

# THE

# MASTER

# COPY

Newsletter of Wellington Masters Athletics Inc.

Volume 15 Issue 4

September 2016

## UPCOMING EVENTS:

### ***Annual General Meeting***

***Wednesday 28<sup>th</sup> September at 7.00pm***

\* \*

### ***Lower Hutt 10km***

***Sunday 16<sup>th</sup> October***

***Entry form in this issue and available  
on the website at:***

[www.wellingtonmastersathletics.org.nz](http://www.wellingtonmastersathletics.org.nz)

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## WELLINGTON MASTERS ATHLETICS INC.

### COMMITTEE MEMBERS 2015-16

#### EXECUTIVE:

President:	Michael Wray	471 2775
V.President:	John Palmer	479 2130
Secretary:	Albert van Veen	563 8450
Treasurer:	Graham Gould	973 6741

#### COMMITTEE:

John Hammond	04 292 8030
Michelle Van Looy	021 244 8645
Sharon Wray	471 2775

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# WELLINGTON MASTERS ATHLETICS INC.

## COMMITTEE MEMBERS 2015-16

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## LIFE MEMBERS

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

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## CLUB CO-ORDINATORS

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H V HARRIERS:	Albert van Veen	95 Kamahi Street, Stokes Valley, Lower Hutt 5019	563 8450
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	Annie Van Herck	53 Kanpur Road, Broadmeadows, Wellington 6035	478 6775
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WGTV HARRIERS:	Paul Hewitson	50 Parkvale Road, Karori, Wellington 6012	476 8686
WGTV MARATHON:	The Secretary	PO Box 14-489, Kilbirnie, Wellington 6241	
WGTV MASTERS:	Jim Blair	Flat 4, 39 Kiln Street, Silverstream, Upper Hutt 5019	528 2992
WGTV TRI CLUB:	The Secretary	PO Box 2201, Wellington 6140	

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 PRESIDENT

It's an exciting year with milestones to celebrate and changes to anticipate.

As an organisation, we are now 40 years old. To celebrate this achievement, see the flyer page for our dinner. Roger Robinson will be our keynote speaker and everyone who comes along will receive one of his books as a memento; I daresay we can get Roger to sign each copy too. In addition, we have gathered donations from the Shoe Clinic, Exodus Gym and Whittaker's Chocolate to be able to give away some goodies. Shoe Manufacturer Hoka have verbally advised their desire to support the event too. I hope we can add further to the list of sponsors.

I'm pursuing funding opportunities to subsidise the cost of dinner tickets but so far no organisation or trust has been willing to donate monetary funds. Regardless, we have a healthy balance of cash reserves and a celebration like this is something I think worth the commitment. Accordingly, the price of attendance is at less than cost.

Now only one thing remains: you! Commit to the event and purchase tickets. For you and your guest(s). We need your attendance to make the event a success.

In other news, the NZMA held a SGM in July to consider the shared membership proposal with Athletics New Zealand. All but one Centre had two delegates at the meeting. The motion was carried with an overwhelming majority.

This means that from the new membership year, racing members of Athletics New Zealand of masters age will be granted NZMA membership without having to pay an additional fee. Members who have no interest in taking out an ANZ club membership will join NZMA directly. If you join NZMA directly, your membership fee will be \$60 for those that want to compete at Championship events e.g. Track & Field, North/South Island and National NZMA Championships (or Oceania and World Championships). There is a new Social membership level of \$45 for those not interested in competing at Championships. Both of these membership levels include subscription to Vetline. Members who receive their NZMA membership via ANZ will need to purchase a subscription to Vetline at \$25 per annum with effect from January 2017.

Our AGM takes place on 28 September. I encourage you to come along and table any questions you may have with regard to the new membership structure or any other matter.

Beyond that, our next event is the Lower Hutt 10km Road Race. Our new course last year was very popular with all competitors, but numbers suffered due to the clash with the long weekend. That timing was dictated by needing to avoid Oceania Champs. This year we are a little earlier in the month, in part because Worlds in Perth start later in October.

Talking of Worlds, it looks like we have a healthy contingent from the Wellington Centre going over to compete. From a quick skim of the 115-odd NZ competitors, I spotted 18 of our members. Good luck to all, whether you're competing for the camaraderie or in serious medal-chasing mode.

*Michael Wray,*  
*President*

# TRAINING

## **Nine Benefits of Yoga for Athletes and Non-Athletes Alike**



Yoga is a great activity that provides a range of benefits to athletes and non-athletes alike.

### **1. Enhances Your Flexibility**

Improved flexibility equals improved range of motion which will give you greater potential for performance.

### **2. Develops Muscle Strength**

The strength development compliments the flexibility. Holding poses for longer develops the strength through the time the muscles spend under tension.

### **3. Improves Your Posture**

By toning your postural muscles, yoga will improve your posture allowing you to stand tall with less strain on your spine and respiratory system.

### **4. Protects Your Spine**

Inter-vertebral disks get their nutrients by being effectively massaged when you move. A yoga session has a range of movements for your spine (back-bends, forward bends and twists).

### **5. Decrease Stress**

Yoga has been shown to decrease levels of the stress hormone cortisol, through the meditation-like and mindfulness of its practise.

### **6. Enhances Your Bone Health**

The fact that the poses are weight bearing (although they don't provide as much weight bearing as running, it certainly is more than swimming or cycling) helps develop bone strength. The stress hormone cortisol has an impact on your bones ability to maintain their calcium levels – this is decreased.

### **7. Improves Circulation**

Although yoga doesn't get your heart rate right up there, the relaxation enhances blood flow especially right out to the extremities. The movement also enhances the fluid movement through the lymphatic system.

### **8. Improves Your General Health**

Getting greater blood flow completely around the body can decrease your risk of heart attack, stroke, hypertension etc. The movement of lymph through the lymphatic system will enhance your immune systems response to infection and removal of waste products.



### **9. Decreases Blood Pressure**

Studies in *the Lancet* have shown that the relaxation/meditation aspect of Yoga is more beneficial for your blood pressure than lying on the couch.

As part of **ALL** my coaching programmes I include sessions each week working on flexibility. I encourage athletes to utilise Yoga for these sessions, because there are a range of benefits (I didn't need to stop at nine benefits, I could have easily doubled that).

Including weekly practise of Yoga into your overall programme will benefit both your general health as well as your performance.

Below are a couple of great Yoga DVDs with multiple workouts to follow along with that are worth investing in to enhance your performance and health, regardless of whether you are an athlete or not.

### *The Athletes Guide to Yoga Yoga For Cyclists*

*Coach Ray is the Head Coach & Director of Qwik Kiwi – Endurance Sports Consultant.*

*Coach Ray specialises in assisting first timers and recreational athletes to achieve their sporting goals. He can be contacted at [www.qwik.kiwi](http://www.qwik.kiwi), [ray@qwikkiwi.com](mailto:ray@qwikkiwi.com) and 021 348 729. Make sure you sign up to his monthly informative newsletter.*

*Ed: - This article has been reproduced with the kind permission of Ray Boardman (Coach Ray), PGDipSportMed, PGDipRehab, PGCertSc, BSc, DipSptSt.*

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Check out his informative blog at: [www.coachray.nz](http://www.coachray.nz)

# 40<sup>th</sup> Anniversary Celebrations

This year Wellington Masters Athletics enters a new age-grade of its own as it celebrates turning 40. To commemorate the occasion, we are holding an end of year dinner at CQ Hotel in Cuba Street on 9 December.

Renowned writer, speaker and masters runner [Roger Robinson](#) will be our keynote speaker.

**Tickets to attend are \$35. All are welcome.**

Attendees will receive:

- A sumptuous buffet dinner with a wide range of options for all courses.
- A free book by Roger Robinson (retail value \$30+).
- A \$10 Shoe Clinic Voucher.
- The chance to win one of ten Shoe Clinic Drymax sock vouchers (retail value \$30).
- The chance to win a three month membership of Exodus Gym (retail value \$300).
- The chance to win some Whittaker's chocolate.
- There are more goodies being arranged for your attendance packs.

Numbers are limited so book now by emailing Michael Wray ([michaelwray@xtra.co.nz](mailto:michaelwray@xtra.co.nz)) or Graham Gould ([gvgould@xtra.co.nz](mailto:gvgould@xtra.co.nz)).

Payment can be made in one of two ways:

- Cheque made out to Wellington Masters Athletics Inc. sent to: PO Box 5887, Lambton Quay, Wellington 6145.
- Direct Credit to:  
Wellington Masters Athletics Inc., ANZ, The Terrace: 06 0565 0064415 00. Please quote your name and "dinner" in the reference field.

We are grateful for the donations from:



# HEALTH

## Strong Joints Through All Ages

By Brianna Fransen

**No matter your age or daily activity level, it's vital to take care of your joints for strength, mobility and flexibility. Joints are a part of your body that can cause serious pain and health issues if they're not cared for.**

Produced naturally in healthy joint tissue, glucosamine and collagen act as building blocks for healthy joint cartilage. Glucosamine helps to produce compounds that form the joint and assist with joint repair, while collagen provides strength and structure to cartilage. Cartilage protects joints from the wear and tear caused by daily activities, sports, and general movement.

When a joint is injured and as you age, your body's natural glucosamine supply is reduced which can lead to joint deterioration.

So is there anything you can do to keep joints healthy, or is joint pain simply inevitable? Ask yourself these questions to see if you're making the right choices for your joints and overall wellbeing.

### Am I a healthy weight?

Research shows that with every pound gained, a person puts four times more stress on their knees! Those who are often overweight often have problems in the knees, hips and back – their weight-bearing joints.

Aerobic activities strengthen joints and keep your weight in check. If your joints are hurting exercise may be the last thing you want to do, but the right exercises performed regularly can be a long-lasting way to improve flexibility and mobility. Opt for low-impact activities like swimming or biking if you're hesitant.

### Do I drink enough water?

The joints of your body depend on water to enable the blood to deliver much-needed nutrients and escort toxins away. If toxins are milling around your organs with insufficient water to transport them to your bladder via the kidney, your body will use your fat stores and joints to deposit the unwanted toxins.

Also, cartilage is anywhere from 65 to 80 percent water, so drinking enough water is important for joint health. Water provides lubrication and helps to deliver nutrients to keep cartilage healthy.

### Am I moving right?

In day-to-day life, particular movements can support or weaken joints. Maintaining a good posture by sitting and standing straight protects joints from your neck to your knees. When lifting, bend at your knees rather than your back.

Weight training helps to keep muscles and ligaments strong, but know your limits and perform the exercises correctly, as failing to do so could cause more problems long term.

### How's my nutrition?

A healthy, balanced diet is fundamental to healthy joints. Consider the foods in your diet that provide proteins, healthy fats, carbohydrates, vitamins, minerals and fibre.

Incorporating key joint support ingredients through diet and supplementation can help address joint issues. Oily fish like salmon, mackerel, and sardines are rich in omega 3 essential fatty acids which support healthy joints.

Ginger and turmeric both offer cells powerful antioxidant protection from free radicals. Celery supports fluid balance in joints, healthy movement, normal uric acid levels, and elimination of toxins from the body.

Copper, boron, zinc, manganese and selenium support the development of strong, healthy joint tissue. Copper also helps create proteoglycans for healthy cartilage and bones, and zinc helps collagen formation to keep tendons and ligaments strong.

### Is my body aligned?

Misalignment of vertebrae in the spines can come from sleep, normal wear and tear, poor posture, toxins, illness, stress or injuries. Realignment from a chiropractor, osteopath or massage therapist may ease daily life, boost strength and vitality, improve posture, reduce pain, and prevent joint deterioration.

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*For more information visit their website: [www.health2000.co.nz](http://www.health2000.co.nz)*

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### SOME PERKS OF BEING OVER 60

Your joints are more accurate meteorologists than the national weather service.

Your secrets are safe with your friends because they can't remember them either.

Your supply of brain cells is finally down to manageable size.

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# From Ireland to Japan to Wellington

Almost 4500 participants from 18 countries and all ends of New Zealand turned out for today's Gazley Volkswagen Wellington Marathon, and the battle for line honours were an equally global and national affair.

Irishman-turned-Aucklander, Ciaran Faherty made light work of the feature Gazley Volkswagen Full Marathon. The 28 year-old only started to take his running seriously two years and quickly became a regular place getter on the domestic scene.

In March he won the Mountain to Sea Marathon in New Plymouth, then finished third in the Rotorua Marathon and just three weeks ago managed second in the Christchurch Marathon. In Wellington the Irishman matched strides with local standout, Dave Parsons, for 40 of the 42.2k before the Irishman eased away for a comfortable 36 second win in 2hrs 36min 56secs.

After a busy season affable Irishman was happy to canter across the line, saying, "The legs felt ok, but it was just hard training run really."

The women's race over the full distance was similarly close, but much harder fought. Pre-race, Auckland's Katie Wyrill was tipped as the runner to watch.

The 30-year-old claimed a surprise second at the Rotorua Marathon in May, but in Wellington she was pushed hard all the way by Japanese runner, Yumiko Tanaka, and Kapiti coast ultra-distance specialist, Jo Johansen. In the end the Aucklander proved 5min too strong, winning in 3hrs 02min 46secs. But the battle behind continued as Tanaka and Johansen were separated by just 18 seconds, with Tanaka getting the nod in 3hrs 07min 03secs.

Tanaka was in Wellington representing Wellington's sister City of Sakai. This year's Gazley Volkswagen Wellington Marathon was the first of a marathon exchange with Sakai, where the first Sakai woman in Japan's Senshu Marathon wins a trip to the Wellington race and the first Wellington woman today won a trip to Sakai and the Senshu Marathon.

That prize proved a winning consolation for local runner Letha Whitham. She had finished fourth in the marathon but didn't realise she was the first Wellingtonian and had no idea of the prize. So it was an overwhelmed Whitman who spluttered, hands on face, "I can't believe this. I've honestly never won anything in my life!"

Nineteen year old Mike Voss has won a few races in his still young life. But after leading from start to finish to win the Shoe Clinic Half Marathon distance, it was obvious that the Rotorua runner will be seen on the top step of the podium for some years to come. Shrugging off blustery conditions and vastly more experienced competition, the teenager finished almost two minutes clear of Palmerston North runner Chris Sanson to stop the clock in 1hr 10min 14secs. Third place Brian Garmonsway was just 38 seconds further back in third, but as first local runner took the combined Wellington Half Marathon title.

Wellington runners struck back for the home side in the woman's half marathon, with national triathlon reps Rebecca Elliot and Taryn Ryan claiming the top two spots ahead of Charlotte Haina. Elliot was 1min 40secs clear of Ryan when she stopped the clock in 1hr 25min 03secs, with Haina less than a minute further back in third.

In other events, the Mizuno 10k saw a repeat of last year with Wellingtonians Tim Hodge and Nathan Tse taking the top two spots, with Hodge winning by 29secs in 33min 12secs. The first woman was Sarah Drought with a fast 36min 26secs that saw her claim victory almost three minutes clear of Jean Kozyniak and Ariana Harper. The Hits90.1 5k race saw Wellingtonians Kevin Pugh and Phoebe van Boheeman take top honours, while Sam Williams and Amelia Abernethy were tops in the Bluebridge Kids' Magic Mile. The stand out walkers were New Plymouth's Harry Terweil, who set a new Full Marathon walk record of 4hrs 26min 08secs, while Wellington's Jacqueline Wilson claimed second to Nelson's Barb Pauling in the 10k walk but set a course record and possible national record for 70 year olds of 1hr 06min 42secs.





## RECIPE

# Nicoise Pasta Salad



### Ingredients:

- 2 cups of **salad greens**
- 1 cup of cooked **pasta**
- 1 can (140gm) **tuna**, drained and gently flaked
- 230gm **green beans**, uncooked or lightly steamed
- 2 hard-boiled **eggs**, sliced.

### Dressing:

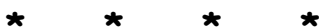
- 2 egg yolks
- 1 teaspoon minced **garlic**
- 1 tablespoon coarse-ground prepared **mustard**
- 1 tablespoon **white vinegar**
- 2 tablespoons **olive oil**
- Juice of ½ a **lemon**.

### Method:

1. In a large bowl combine salad greens, pasta and tuna.
2. To steam the green beans, place ½ cup of water in a sauté pan and cook over medium-high heat until most of the water has evaporated and the beans are bright green. Add to salad.
3. To make the dressing: Put the egg yolks, garlic, mustard and vinegar in a blender. Turn blender to low speed to incorporate the ingredients, then keep motor running and carefully drizzle in oil and lemon juice. Add more oil if you like a thinner dressing. Add salt and pepper to taste.
4. Add dressing and hard boiled eggs to salad, toss gently.

*Serve with crusty bread and top with fresh grated parmesan.*

**Serves 2.**



## Why Take a Multivitamin

Is your diet providing you with all the nutrition you need? You may be missing key nutrients in your diet so it may be a good idea to introduce a daily multivitamin supplement that will add additional vitamins to your diet that may be missing from the foods you eat.

Supplements can be taken in addition to a healthy diet to help to make up for the nutrients lost in our food, as a result of shipping, storage, processing, cooking and other factors. They don't make up for a bad diet for example, one which is high in fat, low in fibre, high in sugar and low in vitamins. They are designed to be part of a total health program that includes good food, exercise, stress reduction and avoidance of substances known to be harmful to the body.

Multivitamins are produced for different age groups and stages of life to meet your needs, children, teenagers, women, men and older adults all have different dietary requirements. If we consider the nutritional demands of a teenager to older adult, their needs are very different. Woman may benefit with support for bones and heart health, men for energy and heart health. Older adults may benefit from digestive and immunity support. Now that we get a picture of just how different our needs are, we can choose a more specific product that is tailored to our dietary needs.

It is important to take a quality product, multivitamins can be a great start if you want to top up your nutrient intake, or you have a vegan or vegetarian diet, where your intake of specific nutrients may be deficient. The usual recommendation is take once per day, with food. Always ensure you take as directed and contact a health professional if you are concerned about your health.



### Build a Better Body with Morning Stretches

After a good night's sleep, waking up refreshed is one of the best feelings you can ask for. Your body feels rested, your mind is sharp and your muscles are...tight!

Spending 10 to 15 minutes stretching each morning is effective at helping you wake up, loosens your muscles for the day ahead and is considered a form of exercise.

A.M. stretching is also helpful for improving your posture. How? If you're one of the millions of people worldwide that works behind a desk, slumping toward a computer and excessive sitting can result in tight chest muscles and an overstretched back. Implementing morning stretching into your daily routine isn't just effective for loosening tight muscles, but helps them to become more flexible. Overtime, you'll notice a positive change in your posture.



# THE ATHLETE'S KITCHEN

Copyright: Nancy Clark MS RD CSSD, July 2016



## Taking Your Diet to the Next Level

Some runners are still on the “see-food diet”. They see food and they eat it. Others are a bit more mindful about how they nourish their bodies; they put thought into selecting high-quality foods that invest in good health, quick healing, and top performance. They commonly report they have taken their diets to the *next level*. For some disciplined and dedicated runners, the *next level* is a *perfect* diet with no sugar, no processed foods, no desserts, and no “fun foods.”

While aspiring to eat quality foods is certainly a step in the right direction, eating too healthfully can sometimes create problems if the food policy becomes a bit too zealous. Is birthday cake really a bad-for-you food? (I don't think so.) Is gorging on vegetables really best for your body? (Not if your hands acquire an orange tinge from having eaten too many carrots, or if you experience recurrent diarrhea during runs due to an excessively high-fiber diet.)

Perhaps a better goal than a *perfect* diet is an *excellent* diet. An excellent diet might be more balanced, enjoyable, and sustainable. Even birthday cake with refined sugar and saturated fat can fit into an excellent diet. That is, the 2015 Dietary Guidelines allow for the inclusion of small amounts of so-called “imperfect” foods in your food plan:

- *10% of calories can come from refined sugar.* That's about 250 to 350 calories (60 to 90 grams) of sugar (carbohydrate) for most female and male athletes, respectively. This sugar fuels your muscles. Sports drinks and gels count as refined sugar.
- *10% of calories can come from saturated fat* that clogs arteries and is associated with heart disease. For a runner who requires about 2,500 to 3,500 calories a day, consuming 250 to 350 calories (about 30 to 40 grams) of saturated fat per day, if desired, can fit within the saturated fat budget. This means, from time to time, you can enjoy *without guilt* some “bad foods” such as bacon and chips. One slice of bacon has about 1 gram saturated fat; a small bag of potato chips, about 3 grams.

Certainly there are healthier foods to eat than bacon and chips, but you want to look at your whole day's food intake — not just a single item — to determine the overall quality of your sports diet. If 85% to 95% of your food choices are high quality, a little bacon or a few chips will not ruin your health forever.

Some runners deal with “unhealthy” foods by setting aside one day a week to be their cheat day. (Think *Faturday* or *Football Sunday*.) This well-intentioned plan can easily backfire. Most people don't over-eat/spurge until they have first been denied or deprived of a favorite food. Hence, when the Perfect Diet starts on Monday, runners can do a heck of a lot of “last chance” eating the days before starting their restrictive food plan.

Rather than a Sunday splurge, let's say on bacon, you might want to enjoy just a few slices of bacon throughout the week. This can curb cravings and dissipate the urge to splurge on Sundays. There can be a “diet portion” of any food.

### Going to the next level

For runners who want to take their diets to the next level with a sustainable plan, I offer these suggestions:

- Evenly distribute your calories throughout the day. Most female runners need about 2,400 to 2,800 calories a day; male runners may need 2,800 to 3,600 calories a day. This number varies according to how much you weigh, how fidgety you are, and how much you exercise. *That's why meeting with a professional sports dietitian can help you determine a reliable estimate. To find a local sports dietitian, use the referral network at [www.SCANDpg.org](http://www.SCANDpg.org).*
- Most “bad” food decisions happen at night, after your body has been underfueled during the day. If you are “starving” before dinner, add a second lunch to curb your evening (over)eating. You will easily save yourself from a lot of junk food at night. Trust me.

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- If your body requires 2,400 to 2,800 calories per day, this divides into 4 food buckets with about 600 to 700 calories every four hours. For example: 7:00 a.m., breakfast; 11:00, early lunch; 3:00 p.m., later lunch; and 7:00, dinner. (Adjust the times to suit your schedule and divide the calories, if desired, into smaller snacks within that 4-hour window.
- Your breakfast food-bucket should be the same size as your dinner bucket; this likely means you'll be eating a smaller dinner and a bigger breakfast. If you train in the morning, you may want to eat part of your breakfast calories before you run and the rest afterwards.
- Include in each food bucket at least three, preferably four, of these types of foods:
  1. **Grain-based foods** (about 150-250 calories/bucket), to fuel your muscles. Easy whole grains: whole wheat bread, oatmeal, and baked corn chips.
  2. **Protein-based foods** (about 250 calories/bucket), to build and repair your muscles. Easy ready-made options include rotisserie chicken, deli turkey, hummus, tuna pouches, tofu, hard-boiled eggs, and nuts.
  3. **Fruits and veggies** (about 100-200 calories/bucket) for vitamins and minerals. Choose a variety of colorful fruits: strawberries, cherries, oranges, peaches, bananas, and blueberries. Also choose colorful veggies: dark green broccoli, peppers, spinach; orange carrots, sweet potato; red tomato, etc.
  4. **Dairy/calcium-rich foods** (about 100 calories/bucket) for bones and maintaining low blood pressure: Low-fat milk, (Greek) yogurt, cheese; soy alternatives — but please *not* rice or almond milk. They are equivalent to juice (not milk) with very little protein or nutritional merit.

By filling up on quality foods at breakfast, lunch #1, and Lunch #2, you will crave less "junk food" at night and may not even miss it. Your diet will easily rise to the next level, no sweat.

---

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](http://nancyclarkrd.com). For online and live workshops, visit [www.NutritionSportsExerciseCEUs.com](http://www.NutritionSportsExerciseCEUs.com).

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\* \* \* \*

## Commuting and Computing

While we're racking up miles commuting to our jobs, whether we're a driver or a rider, we're also wreaking havoc on our spine. But that's not all. When we get to work, we're likely doing more sitting in front of our computers, which can cause even more problems.

### ***Pad Your Bank Account Without Punishing Your Back***

While working pads our bank account, sitting at our office desk can punish our backs. Fortunately, there are some things you can do to keep your back strong while commuting and computing.

1. **Get in proper driving position.** Ensure your seat is at the correct height and your ears are aligned with your shoulders. Also, use supportive arm rests to diminish stress put on the body. Use your headrest so your head doesn't have to lurch forward to keep your focus on the road.
2. **Stretch before and after your commute.** Just as it's a good idea to stretch before we exercise, it's beneficial to stretch for a few minutes before or after a drive to work or a ride on public transportation. Stretching can reduce muscle tension and alleviate the anxiety that may be associated with stressful commutes.
3. **Tame the tension.** Driving in rush hour traffic can be a tension-inducing experience. As tension is most often felt in the neck and back, consider shrugging your shoulders when stopped at a red light. Get a lumbar support for your back if your seat isn't comfortable or roll up a sweatshirt or towel and place it between the small of your back and the seat.
4. **Be kind to your back.** Our backs can take a beating from all that drubbing on the keyboard while in a sitting position. Ensure that your chair provides sufficient lumbar support. Keep your feet firmly planted on the floor and see that your keyboard and monitor are at an ideal height. It's also a good idea to stand up and move every 20 minutes.

### ***Keep Your Spine Healthy***

Regular chiropractic adjustments are important when it comes to keeping your spine healthy so it can withstand the demands of daily commuting and computing.

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*Ed* - This article has been reproduced with the kind permission of Dr Louise Bruce-Smith, Back to Living Chiropractic.



**Back to Living<sup>®</sup>**  
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*Let us help you get...Back to Living!*

**Back to Living Chiropractic**  
**Level 1, 50 The Terrace, Wellington**  
**Telephone 499 7755**  
**[www.chiro.co.nz](http://www.chiro.co.nz)**

# INJURY PREVENTION

## Foot Stretches to Prevent Injuries

Keeping your feet stretched and limber is important. A great deal of demand is placed on your feet. If you take a few minutes to stretch our feet, you can help [prevent injuries](#).

Try these five [foot stretches](#). Remember all stretches should be gentle.

### 1. Towel Stretch

Sit on the floor with your legs straight in front of you. Take a towel and place it around your toes. Easily pull the towel towards you. Hold for 15 to 30 seconds, then release. Do three sets.

### 2. Towel Lifts

Sit in a chair and place a towel on the floor. Lift the towel with your toes. Most likely you can lift it with your big toe — for a challenge try lifting it with your little toes. Repeat five times and then switch feet.

### 3. Step Stretch

Stand with your toes on a step, your heels off the edge. Slowly lower your heels down, hold for 10 to 15 seconds, then lift your heels to starting position. Repeat five to 10 times. This is great for [plantar fasciitis](#). If the movement is too much for both feet at once, do one foot at a time.

### 4. Toe Stretch

Sit in a chair, with feet on the floor, and spread your toes apart. Hold for a few seconds, then release. Repeat 10 times.

### 5. Foot Roll

Take a golf ball, and roll it back and forth from your toes to your heels. You can also use a tennis ball or a frozen juice can — your feet will love this, especially if you've been on them all day.

A little stretching goes a long way and can prevent injuries. So keep stretching your feet.

\* \* \* \*

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

*- Katherine Switzer, women's winner 1974 New York Marathon.*

## Shin Pain – “Shin Splints” or Stress Fracture

By Jeff Galloway

Almost always, pain in this area indicates a minor irritation called “shin splints” that allows running and walking as you heal. The greatest pain or irritation during injury is usually felt during the start of a run or walk, which gradually lessens or goes away as you run and walk. It takes a while to fully heal, so you must have patience as you stay below the threshold of further irritation.

- Inside pain – posterior shin splints. Irritation of the inside of the leg, coming up from the ankle is called “posterior tibial shin splints” and is often due to over-pronation of the foot (foot rolls in at push-off).
- Front of shin – anterior shin splints. When the pain is in the muscle on the front of the lower leg, it is “anterior tibial shin splints”. This is very often due to having too long a stride when running and especially when walking. Downhill terrain should be avoided as possible during the healing.
- Stress fracture – If the pain is in a very specific place and increases as you run, it could be a more serious problem: a stress fracture. This is unusual for beginning runners, but characteristic of those who do too much, too soon. It can also indicate low bone density. If you even suspect a stress fracture, do not run or do anything stressful on the leg and see a doctor. Stress fractures take weeks of no running, usually wearing a cast. They may also indicate a calcium deficiency.

Jeff Galloway Resources: [www.jeffgalloway.com](http://www.jeffgalloway.com). Visit the E-Shop where you will find “Mental Training for Runners – How to Stay Motivated” and other books for your running library.

\* \* \* \*

## SOME PERKS OF BEING OVER 60

You quit trying to hold your stomach in, no matter who walks into the room.

You sing along with elevator music.

Your eyes won't get much worse.

Your investment in health insurance is finally beginning to pay off.

# Runners: Strong is the New Fast

By Abbie Napier

## Experts say strength training is vital for success as a runner at every level.

Love running but plagued by injury? The answer lies in strength training, even if you really don't want to believe it.

Kiwi running experts Mat Lewisham and Kelly Sheerin say every runner should be completing a strength programme alongside their running to minimise the chances of injury.



Core strengthening improves your support and posture as a runner.

The most common injuries seen in runners include plantar fasciitis, achilles pain, chronic calf issues, knee problems, shin splints and ITB syndrome.

Preventing injury is the first step in becoming a better runner and the key to spending more time doing what you love.

Sheerin, specialist running physiotherapist and director of Auckland University of Technology Sports Performance Clinics, says runners are usually people who love repetition, love running and shy away from other forms of exercise. While this focus and determination can be the key to success in distance running, it can also be a major barrier to training properly.

About 35 to 75 per cent of runners will experience at least one injury a year. That's time off running, and time spent on the couch.

Lewisham is a qualified personal trainer, ultra-marathon runner and [Dream It running trainer](#) who works with people of all skill levels to see them achieve their goals.

He says repetitive motion, like running, will cause injuries to flare up.

"Strength increases your chance of being successful," he says. "You'll be a faster runner too."

If you're just starting running, perhaps doing a [Couch to 5k app](#), you should include basic strength work in your session. Walk quickly to warm up, and then do some simple exercises like hip raises, squats and lunges. Then run. He says you'll see muscle

results within four to eight week, which is less time than your average nine week running course.

If you're an experienced runner with an injury, stop running. Convincing runners to take time out from training can be tough, so Lewisham recommends a different programme of exercise while the injury heals. Hit the gym for your strength work and include a class to keep your cardio up - he recommends spin, which offers interval training to work the body and is great for runners.

A combination of injury-appropriate strength work and cardio will keep you in shape until you heal, minimising the impact on your running training. Lewisham says runners should work on their glutes and core muscles to improve running technique. The core is essential for maintaining good running posture and taking strain off the body.

Injuries come from two main causes: repetition or overuse and improper strengthening of necessary muscles. Sheerin says the problem with runners is they tend to thrive on routine and repetition, running the same routes, at the same speed, in the same shoes.

Dealing with overuse is simple. Run different routes and include hills or inclines and different surfaces. Change your shoes often (switch between pairs) and vary your speed.

When it comes to strength, running is very good at strengthening certain muscles, but ignores some that are vital for running. He says the two main muscle groups that need strengthening are your glutes and your calves.



Work on your glutes for better running form.

Sheerin recommends doing body weight and band exercises to strengthen your glutes, and skipping, hopping and jumping to strengthen calf muscles.

He strongly recommends asking expert advice before creating your own strengthening programme as doing the right thing first time will save you heartache down the track, especially if you're already injured.

"If you want to prevent injuries, making sure you're strong and stable is that first step," he says.

- Dominion Post, 21 June 2016

\* \* \* \*

See what's happening on our website at:

[www.wellingtonmastersathletics.org.nz](http://www.wellingtonmastersathletics.org.nz)

# MISCELLANEOUS

## MEMBERSHIP:

Our final membership numbers for the year ended at 92 members. Welcome to new members Finlay Abbot (WMA), Richard Thomson (Mana), Mathew Rogers (HVH), Peter Stevens (Scottish) and Cherri Matthew (WMA).

\* \* \* \*

## ANNUAL GENERAL MEETING

The Annual General Meeting of Wellington Masters Athletics Inc. will be held on Wednesday 28<sup>th</sup> September 2016 at the Olympic Harrier Clubrooms, Bannister Avenue, Johnsonville commencing at 7.00pm.

\* \* \* \*

## 5km & 10Km Walking Races

MacKays Crossing, Saturday 9<sup>th</sup> July

The weather was pretty bleak to start off but eased after the races started. It did not get above 11°C according to records. Thanks to Geoff & Robyn and Peter for setting up the course. And thanks to John, Karen and David Cooke for timekeeping and results recording.

In the results below Ian in the 10km was not judged. In the 5km only Daniel, Jackie, Bob and Geoff were judged. All others were treated as unjudged B grade.

### 10km Race:

*Sean Lake	Scottish	0:59:30
*Peter Baillie	Scottish	1:01:04
*Terri Grimmett	Scottish	1:04:51
Ian Morton	Scottish	1:06:38
John Leonard	Scottish	1:07:00
Arlene Wong-Tung	Scottish	1:10:53

### 5km Race:

Daniel du Toit	Trentham	28:25
*Jackie Wilson	Trentham	32:16
*Bob Gardner	Scottish	32:17
John Roskvist	Trentham	35:17
Andrea Adams	Olympic	37:48
*Geoff Iremonger	Scottish	38:28
Jenny Lipross	Trentham	39:24
Leeanne Palmer	Scottish	39:24
*Murray Gowans	Scottish	42:32
*Peter Tearle	Scottish	49:44

\*Member Wellington Masters.

## 2016 GAZLEY MOTORS WELLINGTON MARATHON STATISTICS

Race	Entrants	Finishers
Gazley Volkswagon Marathon	377	332
Gazley Volkswagon Marathon Walk	36	35
Shoe Clinic Half Marathon	1421	1252
Shoe Clinic Half Marathon Walk	195	183
Mizuno 10km	1278	1090
Mizuno 10km Walk	214	197
The Hits 5km	397	341
The Hits 5km Walk	142	112
Bluebridge Kids magic Mile	231	206
<b>Total</b>	<b>4291</b>	<b>3748</b>

\* \* \* \*

## *Jim Lockhart and Mariette Hewitson Baton*

This award is presented in conjunction with the Masters 8km Road Race and is awarded to the athlete whose time is the closest to an age group record.

### Past winners of this trophy:

1999	Diane Rogers (Trentham)
2000	Diane Rogers (Trentham)
2001	Ellis Goodyear (Capital)
2002	Ellis Goodyear (Capital)
2003	Diane Rogers (Trentham)
2004	Peter Thomas (Trentham)
2005	Peter Thomas (Trentham)
2006	Ellis Goodyear (Capital)
2007	Sheryne Beeby (Olympic)
2008	Graeme Lear (Scottish)
2009	Diane Rogers (Trentham)
2010	Diane Rogers (Trentham)
2011	Teresa Cox (Trentham)
2012	Michael Wray (Scottish)
2013	Michelle Van Looy (Olympic)
2014	Vicki Humphries (WHAC)
2015	John Wood (HVH)
2016	Michelle Van Looy (Olympic)

\* \* \* \*

*In my mind I'm Kenyan.  
In my legs I'm a chubby white guy.*

- *runninghumor.com*

# WELLINGTON MASTERS ATHLETICS

## 32nd Annual 8km Road Race & 6.4km Race Walk

Olympic Harrier Clubrooms, Johnsonville

### Sunday 17th July 2016

The weather for this years' event was beautiful and fine - perfect for running and walking. This year 30 runners and 9 walkers took part. Fastest male walker over the hilly four-lap course was Peter Baillie (Scottish) and Jackie Wilson (Trentham) was the fastest women.

Fastest male runner over the five-lap course was Mathew Rogers (HVH) and the fastest women was again Michelle Van Looy (Olympic).

The Jim Lockhart and Mariette Hewitson Baton for the time closest to an age group record was won by Michelle Van Looy. The club team for the runners was won by Scottish who also won the club team for the walkers.

A special thanks to the marshals, timekeepers and Caroline Gratton for providing the lunch – your support is much appreciated.

#### Run (8km)

<u>Name</u>	<u>Club</u>	<u>Age Grade</u>	<u>Race Time</u>	<u>Race Pl</u>	<u>Grade Pl</u>
Mathew Rogers	HVH	M35	29:46	1	1
Josh Campbell	Trentham	M40	31:10	2	1
Michael Wray	Scottish	M45	31:28	3	1
Darren Gordon	HVH	M40	33:24	4	2
Michelle Van Looy	Olympic	W45	34:25	5	1
Jim Robinson	Victoria University	M45	35:10	6	2
Stephen Mair	Trentham	M50	35:13	7	1
Richard Martin	Olympic	M50	35:43	8	2
Rob McCrudden	Olympic	M50	38:08	9	3
Glen Wallis	Scottish	M50	38:25	10	4
Jonathon Harper	Scottish	M65	39:10	11	1
John Wood	HVH	M75	40:09	12	1
Roger Robinson	Victoria University	M75	40:42	13	2
Robin Stephen	Levin	M65	41:15	14	2
David Eastgate	Victoria University	M50	41:37	15	5
Pam Graham	Scottish	W65	42:50	16	1
Richard Sweetman	Scottish	M65	43:44	17	3
Annie Van Herck	Olympic	W60	44:23	18	1
Lance Broad	Levin	M60	44:54	19	1
Sharon Wray	Scottish	W50	45:44	20	1
Ele Brown	Olympic	W50	46:25	21	2
Denise Pilcher	Olympic	W55	46:40	22	1
John Palmer	Scottish	M65	48:30	23	4
Matthew Squire	Levin	M50	48:40	24	6
Kathrine Switzer	Victoria University	M65	49:17	25	2
Albert van Veen	HVH	M65	49:40	26	5
Maryanne Palmer	Scottish	W60	50:17	27	2
Ray Wallis	Aurora	M75	55:15	28	3
Peter Hanson	Olympic	M75	59:35	29	4
Heather Eades	Levin	W60	61:14	30	3

#### Walk (6.4km)

<u>Name</u>	<u>Club</u>	<u>Age Grade</u>	<u>Race Time</u>	<u>Race Pl</u>	<u>Grade Pl</u>
Peter Baillie	Scottish	M65	39:30	1	1
Sean Lake	Scottish	M40	41:05	2	1
Jackie Wilson	Trentham	W70	43:56	3	1
Joseph Antcliff	Trentham	M50	46:08	4	1
Melissa Crompton	Olympic	W40	47:00	5	1
Geoff Iremonger	Scottish	M65	50:47	6	2
Miles Coverdale	Olympic	M45	50:50	7	1
Andrea Adams	Olympic	W50	52:20	8	1
Daphne Jones	Scottish	W75	54:09	9	1

**WELLINGTON MASTERS ATHLETICS**

**10KM ROAD RACE AND WALK**

**(Incorporating the Wellington Masters 10km Championships)**

**and**

**5KM ROAD RACE AND WALK**

**(Non-championship event)**

**SUNDAY 16th OCTOBER 2016 at LOWER HUTT**

**START TIMES:** Walkers 9.15am – Runners 9.45am

**START/FINISH:** Southern end of riverside carpark, adjacent to Daly Street in Lower Hutt.

**RACE HEADQUARTERS:** Huia Indoor Swimming Pool, Lower Hutt – Entries will be taken on race day at the start area.

**COURSE:** The race starts just south of the riverside carpark off Daly Street in Lower Hutt and follows the Hutt River stop banks. From the start, the course goes north for 2.5km to a turnaround and back to the start, proceeding south for 2.5km to another turnaround and back to the start. 5km competitors only complete the north out and back section.

**SHOWERS:** will be available at the pool – free of charge.

**REFRESHMENTS:** Tea and Coffee will be available after the race in a meeting room upstairs at the pool also used by Hutt Valley Marathon Clinic, which has kindly agreed to act as host for the race. Lunch will **NOT** be available. Tea and Coffee with light refreshments will be covered by your race entry fee.

**PRIZEGIVING:** Will take place in the meeting room at the Huia Pool. The fastest 10km male and female master will receive a prize (both walkers and runners). In addition, the master with the highest age-grade percentage scoring (runner and walker) will also be rewarded. Spot prizes will be randomly awarded.

**ENTRIES:** For this event entries (runners & walkers) will be received from both members of New Zealand Masters Athletics and non-members provided that they meet the minimum age requirements:

<b><u>MEN:</u></b>	Pre Master -	30 years of age on 16/10/2016
	Master -	35 years of age on 16/10/2016
<b><u>WOMEN:</u></b>	Pre Master -	30 years of age on 16/10/2016
	Master -	35 years of age on 16/10/2016

**ENTRY FEE:**

Member of WMA/ANZ - \$10

Non-member of WMA/ANZ - \$15

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**Please turn over for Entry Form**

# ENTRY FORM

**(Please Print Clearly)**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

\_\_\_\_\_

MALE/FEMALE: \_\_\_\_\_

AGE ON RACE DAY: \_\_\_\_\_

EMAIL: \_\_\_\_\_

TELEPHONE: (home) \_\_\_\_\_

(business) \_\_\_\_\_

CLUB: \_\_\_\_\_

RUNNER/WALKER (delete or circle one)

EVENT: 5km  10km

**ENTRY FEE:** \$10 – Members of NZMA/ANZ.  
\$15 – Non-member of NZMA/ANZ

TOTAL AMOUNT ENCLOSED: \$\_\_\_\_\_ Make cheque payable to Wellington Masters Athletics Inc. or

**Direct Credit to:** Wellington Masters Athletics Inc., National Bank, The Terrace: **06 0565 0064415 00**

**A range of WMA singlets (\$30) and Tee Shirts (\$50) will be available for purchase on the day**

**Postal Entries to:**

Wellington Masters 10km Road Race,

C/- John Palmer, 122 Onslow Road, Khandallah, Wellington 6035 – For any enquiries telephone (04) 4792130.

**No postal entries after 9th October – please register on the day at the start area.**

**DECLARATION AND AGREEMENT TO BE SIGNED BY ALL PARTICIPANTS.**

I agree to abide by the following race rules.

1. I will follow the directions of race officials.
2. I acknowledge that I compete at my own risk.
3. I acknowledge that the stopbank footpaths are not closed to other users, which may include cyclists and I will take care.
4. Privacy Act: Information concerning this event may be used by Wellington Masters Athletics for promotional purposes.

Signed \_\_\_\_\_



**A NEW SUBSCRIPTION FORM WILL BE AVAILABLE IN THE NEXT ISSUE OF THE MASTER COPY.**

**THIS FORM WILL TAKE IN THE NEW PRICING STRUCTURE THAT HAS BEEN SET FOLLOWING THE SPECIAL GENERAL MEETING WHERE THE SHARED MEMBERSHIP WITH ATHLETICS NEW ZEALAND WAS PASSED.**

**THESE CHANGES ARE AN ITEM FOR DISCUSSION AT THE WELLINGTON MASTERS AGM ON 28<sup>TH</sup> SEPTEMBER.**

# UPCOMING EVENTS

## 2016:

### **Sept**

3	NZ Road Championships	Masterton
4	Scorching Duathlon	CIT Upper Hutt
11	Pelorous Trust $\frac{1}{2}$ Marathon, 10km & 5km	Petone
18	Blackmores Sydney Marathon, $\frac{1}{2}$ Marathon, Family Fun Run	Sydney
24	Child Cancer Handicap Half Marathon (individual or teams)	Carterton

### **Oct**

7-16	9 <sup>th</sup> South Island Masters Games	Timaru
8	Rotorua Ekiden - Relay Around Rotorua Marathon Course	Rotorua
16	<b>Lower Hutt 10km Race</b> Medibank Melbourne Marathon, $\frac{1}{2}$ Marathon, 10km & 5.7km	<b>Lower Hutt</b> Melbourne

26 Oct-

6 Nov	WMA Stadia Championships	Perth, Australia
16	Scorching Pop Up Event (tbc)	
30	Auckland Marathon Martinborough Charity Fun Ride - 48km, 67km or 115km	North Shore, Auckland Martinborough

### **Nov**

4-5	Around the Mountain Relay (150km)	New Plymouth
26	40 <sup>th</sup> Around Taupo Cycle Race (160km)	Taupo
27	Rotorua Half Marathon, 10km & Community Runs	Rotorua

### **Dec**

4	Scorching Triathlon	Scorching Bay
19	Rotorua Half Ironman	Rotorua

## 2017:

### **April**

21-30	World Masters Games	Auckland
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### **May**

6	Nelson Half Marathon, $\frac{1}{4}$ Marathon & 5km Fun Run & Walk	Saxton Field, Stoke
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### **July**

1-2	Gold Coast Airport Marathon, $\frac{1}{2}$ Marathon, 10km & 5.7km	Gold Coast
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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](mailto: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.