweating. Caffeine and alcohol are diuretics and can cause dehydration. If you are on any medication, check with your doctor first.

Drinking

Hydrate thoroughly the day before the race – output of large volumes of dilute urine is a good sign. Hyperhydrate before the race – drink approximately 400-600ml of cold water or electrolyte solution before the race. This will help prevent dehydration. It is very difficult during a long race to prevent dehydration – difficult to replace the lost fluid lost with a sweat rate of 1.5-2 litres per hour. The best way is to try and drink 150-200ml every 10-15 minutes.

If the race duration is less than one hour, water alone should be adequate. For longer races you will require one of the many commercially available sports drinks. They contain carbohydrates and salt, and some even taste good. Don't experiment on race day – you may end up with feeling bloated, abdominal discomfort, nausea or even diarrhea.

Exercise Intensity

The higher the intensity of exercise, the greater the heat production by the muscles. Heat control and hydration therefore becomes even more important if you race hard.

There is a large variability between individuals with respect to water loss during exercise. This is dependent upon your sweat rate, rate of fluid ingestion, rate of gastric emptying, type of fluid ingested, level of fitness, and other factors. Know yourself! Test yourself during training and keep a detailed log – weight before and after training, duration of training, intensity (time/km), type and volume of fluid and symptoms you may experience.

Know the Symptoms of Heat Illness:

Heat cramps: due to muscle spasms, often in the arms, abdomen or legs. Thought to be caused by dehydration or electrolyte loss.

Heat exhaustion: more profound water and electrolyte loss. Characterised by weakness, headaches, dizziness, low blood pressure, elevated pulse, and body temperature elevation (up to 40 degrees).

Both can be treated by cooling and rehydration.

Heatstroke: a life threatening condition characterized by a shut-down of the cooling mechanisms. The athlete may be delirious or comatose and may stop sweating. Pulse is rapid and weak, low blood pressure and body temperature of over 40 degrees. Damage may occur to the brain, kidneys, heart and lungs. Even with the best medical care, death can sometimes be the end result.

The principles are basic and easy to apply if you follow the basic rules.

* * * *

Say you are an older senior citizen and can no longer take care of yourself and the government says there is no Nursing Home care available for you. So, what do you do? You opt for Medicare Part G.

The plan gives anyone 75 or older a gun (Part G) and one bullet. You are allowed to shoot one worthless politician. This means you will be sent to prison for the rest of your life where you will receive three meals a day, a roof over your head, central heating and air conditioning, cable TV, a library, and all the Health Care you need. Need new teeth? No problem. Need glasses? That's great. Need a hearing aid, new hip, knees, kidney, lungs, sex change, or heart? They are all covered!

As an added bonus, your kids can come and visit you at least as often as they do now!

And, who will be paying for all of this? The same government that just told you they can't afford for you to go into a nursing home.

And you will get rid of a useless politician while you are at it.

And now, because you are a prisoner, you don't have to pay any more income taxes!

Is this a great country or what? Now that you have solved your senior financial plan, enjoy the rest of your week!

My only problem is I don't know which politician to choose, do you think I could be granted five bullets as the penalty will be the same?

HEALTH

How to Maintain Healthy Joints

Changes in joint mobility, joint stiffness and discomfort are signs of joint damage, which can result from ageing. Fortunately, supporting your joints with the right nutrition and care, the natural way, can help you stay active!

How do Joints Work?

Cartilage is a natural substance that cushions joints and acts as a shock absorber between the bones that make up the joint. Glucosamine is a building block of joint cartilage which assists the production of special compounds that help form the structure of the joint and assist joint repair. Chondroitin sulfate acts as a 'fluid magnet', drawing fluid and nutrients into the cartilage, providing the nutrients needed to enable it to grow and be replaced.

EVALUATE YOUR LIFESTYLE

Exercise

Just like oiling a hinge, regular exercise lubricates our joints to enhance their function. It also increases our flexibility and range of motion, and strengthens the muscles that hold the joints in their proper place.

Weight

Maintaining a healthy weight is important for joints. If we are overweight, it puts more pressure on our joints, and can cause pain, especially in places like knees.

Posture

Support your joints with good posture. Keep your head up, stomach pulled in, and neck, shoulders and pelvis in a straight line. If you need to stand for long amounts of time, rest one foot at a time to take pressure off your lower back. When sitting, keep the back of the chair straight – this includes driving, as a straight seat means the controls are in reach without needing to stretch or twist.

OPTOMISE YOUR DIET

Drink Water

Cartilage is 65 to 80 per cent water, so hydration is very important for joint health. Joints depend on water to enable the blood to deliver much-needed nutrients and remove toxins and waste. If there is not enough water to transport toxins to the bladder via the kidney, the body will use its joints to store the unwanted toxins, setting up for injury or early degeneration.

Eat Foods Rich in Sulphur

Sulphur is a major building block of collagen. Sulphur-rich foods include:

- Egg yolks;
- Onions;
- Garlic;
- Broccoli;
- Cauliflower; and
- Brussels sprouts.

Foods to Avoid

These foods have been shown to aggravate joint discomfort:

- Eggplant;
- Tomatoes;
- Potatoes;
- Capsicum;
- Alcohol; and
- Caffeine.

CONSIDER SUPPLEMENTS

As we age, or as a result of injury to joint tissue, supplementation with glucosamine sulphate and chondroitin sulphate may become an important option due to the decline in our body's ability to provide these substances.

Nutra-life Joint Care capsules are widely used to support optimum joint health and provide an excellent source of nutrition for joints, cartilage, tendons and ligaments. Each capsule provides a combination of glucosamine sulphate and chondroitin sulphate, together with essential joint support nutrients boron, manganese, zinc, copper and selenium.

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NUTRITION & TRAINING

Nutrition: Understanding the Basics for Training and Racing

By Melanie Ryding

Nutrition is key to exercising, training and racing. The longer you go the more important it becomes, but where to begin?

Let's start at the beginning.

Carbohydrates

Carbs have a bad reputation for creating weight gain, they are hidden in all sorts of processed foods (usually along with sugar) but there are good carbs and bad carbs - ie simple and complex. Carbohydrates are converted to glucose and used as energy. A very small amount is stored by the liver and any excess is then converted to fat. High GI carbs such as simple sugars, bread, rice cakes, energy drinks, jacket potatoes and that sort of thing will release energy quickly, however usually this is followed by a sugar crash later which results in a dip in energy levels. Low GI carbs (such as fruit, jumbo oats, brown rice) release their energy slowly and over a longer period of time. This means your blood sugar levels (and energy levels) stay more stable.

Proteins

Proteins help repair muscle as well as give energy. They have a vital role in post workout meals as well as your general balances nutrition intake. Proteins help make you feel fuller for longer, useful if you're trying to lose body fat. There are two categories of proteins: complete and incomplete. Complete proteins contain sufficient amounts of amino acids, incomplete proteins do not. Examples of complete proteins include meat, poultry, eggs, dairy, fish, soy and tofu. Examples of incomplete proteins include rice, beans, pasta, lentils, nuts, fruit and vegetables.

Fibre

Fibre's role is several fold. It reduces constipation, reduces heart disease and bowel cancer, blood sugar levels, incidences of gallstones and helps to reduce weight. Fibre aids weight loss by staying in the stomach longer, making us feel fuller for longer. It also helps to carry more fat through the body, meaning we excrete more calories.

WHAT DOES THIS MEAN FOR EXERCISE?

Exercise Meals

If you're planning to go training later in the day try to eat an exercise-friendly meal two and three hours before you go. This means keeping your carbohydrate and protein levels high on roughly a 60:40 ratio and don't eat too many sluggish unsaturated fats.

Here are some good examples:

Baked potatoes – fill them with beans, sweet corn or chilli, not too much cheese, and remember to eat the skin, it's the healthiest bit!

Pasta/Bulgur wheat meals or bakes – again go light on the cheese, throw in plenty of vegetables. Tuna is also a great energy source.

Beans on toast – they may be the signature of a student's staple diet but low-sugar baked beans are actually really good for you. Bags of protein in the beans and wholemeal toast has your complex carbohydrates. And if beans aren't your thing, eggs will do a similar job.

Chilli con carne – beans, lean mince, and brown rice all should set you up perfectly for exercise in a few hours. Fatty, greasy mince, white rice and salty tortilla chips will not.

Pre-Training Snacks

Don't train on an empty stomach, you'll be running on empty and your performance will be impaired. Eat a small meal or snack between one and two hours before you start your training. Great snacking foods are fruits (fresh is best but dried are still okay), energy foods (cereal bars, energy drinks, protein shakes), yogurt (low fat if possible) or whole grain foods (whole wheat cereal or wholemeal toast).

Snacking During the Day

Elite athletes keep their blood sugar level as constant as possible by snacking regularly (and healthily) during the day. Only do this if you're training enough not to add body weight from the increased food/calorie intake. Target the same snacks you would as a pre-training boost – complex carbohydrates, fruits or protein shakes.

Refuelling

If you're putting in the miles in training, your body will need a boost when you finish your training. Always try to refuel within 30 minutes of finishing and preferably within 15 minutes – your body immediately needs nutrients to repair muscles and replace energy. Make sure you're refuelling with the 'right' foods though – something low in fat but high in carbohydrates and protein. Follow this up with a main meal within an hour to an hour and a half of finishing your training.

Melanie Ryding is director of [Ryding2Health](#), a coach and personal trainer as well as nutrition advisor and mental strength coach. Visit her website or her blog www.blog.ryding2health.com for lots of free health and fitness tips on a wide range of topics. She is also on [Facebook](#), [twitter](#) and [Instagram](#).

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RECIPE

Natural Nutty Energy Bars

These bars are packed full of nutrient-dense ingredients, unrefined sugars and of course, are super delicious!

Ingredients:

- 1/3 cup organic natural peanut butter or any nut butter of your choice
- 2 tbsp natural honey or pure maple syrup
- 1 tsp pure vanilla extract
- 3 tbsp extra virgin olive oil
- 1 tsp cinnamon
- 1/2 cup almonds
- 1/2 cup hazelnuts or walnuts
- 1/4 cup sunflower seeds
- 1/4 cup pumpkin seeds
- 4 tbsp flaxseeds
- 1/2 cup coconut flakes
- 1/3 cup dried cranberries
- 50g dark chocolate (85% cocoa) or 1/4 cup sweet cacao nibs.

Method:

1. In a medium size pot add peanut butter, honey, vanilla extract, coconut oil and cinnamon, and melt slowly over a low heat.
2. In a food processor add all the remaining ingredients, except the chocolate or cacao nibs, and pulse to a coarse consistency.
3. Add the processed nuts mixture to the pot of melted ingredients and mix until well combined.
4. Line a baking tray with baking paper and pour in the mixture, pressing down firmly with a spoon.
5. Roughly chop the dark chocolate and sprinkle over the top, then place another piece of baking paper on top of the mixture and press the chunks of chocolate into the mixture.
6. Place in the fridge and allow to set for at least four hours or overnight.
7. Cut into bars with a knife and keep refrigerated until ready to serve.

* * * *

What's Really in Your Supplements?

Earlier this year, a [New York Times article](#) explained how the New York State Attorney General in the U.S. accused major retailers of fraudulently labeling several of their supplements.

Some of these supplements include ginseng, ginkgo biloba, St. John's wort, valerian root and more.



Look closely at the supplements you're taking to ensure that you're getting the nutrition you need.

It was also found that some of these stores weren't including all of the additives to their supplements on the ingredient list! Such a practice is concerning, especially with many people taking supplements to be sure they are getting all they need from their diets.

More than half of U.S. adults take supplements, and nearly a third of the population in the UK and Australia do so. Our bodies and diets change over time, and often it may be necessary to take in supplement form what we can't get from food, but need to work at their highest level.

Navigating the Confusing Shelves

The world of supplements can seem confusing at first. The shelves at retail shops carrying nutritional products are overloaded with everything from vitamin A to zinc. Just taking a look at the supplement section feels overwhelming! Each product has different formulations, with different doses and percentages on the label.

Some Helpful Tips

The most important tip we can offer is to try to get enough nutrients from foods first rather than relying on supplements. As sometimes that is not always possible, here are some basic tips to help you navigate the complicated world of supplements:

- The reputation of the brand manufacturer, their suppliers, and their record of quality are helpful, but most important is what is actually in the supplement.
- Buy drugs at drug shops and health foods at health food shops.
- Do your research. To benefit optimally from a supplement, there's a specific dosage for a specific person, at specific frequencies and durations.
- Read the labels carefully. Choose a supplement based on your research and not just what the label says.
- Looking for a particular nutrient? Add the following phrases to your Google search: "most bio available" or "most absorbable form."
- Seek out a natural health care practitioner that can make the best recommendations for you.

Ed: This article has been reproduced with the kind permission of Dr Louise Bruce-Smith, Back to Living Chiropractic, Level 1, 50 The Terrace, Wellington 6011, phone 04 499 7755 or visit the website www.chiro.co.nz.

THE ATHLETE'S KITCHEN

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Nutrition & Fitness: An Emerging Religion?

In both my personal and professional lives, I try to abide by the following rules:

- 1) *Carefully choose with whom I talk about religion and food.*
- 2) *Teach, but don't preach, nutrition and fitness.*

I have learned, for example, that preaching against The Biggest Loser (because it is abusive) or in favor of milk (because it is rich in nutrients), results in a bombardment of negative emails written by zealous opponents.

With this article, I am deviating a bit from my standard offering of sports nutrition information, and instead I am sharing some food for thought about nutrition and fitness as an emerging religion. That is —

- *Do you have friends who have declared that sugar is evil?*
- *Have you noticed that running can seem akin to a new religion?*
- *Instead of attending church, do you choose to do a Sunday long run with a congregation of fellow athletes?*

When we think about something religion-based, we envision a community of people who worship common beliefs. Sometimes this community gathers in a church; other times, it meets at running stores. Among athletes who describe themselves as “religion drop outs,” some create their new “church” at the charity road race with their running buddies, or at a bike-a-thon for which they have raised money for a worthy cause. For these athletes, their exercise program offers more than just a workout; it offers community, purpose, meaning and charitable giving.

Some runners religiously partner their fitness program with nutrition. They fervently believe in quinoa and kale. They may also preach that refined white sugar is the devil in disguise, gluten is evil, and drinking soda is sinful. I have heard runners praise the glories of Paleo diets, condemn McDonalds, and confess they sinned by eating cake. Inevitably, their personal food beliefs defined the one correct way to eat. (Have you seen them roll their eyes if your food choices do not align with their views?)

Lost in the Wilderness?

Thanks to the Internet, we are overloaded with too much nutrition and fitness information. This can easily make a person feel out of control, unguided, and lost in the wilderness. Yet, from the abundance of information, each of us forms opinions and creates a belief-system surrounding food and exercise. These beliefs nourish us with a sense of comfort and control in a chaotic world.

Nourishing your soul

Despite the plethora of nutrition and exercise beliefs/ religions, the common goal is to nourish your soul by being fit, healthy, and able to perform at your best. Common denominators that lead to that goal include:

- Balancing food intake with your energy expenditure.
- Eating a variety of “real” foods. The less processed, the more wholesome goodness.
- Creating a health-promoting food & exercise program that you are willing to maintain for the rest of your life.

No one diet or exercise program suits everyone; we are diverse and unique products of nature. We have differing physiological (and psychological) needs. For example, avoiding peanuts may be essential for some runners, but you might be able to enjoy peanut butter every day. Dairy is not intolerable for every active person, nor is gluten *evil* unless you have celiac disease or gluten intolerance. There is no such thing as a good or bad *food* (but there is a bad *diet*.)

Regarding weight management, just as there are different reasons why some runners gain weight (under-exercising, over-producing insulin, stress-eating, needing meds that trigger hunger, etc.), there are differing tools to manage weight (storing food out of sight, cooking at home more often than eating take-out grub, cutting portions in half, knocking off alcohol, etc.). We need to respect diversity of:

- body shapes and sizes, and not shame teammates for having excess body fat.
- weight loss diets, and not fight over the virtues of carbohydrates versus ketosis.

Balance and Moderation

Nutrition and exercise philosophies need not have a religious fervor, but rather embrace variety, balance, and moderation. Your food and exercise program should help you feel good from the inside out. You want to consistently make choices that you enjoy and are able to sustain (and not just eat quinoa because you “think you should”). Meals can include pleasurable foods — preferably yummy-healthy foods (such as nuts, guacamole) that offer the energy you need to live an active, productive life. You want to treat your body with gratitude for all that it does for you. You should not be running as your punishment for being “too fat.”

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A defined diet and exercise program can help you feel safe and protected, particularly when you share the philosophies with a bigger community (your "church"). Rather than roll your eyes when your running buddy decides, for example, to eat a vegan diet, open your mind, listen to the pros and cons, consider what may or may not work for you, and choose meals that suit your needs. I have many clients who have evolved to be semi-vegetarian, Paleo-enough, or mostly clean eaters. Their food plan lacks a fervent religious overtone, but never-the-less leads to health, optimal performance, and a nourished soul.

Amen

My suggestion to runners who are righteous about nutrition: lighten up and allow for freedom of religion! Live and let live. There are many paths to reaching our shared goal of being fit and healthy (as well as taking care of the planet by eating sustainably). Dessert and rest days can even be a part of your religion. They are a part of mine!

*Sports nutritionist Nancy Clark MS RD CSSD has a private practice in the Boston-area (Newton; 617-795-1875), where she helps both fitness exercisers and competitive athletes create winning food plans. Her best-selling **Sports Nutrition Guidebook**, and **Food Guide for Marathoners**, as well as teaching materials, are available at nancyclarkrd.com. For online and live workshops, visit www.NutritionSportsExerciseCEUs.com.*

Ed: - This article has been reproduced with the kind permission of Nancy Clark. For more information on this article and others relating to sports nutrition etc. visit the website listed above.

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Looking After Your Brain

By Heidi Billington - Naturopath

One of the greatest worries many of us have as we age is the possibility of losing our mental sharpness and memory, but it's not just aging that can have an impact on the health of our brain; stress, exams, hormones and other lifestyle factors all play their part. Taking care of your brain is important at any age. Whether we are young or old, busy running after kids or running a business, there will always be times when we forget someone's name or walk into a room and wonder what we came in there for. It's when these slip-ups become a regular occurrence that it might be a warning sign your brain is on overload! So what can we do to support our brain and keep it alert, sharp and healthy?

Feed your brain

Give your brain the nutrients it needs to function at its best. Did you know your brain is made up of 60% fat? Eat foods high in essential fatty acids such as oily fish, nuts and seeds and limit foods such as saturated fats, coffee, alcohol and refined sugars. Investigations have shown that a Mediterranean-style diet (which is high in fresh fruit, vegetables, legumes, with moderate consumption of oily fish and low in meat, sugar and saturated fat) is associated with slower rates of decline in memory and thinking.

Relax

Learn to take life a little bit lighter. Responsibility, deadlines and pressure at work or home can make even the most poised person feel like they are losing their mind! Take regular breaks throughout the day, stop what you are doing and focus on your breathing for 5 minutes. This gives your body and mind time to reconnect and leaves a sense of calmness and a clearer mental state. Try it and see how it makes you feel.

Give your brain a regular workout

Our brain needs exercise both physically and mentally. Physical exercise is important as it increases blood circulation which in turn helps pump the oxygen around our bodies and to our brain. Being physically active for at least 30 minutes for 5 days per week helps maintain your brain health. Try mentally stimulating activities such as Sudoku and crosswords on a regular basis and get creative with crafts and new hobbies. Remember the brain is like a muscle; the more you work it the stronger it becomes!

Herbal help

Experiment with the ancient powers of traditional herbs. Ginkgo biloba is a tree with a long history of use in Traditional Chinese Medicine. It helps to maintain healthy blood flow to the capillaries that nourish brain cells and contain antioxidant properties that protect capillaries from free radical damage. Healthieries Memory & Brain Power provides the equivalent of 4000mg of Ginkgo biloba dry leaf and may help support mental alertness and memory. Brahmi (Bacopa) is a traditional Ayurvedic herb used as a brain tonic to assist memory, cognitive function and learning skills.

Most importantly don't forget that what we think can impact how we feel. A healthy brain is one that contains positive thoughts. Try and challenge negative emotions by putting a positive spin on them. For example when you feel frustrated and overwhelmed think of three things you are grateful for in your life. It's hard to be angry and grateful at the same time. We can't change the weather, but we can let the sun shine out from within.

Heidi Billington

My passion for natural health comes from a desire to help people achieve better health by balancing both the body and mind. A positive mindset and a well-nourished body is a great combination for living a happy, healthy and fulfilled life. Herbs and supplements can also play a huge part in supporting the body through the tough demands of modern day living.

As a Naturopath and Medical Herbalist one of my aims is to help take the confusion out of where to start and what to do with supplements. Lifestyle and dietary changes are important too and I'm always happy to give helpful information when needed through the naturopathic advice line.

For more information visit the website: www.healthieries.co.nz

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WEBSITE:

See what's happening on our website at:

www.wellingtonmastersathletics.org.nz

HEALTH

Why Are Minerals Important?

We've all heard about the importance of getting enough minerals in our diets – they even teach the importance of calcium in our primary schools – but aside from bone health, very few people know how integral calcium, magnesium, and zinc are to a balanced lifestyle.

For instance, did you know that calcium is used in muscle contraction, or that magnesium is used as a form of 'gatekeeper' on the cellular level, monitoring the flow of nutrients into your cells? How about zinc's ability to regulate the sensation of taste.

It is reported that the average daily intakes of calcium, magnesium, and zinc are well below the New Zealand recommended daily dietary intakes. This sets us up for deficiency-related symptoms that can go on to become large scale health imbalances.

CALCIUM

Calcium is used by the bones and teeth. Not only is calcium a major component to the structure of your teeth, it is essential to the manufacture of tooth enamel (the hardest substance in the human body).

98% of calcium is contained in our bones and teeth

Calcium is also used by every muscle in the body for muscle contraction. Make a fist – that is calcium in action! Now think about the most important muscle of the body – the heart. How many contractions does it make in a day? Calcium is even used to release and regulate neurotransmitters for psychological and neurological balance.

MAGNESIUM

While magnesium is used to contract muscle tissue, magnesium has a relaxing effect on the muscles.

It is an important nutrient for cardiovascular health. Because of its use in enzymatic processes throughout the body to regulate energy levels, magnesium deficiency has been associated with low energy and low mood associated symptoms. One of magnesium's primary roles is to work alongside calcium as a component to healthy bone production.

Magnesium deficiency is common in people who have alcohol, coffee or sugar, or who take diuretics or contraceptive pills

Magnesium is known to be depleted in New Zealand soils, which makes it quite challenging to source sufficient quantities, even with a diet high in plant-based foods.

ZINC

Zinc is used extensively throughout the body for various tasks: collagen production and repair, gene transcription (where DNA gets converted to RNA), antioxidant protection against free-radical damage, hormone production, immune cell regulation, and even taste sensation. Zinc is involved in all of these actions and more!

Oysters are a fantastic source of zinc

Zinc is also an essential cofactor in the production of the enzyme alkaline phosphatase, which is required for the contribution of phosphates to the bone matrix in healthy bone production.

The body has no zinc stores so needs a steady intake of zinc.

Zinc is also found in:

- Seafood;
- Red meat;
- Poultry;
- Beans;
- Nuts;
- Whole grains; and
- Dairy products.

Ed: This article has been reproduced with kind permission from Health 2000.

For more information visit their website: www.health2000.co.nz

* * * *

Bones or Nerves?

We live our lives through our nervous systems. Whether it's enjoying a sunset, digesting dinner or warding off an infection, our nervous systems control everything. Better nervous system = better life.

Our culture is focused on blood, such as pulse, blood pressure and cholesterol. These largely result from nervous system directions. So even the smallest nervous system disturbance can dramatically affect the way your whole body works.

Since the moving bones of the spinal column are so close to the spinal cord, and the 31 pairs of nerve roots that branch out from it, many people think chiropractic is all about bones.

But I see myself primarily as a nerve doctor, not a bone doctor. The spinal column is merely where we find the location of nerve disturbances between the brain and body.

Reducing nervous system tension allows your body to work normally so health can return.

Ed: This article has been reproduced with the kind permission of Dr. Louise Bruce-Smith, Back to Living Chiropractic, Level 1, 50 The Terrace, Wellington 6011, phone 04 499 7755 or visit the website www.chiro.co.nz.

How to Avoid and Push Past "The Wall"

You're feeling fantastic at kilometre 32 of your marathon, and then it happens. Your legs feel as heavy as sequoia tree trunks and your tank is on E. You've hit the dreaded "wall," and you don't think you can continue.

Hitting the wall sucks, but there are ways to ensure you don't ever reach that point. And if you find yourself smacking the wall so hard it leaves a mark, one triathlete and coach has discovered a couple of solutions to sidestep the bonk and push through to the finish.

How to Avoid "The Wall"

Will Murray — a certified USA Triathlon Level 1 coach and co-author of [The Four Pillars of Triathlon: Vital Mental Conditioning for Endurance Athletes](#) — offers advice about how to overcome the mental and physical aspects of losing steam during a run.

How to Avoid "The Wall"

The first thing to know about hitting the wall is the way your body and brain work together to deal with such a situation. The brain uses 30 percent of the body's glucose storages to perform daily functions and process your thoughts. When you're glucose-deprived during a run, your brain is the first to go due to the lack of the glucose it needs to operate correctly. This causes a loss of cognitive functioning, including your courage and ability to strategise — as in strategising your way past the pain. Even if your body has the physical capability to keep going, your brain tells you differently.

To avoid low glucose levels during a run, Murray stresses the importance of fueling up pre-run with foods high in sodium (pretzels, soup and pre-packaged meats), potassium (bananas, leafy greens and avocados) and glucose (dried and fresh fruit, whole grain bread and cereal, potatoes and legumes). Energy chews and gels—such as GU, Leppins, Clif and PowerBar products — are fantastic options for keeping your nutrition levels high during strenuous runs and workouts.

More: [The Correct Way to Fuel During Your Runs](#)

How to Push Past "The Wall"

When the wall is so great and wide that it's unavoidable, Murray looks to his certification in Neuro-Linguistic Programming to offer solutions to run around the wall instead of into it.

Neuro-Linguistic Programming — commonly used to treat and cure phobias, habit disorders and learning disabilities — is a way of dealing with mental and physical pressures by changing the way you view certain situations, particularly stressful ones. In this case, hitting the wall can be considered a stressful situation, especially if it's in the middle of an important race.

The first thing Murray recommends is a mental exercise you should perform before any run, whether it's a training day or the morning of a race.

- Picture your body, emotions, physical feelings and the environment throughout the entire run. If this is on race

day, visualise the car ride from your house or hotel to the course, your warm-up, each mile of the race and, finally, crossing the finish line.

- The most important thing of this visualisation is to be realistic about what you'll encounter during the day. This means you should expect to potentially feel some discomfort and negative thoughts. Kilometre 28 might always be particularly difficult for you during your marathon training runs, but if you prepare yourself for these feelings, your mind and body are better prepared to deal with the stress of the situation.
- When your mind and body are familiar with certain emotions and physical feelings — even if they were only in your mind — the situation is not such a big deal compared to something that you weren't expecting.

Murray also stresses the importance of training the way you wish to perform in a race. This also allows your body and mind to more easily recognise the discomfort and negative thoughts you may encounter on race day, moving these feelings quickly out of your mind.

About Those Voices in Your Head

A second, more fun way of dealing with any negative dialogue you have during a run is imagining that voice as a result of sucking in a helium balloon. Think back to any time you've heard someone say something after inhaling the helium in a balloon—it's hard to take him or her seriously, right? When you apply this same principle to the voice in your head telling you to stop running, you will find it much easier to laugh them off and push the negativity out of your mind.

When You're Just Not in the Mood

For those days when it's particularly difficult to get out the door or you're just not feeling your workout, Murray suggests reminding yourself of the purpose of what you're doing. Whether you're running to get healthier, de-stress or train for an upcoming race, stating the purpose of your workout will reframe any negativity as a means to an end. Instead of one stand-alone workout, think of your run as a building block to a larger goal well worth any temporary discomfort.

More: [Train Your Brain to Help Your Run](#)

* * * *

Subject: *First Understand the Problem*

Wife texts husband on a cold winter's morning:

"Windows frozen and won't open."

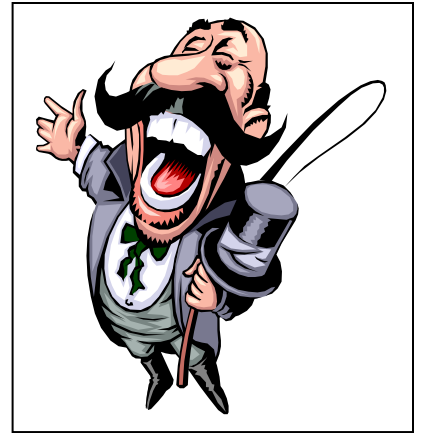
Husband texts back:

"Gently pour some lukewarm water over it that should sort it."

Wife texts back 5 minutes later:

"There was a flash and a bang - computer really bugged now."

Don't forget nominations for
WELLINGTON MASTERS ATHLETICS INC.



MALE & FEMALE
ATHLETE OF THE YEAR

It is time to put forward nominations for the 2015 Male and Female 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 29th February 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:

Trophies have been donated by Colleena & Jim Blair and in 2014 was awarded to Judy Hammond.

WELLINGTON MASTERS T&F CHAMPIONSHIPS 2016

Masterton - Day 1, Saturday 6th February – Wellington - Day 2, Saturday 13th February

Grade	Name	Result	Wind
Day 1:			
100m			
W35-49	Vanessa Story	13.41	0.10
*W50-59	Petra Stoeveken	14.21	-0.80
M35-49	Shaun Broughton	12.31	-1.70
M50-59	Mark Macfarlane	13.75	-1.20
	Michael Milburn	15.14	-1.30
	Gary Rawson	13.32	-1.20
	Gordon Cameron	14.02	-1.30
M60-99	Jonathon Harper	16.03	-1.30
200m			
W35-49	Vanessa Story	27.32	0.00
*W50-59	Petra Stoeveken	29.39	0.50
M50-59	Mark Macfarlane	27.22	0.50
	Michael Milburn	30.88	0.50
	Gary Rawson	27.34	0.50
400m			
W35-49	Vanessa Story	1:00.59	
M50-59	Michael Milburn	1:13.53	
M60-99	Jonathon Harper	1:12.37	
1500m			
W35-49	Michelle Van Looy	5:38.87	
W50-59	Sharon Wray	7:16.90	
M50-59	Tony Price	5:14.35	
2000m Steeplechase			
W35-49	Michelle Van Looy	8:29.38	
3000m			
*W50-59	Victoria Humphries	11:01.68	
	Sharon Wray	15:09.18	
Shot Put			
W35-49	Nicole Macquet	9.34	
	Fiona McGlinchey	6.62	
M60-99	Peter Orman	8.08	
	Peter Jack	5.33	
	Graham Cook	7.01	
Discus			
*W35-49	Nicole Macquet	33.65	
	Fiona McGlinchey	14.45	
M50-59	Gary Rawson	26.18	
M60-99	Peter Orman	22.38	
	Peter Jack	16.83	
	Graham Cook	17.40	
Hammer Throw			
W35-49	Nicole Macquet	24.02	
	Fiona McGlinchey	19.46	
M60-99	Peter Orman	22.07	
	Peter Jack	17.72	
	Graham Cook	20.72	
Javelin			
*W35-49	Nicole Macquet	24.33	
	Michelle Van Looy	15.26	
M50-59	Gary Rawson	28.91	
M60-99	Peter Orman	21.07	
Long Jump			
W50-59	Petra Stoeveken	4.13	0.0
M50-59	Mark Macfarlane	4.65	+1.8
	Gary Rawson	4.72	0.0
High Jump			
M50-59	Gary Rawson	1.42	

Grade	Name	Result	Wind
Day 2:			
60m			
W50-59	Petra Stoeveken	8.84	-0.1
	Sharon Wray	11.78	-0.1
W60-99	Jenny Mason	10.40	-0.1
	Judy Hammond	11.58	-0.1
M50-59	Gary Rawson	8.14	-0.1
	Gordon Cameron	8.87	-0.1
	Michael Milburn	9.24	-0.1
400m			
M35-49	John Turner	1:01.21	
M50-59	Michael Milburn	1:13.78	
M60-99	Jonathon Harper	1:12.86	
1500m			
W35-49	Michelle Van Looy	5:27.10	
M35-49	Stephen Day	4:21.02	
300m Hurdles			
*M60-99	Rupert Watson	1:00.75	
Javelin			
W35-49	Michelle Van Looy	15.86	
M50-59	Gary Rawson	29.33	
M60-99	Peter Orman	22.73	
	Peter Jack	11.92	
Weight Throw			
*W50-59	Sharon Wray	5.98	
M50-59	Michael Milburn	10.22	
	Gary Rawson	7.95	
M60-99	Peter Orman	10.08	
*	Graham Cook	9.18	
	Peter Jack	6.07	
High Jump			
M35-49	John Turner	1.58	
M50-59	Gary Rawson	1.45	
Pole Vault			
*M50-59	Gary Rawson	2.40	
3000m Track Walk			
W50-59	Terri Grimmett	19:48.84	
W60-99	Jacqueline Wilson	18:55.99	
	Daphne Jones	21:33.41	
M35-49	Sean Lake	16:34.73	
M60-99	Peter Baillie	17:14.56	
	Bob Gardner	18:40.86	

Note: At the time of compiling these results the 1500m Track Walk was planned for Saturday 20th February and the 5000m run is likely to be held the second week of March.

*Donates Wellington Centre Record.



- COMING EVENTS -

2016:

Feb

13	Buller Gorge Full & Half Marathons	Westport
21	Cigna Round the Bays, $\frac{1}{2}$ Marathon, 10km & 6.5km	Frank Kitts Park
28	Scorching Triathlon/Duathlon (various distances)	Scorching Bay

Mar

5	Ironman NZ Karapoti Classic Mountain to Surf Full & Half Marathons	Taupo Upper Hutt New Plymouth
13	Scorching Triathlon/Duathlon (various distances)	Scorching Bay
16	Barcelona Marathon	Barcelona, Spain
20	Round the Vines $\frac{1}{2}$ Marathon & 10km	Martinborough

April

3	Paris Marathon Scorching Triathlon/Duathlon - Teams Challenge	Paris Scorching Bay
16	Loop the Lake 26km Trail Run	St. Arnaud
17	Gold Coast Bulletin Fun Run, $\frac{1}{2}$ Marathon, 10km, 5km & 2.5km	Gold Coast
30	Rotorua Full & Half Marathon	Rotorua

May

1	Nelson $\frac{1}{2}$ Marathon, $\frac{1}{4}$ marathon & 5km	Saxton Field, Stoke
7	Hanmer Half Marathon	Hanmer
14	St Clair Vineyard Half Marathon	Blenheim
22	Classic Cross Country Relay	Trentham Memorial Park

June

26	Gazley Volkswagen Wellington Marathon, 21.1km, 10km & 5km	Westpac Stadium
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July

2-3	Gold Coast Airport Marathon, $\frac{1}{2}$ Marathon, 10km & 5.7km Challenge	Gold Coast, Queensland
17	Johnsonville 8km Road Race	Olympic Clubrooms, J'Ville

Oct

16	Lower Hutt 10km Race	Lower Hutt
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26 Oct-

6 Nov	WMA Stadia Championships	Perth, Australia
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2017:

April

21-30	World Masters Games	Auckland
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2018:

Jan

20-27	OMA Stadia Championships	Dunedin
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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, completed and signed-off to Peter Hanson at phanson@xtra.co.nz for ratification by the committee. His postal address is Apartment 206, Summerset Village, 15 Aotea Drive, Porirua 5024, and telephone number is 04 237 0958.

WELLINGTON MASTERS ATHLETICS INC.

**SUBSCRIPTION FOR THE 2015/2016 YEAR
(1st September 2015 to 31st August 2016) = \$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., ANZ 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