

THE

MASTER

COPY

Newsletter of Wellington Masters Athletics Inc.

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



WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2016-17

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Secretary:	Albert van Veen	563 8450
Treasurer:	Graham Gould	973 6741

COMMITTEE:

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Sean Lake	389 5912
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Jim Blair (2004); Bruce Perry (2008) and John Palmer (2010).

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WGTN 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

The headline event of the period was our anniversary dinner to celebrate the 40th year of the founding of Wellington Masters Athletics. We had 63 guests assemble at the CQ Hotel in Cuba Street, where we initially dominated the bar space. Old friends who tend not to compete anymore returned to renew acquaintances, no doubt dwelling on former glories. Our younger members took the opportunity to put faces to names that litter our history.

The evening seemed to go well. Guests were provided with a gift bag of goodies on entry to the function room, which included Roger Robinson's *Spirit of the Marathon*, Shoe Clinic and Hoka vouchers, some Whittaker's chocolate and an assortment of other items.

After a short speech from myself, foundation committee member, and now life member, Jim Blair took a few minutes to talk about how the decision to found Wellington Masters Athletics came about.

Dinner was very good, featuring a buffet with options to cater for all tastes: red meat, white meat, fish, vegetarian. Once we were all suitably satiated, keynote speaker Roger Robinson gave a talk on masters' athletics, full of amusing anecdotes, entertaining tangents and jokes.

After dessert we randomly gave away our sponsors spot prizes: ten pairs of Drymax socks from the Shoe Clinic, two pairs of shoes from Hoka and three months of gym membership from Exodus.

I look forward to our next opportunity to celebrate our durability, whenever that may be; perhaps in ten years when we reach the half century.

There were a number of Wellington athletes competing in Perth at the World Champs. Congratulations go to all our medalists: Vanessa Story, Tony Price, Michael Wray, Peter Hanson, John Hines, Jacqueline Wilson, Daphne Jones, Peter Tearle and Sue Hoskin. (Apologies if I missed anyone.)

We have to single out the performances from our multiple medalists Tony Price (one team gold, two individual silvers), Daphne Jones (one team gold, two individual bronzes) and Jacqueline Wilson (two team golds, three individual silvers). And the 10km Road Walk Teams event saw the W65 Gold medal winning team was 100% Wellington thanks to Sue, Jackie and Daphne!

Talking of World Championships, the World Indoor Champs in Korea 2017 are now open for entry. You will need to use a four digit NZMA number to put your entry in. If you are a member of Wellington Masters Athletics via Athletics Wellington, rather than directly, you need to ask Veronica (gvgould@xtra.co.nz) to assign you a number. Direct members should already have their number but Veronica can remind you if you have forgotten it.

A further reminder to members from Athletics Wellington that you need to renew your subscription of Vetline magazine should you wish to continue receiving this glossy publication, which covers Oceania Masters Athletics with a NZ-focus, into the New Year. You can do this via Veronica too.

Our fortieth year is now coming to a close. It's been a year of change as we adapt to an environment that is very different to that masters encountered in 1976. The spirit of cooperation between us and Athletics New Zealand has greatly improved and the mood now is that we are one sport. Our commitment to providing a platform for masters to continue competing for life remains unchanged and that is something we can continue to celebrate as we look forward to the start of our second 40 years. And beyond.

Have a happy and successful festive season!

Michael Wray,
President

TRAINING

Session Suggestion: Minute Pyramids

The minute pyramid is a versatile session that combines both speed and endurance in one neat little package. Given this, the session can still be tailored to be more specifically speed or endurance oriented, depending on the length of repetitions and pace of recoveries.

If the length of the repetitions are initially increasing, it is termed a standard pyramid; however, if the length of the repetitions are at first decreasing, it is termed an inverted pyramid.

If speed is the "special of the day", you may choose a session such as the following: 1 minute, 2 minutes, 3 minutes, 2 minutes, 1 minute, all off a 1-minute jog recovery.

If you prefer something a little more endurance focused, perhaps try something like this: 4 minutes, 3 minutes, 2 minutes, 3 minutes, 4 minutes, all off a 1 minute jog recovery.

The height of the pyramid, the starting point and if the pyramid is standard or inverted can all be altered to suit the current phase of your training. A great example of the minute pyramid for marathon training is: 2 minutes, 3 minutes, 4 minutes, 5 minutes, 4 minutes, 3 minutes, 2 minutes, all off a 1 minute jog with the repetitions run at close to half-marathon pace.

The benefit of the standard pyramid is that it initially has you running quite quickly, and you can then concentrate on trying to maintain this pace while you mount the apex of the pyramid and return down the other side. An inverted pyramid will generally cause an increase in the speed of the session midway through and allows you to focus on finishing strongly on a sustained effort.

When to Use

Because of its flexibility, the minute pyramid is a great session to use at any time of the year. It can be tailored to suit a build period or a tapering phase within your training. Also, there is the option of floating the recoveries rather than jogging them, turning the whole session into more of a fartlek. Even further alterations to the session (such as the following: 30 seconds, 1 minute, 2 minutes, 1 minute, 30 seconds, all off 1 minute jog) allow the

pyramid to be used as a great taper session two or three days before a race.

What Pace

The pace that you run each repetition depends on the type of pyramid that you are using and the length of each repetition. Basically, you want to run the shorter repetitions slightly quicker than the longer ones. As a rule of thumb, add up the total number of minutes of the repetitions in the session and use the following guidelines:

Total Combined Minutes of Repetitions and Suggested Pace to run Repetitions

Less than 10mins: 5km Pace;

Between 10 and 20mins: 10km Pace;

Greater than 20mins: Half-marathon Pace.

Event Best Suited To

Due to its flexibility, this session could be converted to suit basically any event 1500m and over. R4YL coaching staff would suggest starting with an inverted pyramid that is no longer than 20 minutes in duration. Once you feel you have this session under control, you may want to progress to a standard pyramid of the same duration and then, if required, increase the length, number of repetitions, speed of the repetitions or pace of recoveries.

Article reproduced from R4YL Newsletter November 2016.

* * * *

Why teachers continue to drink heavily!

(These are genuine answers).

Q. Give the meaning of the term 'Caesarean section'.

A. The caesarean section is a district in Rome.

Q. What is the fibula?

A. A small lie.

Q. What does 'varicose' mean?

A. Nearby.

Q. What is a terminal illness?

A. When you are sick at the airport.

Q. What does the word 'benign' mean?

A. Benign is what you will be after you be eight.

Q. Name the four seasons

A. Salt, pepper, mustard and vinegar.

RESULTS

Wellington Masters 5km & 10km Road Run and Walk

Lower Hutt – Sunday 16th October 2016

The weather was reasonably good, albeit a cheeky northerly to contend with on the way back from the Seaview end of the course.

The numbers were low this year with 24 entrants (slightly up on 2015 when only 21 took part) – the committee thought that the numbers would have been up with the amalgamation of Masters and ANZ now in place.

Many thanks to Mandy Simpson and Michelle Van Looy for marshalling the turn-round points, plus additional thanks to "Master Chef" Michael Wray who produced a delicious array of sumptuous goodies to have at the morning tea.

The merits prizes (wine!) this year went to Andrew Kerr (first male runner*), and Liz Eade (our only female runner), Sean Lake (first male walker) and Terri Grimmett (first female walker). The age-grade prizes went to Jackie Wilson (highest walking age-grade percentage) and Don McGowan (highest running age-grade percentage). *Gareth McCash was the first runner home but as he has not yet attained the age of 35, the merit prize went to the next Master aged runner home (Andrew).

Many thanks also to those competitors who continually turn up and support our events.

Run (10km)

Name	Club	Grade	Time	Age %	Finish	Grade Pl
Gareth McCash	Olympic	M30	38:24	70.01%	1	1
Andrew Kerr	Scottish	M40	40:00	71.50%	2	1
Mark Anderson	Olympic	M45	41:38	71.54%	3	1
Karl van Polanen	HVH	M55	44:32	71.03%	4	1
Richard Martin	Olympic	M50	44:48	67.63%	5	1
Liz Eade	Olympic	W35	45:58	66.46%	6	1
Don McGowan	Wainuiomata	M65	48:00	72.33%	7	1
Richard Sweetman	Scottish	M65	52:53	67.63%	8	2
Dougal Congalton	WHAC	M70	56:04	65.22%	9	1
Albert van Veen	HVH	M70	59:09	61.12%	10	2
John Palmer	Scottish	M65	61:41	57.90%	11	3
Ray Wallis	Aurora	M75	67:34	58.39%	12	1
John Hammond	Kapiti	M75	73:11	54.93%	13	2
Peter Hanson	Olympic	M75	77:45	53.91%	14	3

Walk (10km)

Name	Club	Grade	Time	Age %	Finish	Grade Pl
Sean Lake	Scottish	M40	64:50	61.95%	1	1
Terri Grimmett	Scottish	W55	65:47	77.76%	2	1
Jackie Wilson	Trentham	W70	66:18	90.02%	3	1
Ian Morton	Scottish	M60	70:07	65.70%	4	1
Joseph Antcliff	Trentham	M50	73:31	57.36%	5	1
Maryanne Palmer	Scottish	W60	76:38	69.94%	6	1
John Hines	Scottish	M80	79:57	74.25%	7	1
Daphne Jones	Scottish	W75	83:25	78.00%	8	1
Peter Tearle	Scottish	M90	101:05	70.88%	9	1

Run (5km)

Name	Club	Grade	Time	Age %	Finish	Grade Pl
Barbara Morrison	Olympic	W65	30:34	66.30%	1	1

HEALTH

Joining the Dots for Joints

While you might not often consciously think of your joints and keeping them healthy, they're incredibly important – allowing you to run, walk, jump, play sports and, generally, do most of the things you love to do. It follows then that if your joints aren't kept in healthy working order, they can make doing all of this more difficult.

Joints are where two or more bones come together. Many have cartilage on the ends of the bones at the point where they join, which allows bones to glide over one another, and protects them from rubbing against each other. Osteoarthritis, the most common type of arthritis, occurs when surface cartilage in the joint breaks down and wears away, allowing the bones to rub together ... ouch! It can affect anyone, young or old, and causes pain, swelling and loss of motion in the joint, which can make life less carefree, mobile and enjoyable.

So How Can You Support Good Joint Health?

To start with, staying active is vital – being active in your younger years can help prevent stiffness in your joints. Building muscle is also important, as your muscles help to stabilize and protect your joints. Those who sit all day long have a high risk of joint pain, so try to take regular breaks and move around regularly if you spend your days in front of the computer. If you already suffer from joint pain, exercise is still hugely important. Low-impact exercises like swimming, water aerobics or stationary cycling are recommended, because they are low impact, and are a good way to stay in shape while reducing the risk of injury and pain.

Glucosamine has been scientifically proved to help support joint health. An amino sugar, glucosamine is a natural chemical compound found in the body. While it is often derived from the outer shells of shellfish, there are no natural food sources of glucosamine, so supplementation is important. Oral supplements can help to promote healthy cartilage tissue and prevent it from deterioration, increase joint mobility, reduce joint inflammation and swelling, and assist with the management of mild osteoarthritis symptoms.

If you're looking for a solution to joint issues that you can already find in your cupboards, turmeric has anti-inflammatory properties that can help to prevent joint inflammation. This yellow-coloured powder is most commonly used in Indian and Indonesian cooking, so adding some more curries to your meal plan is more than just a delicious idea; it's a good idea for your joints too!

Of course, when it comes to taking care of your joints through food, you can't go past that food here of foods – oily fish. The two omega 3 fatty acids found in oily fish, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), help to inhibit proteins that may contribute to osteoarthritis, therefore decreasing its progression. Plus, these omega 3 fatty acids can also help to decrease inflammation, and increase blood flow during exercise, leading to less pain for those with bad joints.

If you find it hard to get adequate amounts of omega 3 through your diet, try taking a high quality supplement.

As we all know, calcium is great for keeping your bones and joints strong, but studies have shown that our dietary intake of calcium is generally below the levels recommended, especially among young women and the elderly of both genders. A lack of calcium, from inadequate intake and absorption, can lead to serious consequences, including osteoporosis and weaker bones, which can make fractures and broken bones more likely. Put simply, the body needs a certain amount of calcium, so if we're not getting enough of it, the body will take it from the most accessible source, direct from our bones.

While many foods supply various calcium salts, human and animal bones are the only natural source of calcium hydroxyapatite, the kind of calcium that is significantly more usable by the body and much easier to absorb.

Sourced from pasture-fed, free-range cattle in New Zealand that are raised without the use of antibiotics, pesticides or hormones, microcrystalline hydroxyapatite is a superior source of high quality natural calcium. As it is sourced from bone, it also provides the ideal starting material for the construction of bone, and has been proven to restore bone where it has been degraded. Overall, it has consistently been proved to be the superior form of calcium supplementation.

Looking out for your joints is not difficult, but it is an important part of ensuring you'll continue to be able to enjoy doing everything you love to do, with minimal difficulty.

Talk to an expert to keep your joints jolly and moving today.

* * * *

At the 1908 Olympic Games, the marathon, originally exactly 26 miles long, was officially increased by 385 yards. The reason? Race officials wanted the race to end in front of Edward VII's royal box in the Olympic stadium.

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Race Tactics in Middle- and Long-Distance Running

By Ken Hall

I don't know what you enjoy most about watching the running races at the Olympic Games, but I enjoy the tactics. In fact, as many of the athletes and ex-athletes I associate with know, my favourite races at the Olympics are the 800m semi-finals. In these races, small changes in tactics can lead to a big change in the result, and if the same race was run twice, there would very likely be a different outcome.

Discussions on tactics are always fascinating, but individually, running tactics are of great importance to athletes in understanding how to run a race to maximise the chance of running a personal best or beating an opponent who has a similar personal best.

There are lots of different opinions (the number of variables make scientific studies hard to be conclusive) on the best tactics for achieving potential and beating an opponent, but I believe the important aspects of tactics can be divided into physiological, physical and psychological factors.

Physiology

If we divide a distance race (i.e. 800m up) into two sections, the majority of the race is run using a combination of the aerobic (higher percentage) and anaerobic systems in such a way that a constant speed can be maintained (products of anaerobic running are processed so they accumulate and slow movement). I will call this an athlete's cruising speed for a particular race. Then, towards the end of the race, the anaerobic system is used more extensively to produce higher speeds until the products produced slow or stop movement (ideally on the finishing line). This second part I will call the runners finishing sprint, or "kick".

Theoretically, then, a runner should run their fastest time when they have been able to cruise at a speed that is relatively high but not so high they

have accumulated waste products that prevent them utilising the higher speeds for a finishing sprint.

One of the PB principles of legendary coach Pat Clohessy, who coached Rob de Castella and coached or influenced many great Australian athletes, was to always negative split a race – that is, pace yourself so the second half of the race is faster than the first half. This is supported by the fact world records for races from 1500m to the marathon have generally been run with a negative split. The 800m is an exception in that the world record splits generally show a decline in speed during the race.

Physical Factors

I believe there are three major physical factors that impact running performance:

Distance run: A runner can be expected to run a race more quickly if they run the shortest possible distance. In a road race, they should run the tangents; on the track, they should run as close to the plinth as possible, as running in lane two is 7-8m longer.

Drafting: While I haven't seen detailed scientific evidence, a number of papers suggest a benefit of approximately 1sec per lap to a "drafting" runner at typical track racing speeds (more if there is a wind).

Stride length and running efficiency: The benefits of running the shortest distance and drafting can be dissipated through consistent changes in tempo or if a runner runs inefficiently in a pack at a pace that doesn't suit their stride length.

Psychology

I believe there are three major psychological factors that influence tactics:

- The mindset of the athletes regarding who is "best" and how fast they can each run.
- Whether an athlete has a tactical plan they are confident they can implement that will maximise their chances of success for each situation that could arise.
- Whether a runner feels they are running within themselves and/or

overtaking slowing runners. This can improve motivation and confidence and lead to improved relaxation and running efficiency.

In summary, to maximise your chances of running a PB, you should run at a cruising speed you know is fast but still allows you to have a finishing sprint, run the shortest possible distance, take advantage of any "drafting" opportunities that arise (subject to still being able to run efficiently if you are in a pack), and aim to pick up slowing runners over the second half of the race.

Racing to Win

If the focus is on beating others in a race, an athlete can try to run a PB if this will be faster than what others can run or they can adopt tactics that favour their physiological characteristics rather than those of their opponents. Trying to run a PB is often easier in longer road races, where sprinting speed, actual distance run and drafting may not be as significant as they can be on the track.

If an athlete tries to win by running a PB, a short, quick, relaxed surge early in the race to create a gap between them and their opponents and minimise drafting opportunities for others is a good approach. The athlete will need to ensure the surge doesn't tire them so much they cannot maintain their optimum cruising speed or sprint at the finish.

In tactical battles based on physiological characteristics, the classical rivalry is between athletes with a slower cruising speed but a faster kick and those with the opposite traits.

If an athlete has a faster kick but a lower cruising speed, they should conserve energy in the body of the race by drafting wherever possible, staying on the inside of the track, and focusing on relaxing and running smoothly at a constant speed. Over the closing stages, they should, in a relaxed manner, cover any moves by others to maintain the drafting effect. They should only start their sprint when they know they can maintain it to the finish line.

Continued on next page . . .



RECIPE

Ginger and Caramel Salmon with Asian Greens

Salmon is quite rich, but this sticky and sweet caramel sauce infused with garlic, chilli and ginger sauce cuts through beautifully and can be quite addictive!

Ingredients:

4 x 150 gram pieces salmon fillet, skin on
6 tablespoons caster sugar
6 tablespoons water
2 tablespoons soy sauce
1 tablespoon fish sauce
2 tablespoons julienned fresh ginger
2 cloves garlic, thinly sliced
1 long red chilli, thinly sliced
1 star anise.

Serving suggestions:

Hot cooked rice
Julienned raw carrot
Thinly sliced spring onions
Toasted sesame seeds
Vietnamese mint
Coriander
Lime or lemon wedges
Blanched bok choy.

Directions:

1. Put the sugar and 3 tablespoons of the water in a sauté pan over a medium heat. When the sugar has dissolved, bring to the boil and cook until golden, swirling the pan for even colouring.
2. Immediately add the remaining 3 tablespoons of water along with all the remaining ingredients (the mixture will spit and bubble furiously) and bring back to a simmer for 1 minute, stirring to dissolve any lumps of caramel.
3. Add the salmon, cover and cook for 3 minutes then turn over and cook for another 2-3 minutes or until just cooked through. Add a splash of water if the sauce is too thick.
4. **To serve:** Top the rice with carrot, then the salmon and spoon over some of the sticky caramel.
5. Add your toppings of choice and a good squeeze of lime or lemon juice.

Serves 4.



Race Tactics - continued from previous page . . .

Many runners misjudge their kick and end up running very slowly over the final 30m.

If an athlete has a faster cruising speed but a slower sprint compared to their opponents, they need to adopt tactics to dull others' kicks. Runners in this situation can use the PB approach set out above, throw a hard surge into the body of the race or use a gradual build-up over an extended distance in the closing stages of the race.

A hard surge is more likely to work for an athlete who has the reputation for being the best runner in the race, as the other runners may give up when it occurs. From a physiological point of view, however, the other runners may have an advantage, especially if the surge has used so much energy that the surging athlete is unable to raise their normal finishing sprint. The other runners can work together to close the gap, or those with good finishing speed may be able to catch the surging athlete if they have conserved energy in the chasing pack during the race.

Using a slow build-up over the closing stages of a race while maintaining the ability to utilise a normal (but relatively limited) finishing sprint is often successful. The aim is for the runner with the higher cruising speed to drag out the runners with lower cruising speeds but quicker finishing kicks. Ideally, the leading runner is running at a pace they can sustain but which results in the trailing runners accumulating by-products that inhibit their anaerobic abilities. If this can be achieved, the trailing runners will fatigue and will not be able to produce their sprint, while the leading runner will still be able to produce their final sprint.

* * * *

How to Heighten Your Immune System this Holiday Season

The holiday season is fast approaching and sometimes it brings more than joy. With important work deadlines, family plans and sometimes stress, it's also a common time of the year for our bodies to become drained leading to illness.

Here's how you can ensure peak holiday health.

Incorporate more Vitamin C into your diet organically. This means choosing foods like oranges, red peppers and broccoli instead of popping synthetic vitamins.

Skip the sugar. We tend to lose sight of eating well over the holidays and indulge in things we usually wouldn't, which can compromise our bodies.

Get adjusted. Chiropractic care can help keep your nervous system in balance. When your nervous system is working properly, so are other critical bodily systems important to your health.

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 their website www.chiro.co.nz

NUTRITION

Why Zinc is Vital for Your Health

Every major metabolic pathway in our body depends on micronutrients; vitamins and minerals. The key to good nutrition, health and energy is ensuring you have enough of these micronutrients.

Zinc is a vital mineral and is involved in over 200 enzyme reactions within our bodies. Zinc deficiency often means poorer absorption of zinc from high-zinc foods.

This article looks at zinc specifically to cover why we need it, why we aren't getting enough and what can happen if you suffer from zinc deficiency.

So can we get all of these nutrients from our food?

No. Our soils are heavily depleted in the levels of micronutrients we need. Data from the USDA database shows that there is up to a 38% decline in protein, calcium, vitamin C, phosphorus, iron and riboflavin between 1941 and 2001.

In the same period it was found that iron, zinc, copper, magnesium and selenium levels have declined 63%.

This means that the "average healthy diet" fails to meet our recommended daily intake targets for key micronutrients, with staggering effects.

It is a paradox of modern living. We are "overfed but undernourished". The word 'malnourished' often evokes images of someone who is underweight or sick. But that's not necessarily the case. You could be missing out on vital nutrients – and be at risk of serious health consequences – but show no symptoms.

You may be eating enough, but may not be absorbing enough nutrients - even if your diet is made up of nutritious foods.

Zinc - A key nutrient for total health and energy

Zinc is a vital nutrient for healthy immune function, energy and metabolic regulation - as it is needed to make insulin. It is also the key for male reproductive health.

We don't know exactly how common zinc deficiency is by way of a comprehensive study, but in our clinic it is incredibly common.

Several studies suggest that in New Zealand many adolescent girls have low zinc intakes which fail to meet their needs for growth. Intakes of premenopausal women may have fallen over time, and for older women, low zinc intakes are a big concern.

This appears to be partly because people are eating less zinc-rich food such as red meat and seafood, and partly because food-processing methods often remove a lot of the zinc, for example, highly processed grains.

Because of problems with the quality of our soils and a loss of nutrients through food storage and preservation, getting these vital nutrients is harder than ever before.

We also use nutrients more quickly because the stress of modern living places a huge demand on our body.

Zinc is a vital mineral and is involved in over 200 enzyme reactions within our bodies. Zinc deficiency often means poorer absorption of zinc from high-zinc foods.

How to tell if you're zinc deficient

If you are zinc deficient you may be symptomatic. Common symptoms of zinc deficiency include:

- Suppressed immunity, frequent colds or infections;
- White spots on your finger nails;
- Infertility. Especially male factor infertility. You won't necessarily know if you suffer from infertility as a male without testing, however if you and your partner have failed to conceive within a year testing for zinc deficiency could be helpful.
- Acid reflux, indigestion or heartburn;
- Depression and anxiety;
- Hair loss;
- Diarrhea;
- Acne;
- Loss of appetite;
- Slowed growth in children; and
- Loss of smell or taste.

Testing for zinc deficiency is most effective through a functional taste test. Utilising blood testing for zinc status is unreliable because your body will hold zinc in the blood even if you are chronically deficient.

Detecting the naturally bitter or unpleasant taste of zinc is dependent on having enough zinc in your body to detect it. For many people, they can take a liquid sample of zinc and it tastes just like water.

There is a scale of zinc deficiency when using the taste test. Some people will taste nothing at all. These people are likely very deficient. Others will taste a slightly unpleasant or "furry" taste after 5 seconds. Others will taste a mildly unpleasant taste relatively quickly but it isn't strong or overpowering. Lastly, those with good zinc status will taste the astringent and bitter taste straight away.

Foods with high levels of zinc

Increasing your dietary intake of zinc is important for maintaining your zinc levels. Once you get zinc deficient it's very difficult to get your zinc levels up from food, as the absorption of zinc relies somewhat on zinc.

As an example, you may use all your zinc recovering from an operation as it's heavily used in wound healing. If this happens you can no longer get zinc from food and so slowly your health decreases. It's not until you begin to supplement a high strength, high bioavailable form of zinc, like BePure Zinc Restore that you can get your zinc levels back up and then be able to maximise your zinc from food sources.

Foods high in zinc include:

- Oysters, and other seafood (crab, lobster, mussels);
- Red meat, especially beef;
- Chicken and pork;
- Cashews;
- Chickpeas; and
- Hard Cheeses.

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40th ANNIVERSARY DINNER



Wellington Masters President Michael Wray briefly outlined the programme for the evening.



Jim Blair founding member gave a brief talk about how Wellington Masters was founded.



Keynote speaker for the evening was Roger Robinson who gave an entertaining speech on masters' athletics.

Photos courtesy Sharon Wray

Wellington 10,000m Championships (Saturday 3rd December)

Walkers:

The Race Walker numbers were down a little due to several Walkers having conflicting activities.

Men:

35-49

Sean Lake	Scottish	1:00.32.06
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50-59

Joe Antcliff	Trentham	1:11.59.95
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Women:

35-49

Arlene Wong-Tung	Scottish	1:11.59.95
------------------	----------	------------

60+

Jackie Wilson	Trentham	1:05.07.75
---------------	----------	------------

Sue Hoskin	Scottish	1:07.56.86
------------	----------	------------

Daphne Jones	Scottish	1:15.43.93
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Note: Although this event is conducted irregularly (but is now on the Centre Championship annually), there were some really GREAT results with two National Masters Records and five new Wellington Masters Records set.

Jackie Wilson	W70 NZR, WR
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Daphne Jones	W75 NZR, WR
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Arlene Wong-Tung	W40 WR
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Sean Lake	M45 WR
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Joe Antcliff	M50 WR
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Many thanks to those Officials and Helpers that made all this possible.

Runners:

Men 35-49

1 Rowan Hooper	Scottish	32:03.46
----------------	----------	----------

2 Stephen Day	Scottish	32:37.22
---------------	----------	----------

3 Andrew Wharton	Scottish	34:13.91
------------------	----------	----------

4 Simon Keller	Scottish	34:55.35
----------------	----------	----------

5 Andy Ford	Scottish	36:43.11
-------------	----------	----------

6 Alasdair Saunders	Scottish	37:22.43
---------------------	----------	----------

7 Trent Corbett	Olympic	37:30.04
-----------------	---------	----------

8 Barrie Joslin	Olympic	39:05.02
-----------------	---------	----------

Women 35-49

1 Sophie Lee	WHAC	40:34.84
--------------	------	----------

2 Lindsay Barwick	Scottish	40:35.84
-------------------	----------	----------

3 Michelle Van Looy	Olympic	41:58.78
---------------------	---------	----------

Men 50-59

1 James Turner	Scottish	37:53.67
----------------	----------	----------

2 David Creamer	WHAC	38:23.50
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* * * *

Running is not about being better than someone else; it's about being better than you used to be.

* * * *

See what's happening on our website at:

www.wellingtonmastersathletics.org.nz

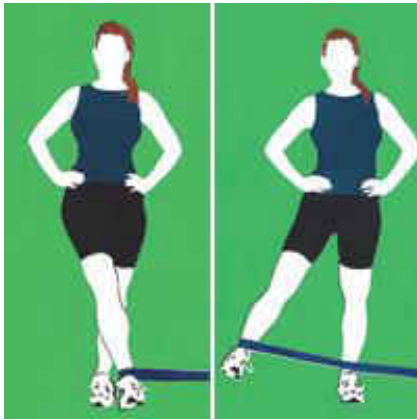
INJURY PREVENTION

Three Exercises to Cure Your Knee Pain

By Natalie Gingerich

The jury is in: "Bad knees" aren't sidelining your workout; your hips may be the guilty party. According to a review of 28 years' worth of research on common exercise injuries, hip strength is the biggest predictor of knee pain. So grab a resistance band and do these moves daily, working up to 3 sets of 10 reps on each side.

Don't forget to add [flexibility](#) exercises to your strength training. Stretching helps prevent injury and strengthens joints, especially for those 40 and over.



Side Swing: Anchor band on left side at floor height and loop band around right ankle. Balancing on left foot (hold on to something if needed), raise right leg out to side; lower.



Front Kick: Turn so band is anchored behind you and around left ankle, foot flexed. Swing left leg forward about 12 inches, keeping it straight, and return to start.



Seated Rotator: Sit so band is anchored to right and around left ankle. Cross ankles. Keeping knees together, rotate left leg outward about 12 inches. Return to start.

* * * *

Oh, My Aching Back

From swinging golf clubs to weeding the garden, popular sports and weekend activities can take a toll on our backs. Even daily chores like lifting heavy groceries or carrying a hefty load of laundry can cause back pain.

Millions of people suffer from back pain every year. Though most back pain is acute or short term and doesn't last more than a few days or weeks, other types of back pain can be chronic, lasting for three months or more.

Causes

Back pain has a variety of causes, many of which are mechanical:

- **Sprains and strains:** A strain of the muscle or ligament in the back is a common cause of acute lower back pain. Lifting heavy objects, twisting, or moving abruptly can all contribute.
- **Disc degeneration:** As we age, back pain can become more commonplace. Intervertebral discs can lose fluid and flexibility. As a result, there's a decrease in the discs' ability to cushion the spine and prevent unobstructed nerve communication.
- **Sciatica:** When the sciatic nerve is compressed, back pain, along with pain down the leg, can be common.
- **Traumatic injury:** Falls, automobile accidents and sports injuries can result in severe back pain.

Prevention

Shedding extra pounds and maintaining a healthy weight is important when it comes to preventing back pain as excess weight can cause back strain. Maintaining good posture while walking and sitting is important as well. Planning to move furniture or another heavy object? Assume a squatting position and let your legs do the work, not your back. Also, enlist the help of one or two others as sharing the load means less wear and tear on your body.

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HEALTH

Rehydrate! Don't Dehydrate

By Shona Jaray

Even if our summer isn't too wonderful, don't underestimate your need for fluid replacement. The wind can be just as dehydrating as the hot sun on a still day. Runners are often concerned about fluid needs for competition but completely overlook their requirements during training. Looking after your training needs during training will mean more effective training (greater improvement). It is also the time to practice drinking whilst on the move and to find out which fluids are the most suitable for you.

As a general rule everyone should drink 2 litres or 8 glasses of water daily. This is in addition to cups of tea or coffee, fruit juice or soft drink.

If you are training hard you may well need more. In hot conditions, working at a moderate to high intensity it is possible for the body to lose 1-2 litres of sweat/hour. Each litre of sweat weighs 1 kg.

1% of your body weight lost = dehydration

2% of your body weight lost = a decrease in your performance – this is avoidable!

You can see how much you have lost in sweat by weighing yourself without any clothes before a long run and weigh yourself again minus your clothes, after the run. Take into account any fluid drunk along the way (1 litre weighs 1 kg) and the difference is what you have lost in sweat.

How Dehydration Affects You

If you are dehydrated your ability to respond to heat will be impaired.

Dehydration may be a contributing factor to tiredness and lethargy, affecting your brain as well as your body. Muscular endurance will be compromised and there will be a reduction on aerobic exercise performance.

Dehydration is associated with a reduction in gastric emptying rate and an increased risk of gastric upset which may further compromise fluid intake.

A habitually low fluid intake is likely to be a factor in constipation (not generally a runner's problem!).

How to Look After Your Fluid Needs

Presumably you have a training programme or plan, so make a plan to look after your fluid needs.

Start each training session well hydrated. If your training session goes beyond 60-90 minutes, plan to make fluid replacements available – you will need 500-1000 mls per hour, depending on the weather and your sweat rates.

Experiment with different types of fluid replacement to see which one suits you better. Palatability is a most important consideration since it will lead to greater consumption.

The colour of your urine (provided that you are not taking supplements) is the most accurate indication of your state of hydration – pale and clear – well hydrated.

Rehydrate adequately straight after a training session.

In the weeks leading up to an endurance event such as a marathon, avoid alcohol as it is a diuretic.

Include some practice runs where you drink whilst you are running.

Which Fluid – the Choices Available

Water

Is generally freely available and is cheap. It is perfectly adequate for short training runs or low intensity runs not exceeding 90 minutes.

Sports Drinks (5-8% Carbohydrate)

Have a small amount of sodium and potassium (electrolytes) and some carbohydrate. The presence of the electrolytes and carbohydrate speeds up the absorption of the fluid so that you are rehydrated more quickly. The carbohydrate is also a useful source of energy. Sports drinks will also be useful when training sessions are longer than 90 minutes because of the carbohydrate they provide. Sports drinks have been formulated for sports people to enhance the absorption of all the nutrients they contain (electrolytes, carbohydrate and fluid).

There are many on the market – choose the one you like. If you like the taste you will drink more!

Fruit Juice & Soft Drinks (approximately 11% carbohydrate)

The carbohydrate content is generally higher than for sports drinks. If you consume these drinks undiluted during exercise they may cause gut cramps and nausea. After exercise they are a useful source of replacement carbohydrate but particularly if you sweat a lot it is a good idea to have some water to drink as well.

High Carbohydrate Sports Drinks (15-25% carbohydrate)

There are a number of sports drinks around which are very high in carbohydrate. They have been specifically designed as a carbohydrate replacement and not as a fluid replacement. Using these without adequate additional fluids such as water while you are exercising may cause gut cramps and diarrhoea. Use them after intense or prolonged training as an excellent energy replacement.

Many of you may think that you can train and/or race perfectly adequately with no fluid replacement. Do your body a favour – see how much better you will train/perform by being well hydrated! On long runs either take fluids with you and plan to drink every 15-20 minutes – the quantity you drink will depend on the weather conditions and your sweat rates.

Shona Jaray, dietitian and sports nutritionist.

WE NEED YOU!

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

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

***Come and Join the Wellington Centre
Athletics Officials***

***For more information contact Jim McIlroy on
telephone 04 577 0722 or email mcilroy.family@xtra.co.nz***

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

MISCELLANEOUS

Wellington Masters Medal Winners at WMA Champs in Perth

M45 Half Marathon	
*Eagar/ M Wray/ *Calder (Team)	Gold
W45 20km Road Walk	
*N Sunderland/ Sue Hoskin/ Jackie Wilson	Gold
W65 10km Road Walk	
Sue Hoskin/ Jackie Wilson/ Daphne Jones (Team)	Gold
M60 5000m	
Tony Price	Silver
M60 8km Cross Country	
Tony Price	Silver
M75 Half Marathon	
*Eustace/ Peter Hanson/ John Hines (Team)	Silver
M90 10km Road Walk	
Peter Tearle	Silver NZBP
M90 5000 Race Walk	
Peter Tearle	Silver NZBP
W70 10km Road Walk	
Jackie Wilson	Silver
W70 20km Road Walk	
Jackie Wilson	Silver NZBP
W70 5000 Race Walk	
Jackie Wilson	Silver NZR
M80 Half Marathon	
John Hines	Bronze
M90 Discus	
Peter Tearle	Bronze NZR
W40 400m	
Vanessa Story	Bronze
W75 10km Road Walk	
Daphne Jones	Bronze
W75 5000 Race Walk	
Daphne Jones	Bronze NZR

NZR = New Zealand Record

NZBP = New Zealand Best Performance

* Not a Wellington Masters member

* * * *

North Island Masters Track and Field Champs in Palmerston North

Results submitted by Bart Jones

3000m Race Walk (18 Starters) –

Light rain and wind with a slippery track made for difficult conditions but we were presented with a very interesting race with some excellent times. You can see from the results that there were six new Records and six PBs demonstrating the high quality of Race Walking.

An outstanding **World's Best Performance** by **Daphne JONES (W75)** in **20.33.59** some 7.1sec below the present World Record held by Miriam GOLD (USA). Unfortunately due to there being only one "A" Grade Judge on the race (world Records need 3 "A" Grade Judges), **Daphne cannot claim the World Record BUT it stands as a World's Best Performance.** Be that as it may, Daphne is now No: 1 in the World Rankings for 2016. Daphne can also claim the NZ Masters Record, the North Island Master's Record and the Wellington Master's Record. Not at all bad for a day's work! Congratulations, Daphne!

Also a fantastic **NZ Masters Record** by Corinne SMITH the "Flying Frenchwoman" from Northland. Her new NZ Master's W50 Record is 15m 46.78sec - clipping 32.52sec from the old Record. Corinne also takes out the North Island Master's W50 Record.

Other to do well were:

Sean Lake - His time of 16.06.82 PB was just 7sec short of the M45 Wellington Record. Sean WILL get it soon!

Bart Henderson - An impressive performance in finishing 4th overall and taking out the M50 Gold Medal in 18min 06. 67sec - a very good PB as well. All this in his first season and 4th Judged race of Race Walking!

5000m (12 Starters) –

Better conditions on the Sunday - although a smaller field. The race was again excellent with seven new Records and six PBs.

Corinne Smith (Northland) - Was supreme in a winning time of 27.05.31 - a NZ Master's & NI Master's W50 Record.

Daphne Jones - Again prominent with a time of 35min 39.39sec - a W75 NZ Master's, NI Master's and Wellington Masters Record and the **World's Best Performance for 2016!**

Sean Lake - created a new M45 Wellington Master's Record (28min 05.90sec)

Terri Grimmett - created a new W55 Wellington Record in 32min 40.71 sec

Joe Antcliff - A newcomer this season did a PB of 33min 54.97sec in the M50.

Vicky JONES - (Taranaki) - A new PB as well - Nice one Vicky.

All in all QUITE a weekend! Overall Race Walking may have some problems BUT the Masters Race Walking is in very good health indeed!

Here is some interesting info - This is the situation regarding Masters Race Walking **WORLD RANKINGS** for 2016 performances:

3000m - W70 - Jackie Wilson No: 1
5000m - W70 - Jackie Wilson No: 2
10,000m - W70 - Jackie Wilson No: 3
20km - W70 - Jackie Wilson No: 2

3000m - W75 - Daphne Jones No: 1
5000m - W75 - Daphne Jones No: 1
10,000m - W75 - Daphne Jones No: 3

Don't forget nominations for
WELLINGTON MASTERS ATHLETICS INC.



MALE & FEMALE **ATHLETE OF THE YEAR**

It is time to put forward nominations for the 2016 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 20th January following the year for consideration.

Selection:

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

Presentation Date:

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

Form of Award:

Trophies have been donated by Colleena & Jim Blair and in 2015 were awarded to Judy Hammond and Gary Rawson.

Controlling the Controllables



I recently had the privilege of meeting Professor Gary Hermansson – Sports Psychologist for the NZ Olympic and Commonwealth Games teams since 1998 (that is 10 games). I attended a couple of presentations he conducted and spent a bit of time talking with him before and after his presentations. I learnt a lot and will incorporate some of the strategies he discussed with specific athletes.

The majority of our training goes into preparing us physically for our sporting (or other) challenge. We train our fitness, endurance, strength, conditioning, skills and tactics, but what do we do around other areas of sports or performance enhancement?

What Gary calls *Feelings* or *the Emotional Soup* play a large role in determining the actions on the race course. If you are confident, calm, composed, optimistic, relaxed and have a level of excited anxiousness about you, you are likely to deliver a good performance. However if you are uncertain, tense, unsettled, pessimistic, anxious with dread and fearful you will likely perform poorly.

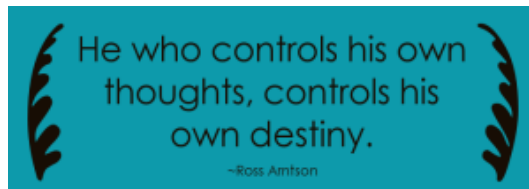
What Consumes Your Mind, Controls Your Life

I have a client who will remain nameless, who hasn't been performing well in either their training or in some of their events. They show all the signs of being uncertain, tense, irritable and emotional (lots of tears about minor things that shouldn't unsettle them but have). They are fearful of failure.

They have qualified, i.e. they have been selected to attend a major event based on their performance but have expended immeasurable amounts of nervous and emotional energy of weeks deliberating the fact that they aren't capable of performing at the event for *x*, *y* and *z* reasons. *I hope this person reads this and recognises themselves and that they return to their positive old ways.*

If you believe you won't perform then guess what? You probably won't perform and then you will justify the fact that you weren't capable to start with.

If you have been selected or qualify for an event, don't take on a negative mindset. Focus on the positive and ask yourself, "What is stopping me from doing this?" If it is your negative mindset that is stopping you, throw in the towel.



Your thoughts control you

If you conduct yourself with positive, self-believing and self-affirming thoughts, then guess what? You will be confident and calm, composed and optimistic, relaxed with an air of excited anxiousness to get this challenge done.

If on the other hand you take a negative, self-doubting and self-judging approach, you will have feelings of uncertainty, you will be tense and unsettled, pessimistic, fearful and full of anxious dread, and you will perform poorly.

These are the controllables. You can control how you think and feel, so let's take the positive road to a great performance. You can't control the conditions, the opponents, crowd, media, officials or selectors, so let's focus on **what you control** and that **is your performance on the day**.

Take the positive approach and get on and get the job done.

Gary has written a book on sports psychology for athletes called *Going Mental in Sport* that helps prepare you to overcome your challenges.



If you want to contact him directly for a mental preparation session contact him through his website: <http://www.hwassociates.co.nz/gary.html>

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

Ray can be contacted on the following:
021 FIT-RAY (021 348-729)
ray@qwikkiwi.com
www.qwik.kiwi

2016**NZMA / Local Masters Centre Registration Form**

Name:

Address:

Post Code:

E-mail:

Telephone:

Masters Centre:

Date of Birth:

Are you an Athletics NZ club registered athlete (circle one only)? No / Yes (Please complete section below)

Athletics NZ Club:

ANZ Reg. No.

Fees for 2016 / 2017 year (Please select the option that better suits your needs):**Option 1:****ANZ Competitive Members** (ANZ club members must be financial for the 2016 / 2017 season)**N.B. All fees are paid to ANZ online or via your club registration process****\$0.00**

NZMA Fee (ANZ club athlete DO NOT pay a fee to NZMA as per the MoU)

\$0.00

Local Master's Centre Fee

\$25.00

(Circle)

Vetline Subscription (4 issues starting as from January 2017)

Please pay this fee to your local Master's Centre

Note: ANZ Social Members are required to be a Competitive member of either ANZ or NZMA if they intend to compete at local, NI, SI, NZMA, OMA or WMA Championship events.

Option 2:**NZMA Members (non-club members)****N.B. All fees are paid to your Local Masters Centre as per previous years****\$60.00**

(Circle)

NZMA Competitive Member (including Vetline subscription)

(Eligible to compete at local, NI, SI, NZMA, OMA or WMA Championship events.)

\$45.00

(Circle)

NZMA Social Member (including Vetline subscription)

(Eligible to compete at local club masters events only).

\$0.00

(Circle)

Local Master's Centre Fee (optional)

Total Fee to pay = \$**Payment Options:** Post, e-mail or hand completed registration forms to **Veronica Gould**.

Online Banking: Wellington Masters Athletics Inc., ANZ, The Terrace: 06 0565 0064415 00.

(Please insert your name in the reference box)

Please make cheques payable to **Wellington Masters Athletics**

Postal Address:

Wellington Masters Athletics Inc.
PO Box 5887 Lambton Quay
Wellington 6140

Telephone: **04 973 6741**E-mail: **gvgould@xtra.co.nz**

Official Use:

Verified by:

2016 / 2017 NZMA Reg. No:

UPCOMING EVENTS

2017:

Jan

28 Taranaki Cycle Challenge New Plymouth

Feb

11 Buller Gorge Full Marathon, Marathon Relay & $\frac{1}{2}$ Marathon Westport

19 Cigna Round the Bays, $\frac{1}{2}$ Marathon, 10km & 6.5km Frank Kitts Park

April

9 Tauranga Half Marathon Tauranga

25 Anzac Day Races 2km, 5km and 10km Carterton

21-30 World Masters Games Auckland

May

6 53rd Rotorua Marathon, $\frac{1}{2}$ Marathon, $\frac{1}{4}$ Marathon & 5.5km Rotorua

7 Nelson Half Marathon, $\frac{1}{4}$ Marathon & 5km Fun Run & Walk Stoke, Nelson

June

18 Gazley Volkswagen Wellington Marathon, $\frac{1}{2}$ Marathon, 10km & 5km Westpac Stadium

July

1-2 39th Gold Coast Airport Marathon, $\frac{1}{2}$ Marathon, 10km & 5.7km Gold Coast

Sept

30 Handicap Half Marathon (Teams or Individuals) Runners or Walkers Carterton

2018:

Jan

20-27 OMA Stadia Championships Dunedin

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.
