

# THE

# MASTER

# COPY

Newsletter of Wellington Masters Athletics Inc.

Volume 16 Issue 6

December 2017



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



## **WELLINGTON MASTERS ATHLETICS INC.**

### **COMMITTEE MEMBERS 2017-18**

#### **EXECUTIVE:**

President:	Michael Wray	027 648 8502
V.President:	Michelle Van Looy	021 244 8645
Secretary:	Albert van Veen	563 8450
Treasurer:	Graham Gould	973 6741

#### **COMMITTEE:**

John Hammond	04 292 8030
Sean Lake	389 5912
Sharon Wray	234 7972
John Palmer	479 2130

#### ***IN THIS ISSUE . . .***

Committee and Club Coordinators	2
From the President	3
How to Prevent Overuse Injuries	4
Could you have an Iron Deficiency?	5
Hydrate for Summer Running	6
Health – Superfoods & Over-sitting	7
Recipe & What Your Sleep Says About You	8
Athletes Kitchen	9
Athletes Kitchen ctd & Benefits of Massage	10
Results Lower Hutt 10km	11
Athlete of the Year	12
Signs You are Stressed & Travel Tips	13
Tips to Enhance Clean Eating	14
Record Application & NZMA Database	15
Record Application Form	16
New Registration Form	IBC
Upcoming Events	BC

# WELLINGTON MASTERS ATHLETICS INC.

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## LIFE MEMBERS

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

Another year approaches its end and the weather is glorious. Perhaps a little too glorious. Getting out the door to complete speed-work sessions before the sun hits its heights is a good reward for rising early.

Newtown Park is out of action until mid-January. The timing isn't the best for those of us trying to prepare for track and field events at Oceania Champs, being held in Dunedin at the end of next month. Unfortunately, the resurfacing is being completed as a warranty repair so the timing of the work was not negotiable. In the meantime, Masterton remains available – albeit that this is another track in need of repair work. The top field at Newtown Park is available for throws and I'm told by the council that Sinclair Park has a hammer cage facility too. For the runners, Grenada North, Ben Burn and Nairnville all have marked running tracks that can be used when available, though some are only 300m and have a less than pristine surface.

For the distance runners, NZ Masters Athletics and Athletics NZ have come together to put on a joint meet for the national 10000m championships. Inglewood will host the event, which will be held on 24 February. This will free up our NZMA National Track & Field Champs programme from having the 10000m, which has been a problem event due to athletes generally being unwilling to run a 10000m so close to other distance races. I've lobbied for a 10000m Track Walk to be added to the programme but as yet I don't know whether that has been successful. The Inglewood race will be held late afternoon or early evening with five age group medals, as per NZMA classification, and the meet will conclude with a post-race feed in the track function room.

I was surprised to receive some very pleasant news from Oceania Masters Athletics. For the World Masters Athlete of the Year 2017, I have been selected by OMA as the male finalist in the Long Distance category. Only one other NZer has been named as finalist – Tasman's Ian Carter for the male Middle Distance category – as all the other Oceania finalists are from Australia.

The nominations from each of the WMA regions will be considered by the WMA Council and the winners will be presented at the WMA General Assembly in Malaga, which will be in September 2018. I haven't seen who the finalists are for the other continents but I imagine the American and European athletes will be the favourites to win. In any case, both Ian and I are flattered and honoured to have been considered worthy.

Finally a reminder of how the membership partnership MOU with Athletics NZ works. If you are a competitive member of an ANZ club, you are automatically a member of NZMA. You only need to subscribe to Vetline should you wish, which I do recommend.

If you do not want to compete at Athletics NZ or Athletics Wellington events e.g. Wellington Road Running/Walking Champs or NZ Cross Country Champs, you should join Wellington Masters Athletics directly. (Wellington Masters membership does not give you access to Athletics Wellington or Athletics NZ events as you won't have contributed to the event levies.)

Holding competitive NZMA membership, whether via a competitive ANZ club membership or directly through Wellington Masters Athletics, means you can enter the Track & Field Champs. This includes the Wellington Track & Field Champs in February – for which AW clubs pay the Newtown funding levy. Wellington Masters also pay the levy to cover our direct members and our competitive members of AW clubs who do not participate in the Newtown levy e.g. Trentham or HVH.

With the Oceania Champs taking place in January, you must be a competitive member of an ANZ club for the April 2017 - March 2018 year or a competitive member of a NZMA Centre for the September 2017 - August 2018 year.

For Oceans, this should have been completed by 8 December 2017 so if you need to get your membership status updated, do it now. I mention this reminder as we've had some instances of people holding social membership of an ANZ club without NZMA membership entering Oceania Champs who would have been denied the right to compete.

*Michael Wray,*  
*President*

# TRAINING

## How to Prevent Overuse Injuries

By Suzanna McGee

Overuse injuries — sometimes called stress injuries — sneak up on you by developing over time with many little traumas. Overuse injuries happen from doing too much, too soon, too fast, too hard or too intensely for your body.

Overuse injuries begin with a little irritation or pain, which you tend to ignore with words "no pain, no gain" or "it's part of the process." It might eventually lead to some swelling, inflammation and daily pains.

The best approach to prevent overuse injuries is to become physically fit, well balanced and evenly flexible and strong on both the left and right sides of your body.

You need to train smart with proper periodisation, eat healthy nutrition, and eliminate as much stress as possible. Additionally, you need to use good quality equipment and shoes.

### ***It All Begins With the Hips***

The core and hips are the most important part of your athletic body. You use your core and hips in any athletic movement to transfer the forces between the lower and upper body. Any imbalances in your core or hips will cause uneven forces on other muscle groups and joints, and over time create overuse injuries.

A good start in your physical well-being and injury-free training is to look at your hips. You want to keep the hips balanced and equally strong and flexible on both sides.

The most common problem in your hips is rotational misalignment — one hip is rotated forward, the other backward. This very common condition can create many other symptoms, such as piriformis syndrome (often mistaken for "sciatica"), pain in the patella (front of the knee), [plantar fasciitis](#) (pain on the bottom of foot/heel), excessive foot pronation, groin strain, [IT band syndrome](#), and hamstring strain.

### ***How to Determine if Your Pelvis is Misaligned***

Compare your left and right side and see if it is harder to balance on one side. Determine if one side is weaker, more painful, tighter or stiffer. Your pelvis may be rotated if you experience any of the symptoms just described.

Another test is to lie on your back on the floor, bring your knees to your chest, and then slowly stretch them straight. Have a friend observe if you have one leg longer than the other leg. In about 80 percent to 85 percent of right-handed tennis players, if there is a pelvic rotation, the right leg is longer than the left leg.

While you are on the floor on your back with straight legs, have your friend check if your hipbones are level. Often, the right hipbone will appear lower than the left one. Perform a similar check from the back, when you lie on your stomach and your friend checks the level of your hipbones. Most often, the right hipbone appears to be higher than the left one, if the pelvis is rotated.

This rotation of your hips can happen during the aggressive movements on the tennis court or in the intense training sessions, where the many muscles of the hips are pulling in different directions. If you have imbalances in strength or flexibility in these muscle groups, then the forces are even more uneven.

### **How to Correct Your Hip Misalignment**

1. Lie on your back with straight legs.
2. Lift your right leg, bend your knee, and hook your hands behind your knee.
3. Push your right leg away from your chest into your hands that are resisting the pull. Use about 30% of your power and hold the position for 6 seconds, then put your right leg down on the floor.



4. Lift your left leg, bend your knee, and place your hands on the top of your left thigh.
5. Pull your left knee at 30 percent of your power toward your chest and against your hands. Hold for 6 seconds then switch sides again.
6. Repeat six times on each side.



This self-corrective exercise may not help if your pelvis has been rotated for a long time and the muscles are very shortened. In this case, you should consult with a sport physical therapist or other skilled specialist.

However, if your condition is light, you will benefit from this quick isometric exercise. Learn how to recognise the imbalances early, so you can help yourself on your own, without getting too much pain so you wouldn't need too much of subsequent professional help.

### ***About the Author***

Suzanna McGee is an athletic trainer with a focus on sport conditioning and injury prevention.

# Could you have an Iron Deficiency?



By Vicki Martin, Nutritionist and Naturopath

Have you ever wondered if maybe your Iron levels are a bit low?

**Perhaps you've noticed some of the following:**

- You feel as though no one loves you;
- You're weepy all the time;
- You keep running out of energy at the gym;
- Your nails keep breaking or splitting; or
- You're craving chocolate or other high-calorie snacks.

If so, you may be low in Iron. Read on to find out more about this important mineral.

## Iron – the original heavy metal

Iron is an essential mineral for a whole raft of body functions. Without it, your body cells don't get the oxygen they require. Before you know it, your energy levels have dipped and those chocolate bars start looking mighty good.

Iron also supports your brain function, so your mood, concentration and memory can suffer if your iron levels drop. Your periods can also disappear and your immune system can get the sulks (which means colds and flu's become a regular feature). Even your fingernails can't cope without Iron.

## The good news if you're low in Iron

The good news is that these problems can often be quickly corrected if they're due to low Iron. Always start by getting a blood test from your doctor. After all, there may be other possible reasons for all these symptoms, and taking extra Iron if you don't need it is generally a bad idea.

If the results do confirm you're low, then look for an Iron supplement. Maybe try [Healtheries Iron](#)

& [Vitamin C](#), or make up a great-tasting glass of [Healtheries Iron Fizz](#) every day.

Your best bet for drinks are pure fruit juices like apple, grape, or pineapple, which contain Vitamin C to help your body absorb the Iron. Avoid drinks that contain caffeine, which reduces your Iron absorption.

## Leading an Iron-rich life

Meat, fish, chicken, eggs, cheese, and yoghurt are all protein foods that contribute Iron to mineral-starved bodies. Jam or peanut butter on toast in the morning may not boost your Iron levels: try an egg or some cheese instead. Toss in a piece of fruit for your Vitamin C, and you're on your way.

As for lunch, try wholegrain sandwiches with ham, chicken, egg, or cheese; along with a good helping of salad for Vitamin C.

Try these ideas for at least a month and see whether your mood and energy (and of course your fingernails) improve.

\* \* \* \*

## Three Signs of "Burnout"

You're constantly tired, life is just "too hard," and you get up and go just got up and went! You heave a heavy sigh and wonder if whatever it is that you're doing is really worth the effort. Burnout? Could be...

**What are the symptoms? You might experience:**

1. Physical and emotional exhaustion.
2. Lowered immune system response, turning into frequent bouts of illness.
3. Withdrawal from personal relationships.

What can you do to recover from burnout? Slow down and take some time for yourself to rest, relax and reflect. Let go of unnecessary commitments that are a burden. Lean on loved ones or professionals for the emotional support you need.

Remember that burnout is usually triggered by an emotional issue that manifests as lethargy.

\* \* \* \*

Don't forget to visit our website at:

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



# How to Properly Hydrate for Summer Running

By Sarah Crouch

Summer weather brings a distinct set of challenges to the table for runners. While warmer temperatures offer a chance for runners to shed layers, soak up Vitamin D and use trails that are snow-covered during the winter months, they also pose the risk of dehydration. Hot and humid conditions don't have to be a runner's enemy; learn how to properly hydrate so you can make the most of your summer training.

## **Humidity and Sweat Rate**

Heat and humidity are separate elements that work together to put your body into overdrive as you run. For runners who train in humid areas, high heart rates and excessive sweating can be daily struggles.

A warm temperature is far more dangerous in a humid climate than in a dry one. Humidity slows the evaporation process of sweat from the skin, making it difficult for the body to cool itself.

The most important thing about running in the heat and humidity is to adjust your pace, understanding that the added stress of humidity on the body requires you to slow down a bit. This way, you keep your perceived effort at the level it would be on a cool, dry day.

## **How Much Water?**

There are many factors that influence sweat rate, including the surface area of the athlete's skin, genetics, diet and environment. On average, most runners shed somewhere between half a litre and two litres of sweat per hour of exercise. As a rule of thumb, you want to be consuming about 25 ounces of fluid per hour that you're running (use a water bottle that shows measurements on the side). This is particularly important for long runs when you are out in the hot summer sun for more than 60 minutes.

Of course, drinking too much water at a time can lead to over hydration, diluting your electrolytes, so drinking a caloric, electrolyte sports drink in addition to water helps to balance out your body's needs as you run.

## **How important are electrolytes?**

Electrolytes serve to keep your digestive, nervous, muscular and cardiac systems balanced and firing on all cylinders. When electrolyte levels in the body are imbalanced, they can cause cramping and fatigue. Severe imbalances can result in lightheadedness, nausea, joint aches and dry skin.

While you're running, you lose sodium and potassium (key electrolytes) through your sweat,

which is why runners need to replenish with an electrolyte sports drink such as Powerade or Gatorade.

## **Are You Hydrated?**

A good way to make sure you are hydrated enough is to check your urination habits. An average, a healthy adult urinates five to eight times each day. The color of your urine should be a light, pale yellow. Long runs and hard workouts are especially taxing on the body, so take special note that your urine does not get too dark on those days.

Another option to test your body's hydration that doesn't involve looking in the toilet is a skin pinch test. Pinch a small section of skin on the back of your hand and let go — it should snap back to flat quickly. If the pinched skin stays tented for a few seconds, you could be dehydrated.

## **About the Author**

Sarah Crouch is a three-time Olympic Trials qualifier and a professional long distance runner for Reebok and ZAP Fitness. She is also a coach for [Runnersconnect](#), an online community for athletes of all abilities and a team of expert coaches who assist with all aspects of training. Sarah is dedicated to bringing the best out of athletes at all levels of the sport from beginners to advanced runners.

\* \* \* \*

## Certificates or Medals?

At the October committee meeting it was discussed whether to give out certificates or medals at the combined Wellington track and field championships held in February. At present, the Wellington Centre only recognises age groups in 10-year age bands (Wellington Masters do publish the results on our website in 5-year age groups) and they don't hand out medals to any Masters who place in an event.

The committee felt that we should ask the membership for their feedback regarding this matter and whether we should supply medals for place-getters or as an alternative present certificates as recognition. If the committee decide to proceed with presenting medals there would be a cost factor and to help recover costs there may have to be a possible increase in the entry fee charge.

Please send any feedback and your preference to our Secretary:

*Albert van Veen*  
Wellington Masters Athletics Inc.  
95 Kamahi Street  
Stokes Valley  
Lower Hutt 5019. or  
Email: [albertvv@gmail.com](mailto:albertvv@gmail.com)

# HEALTH

*A poor diet not only affects what's going on inside your body, but impacts on the way you look on the outside too. Boost your intake of these superfoods to nourish your body's largest organ – your skin!*

## Broccoli

Broccoli contains zinc, vitamin A and Vitamin C which are all essential for skin health. The florets also contain sulforaphane which may help prevent skin cancer and protect the skin from sunburn.

## Kumara

Kumara are an excellent source of beta-carotene, which can help keep skin healthy by acting as a natural sunblock and protecting against sun damage.

## Walnuts

Walnuts are richer in omega-3 and omega-6 fatty acids than most other nuts. The presence of zinc is also important for wound healing and cell regeneration.

## Dark Chocolate

Choose chocolate with at least 70% cocoa to gain the most benefit from the cocoa powder, which is a powerful tool for protecting your skin from sun damage.

## Avocado

The healthy fats in avocados help to keep your skin supple and moisturised. As well as vitamin E, avocados contain vitamin C which is important for collagen creation.

## Capsicum

Like kumara, capsicums are packed with beta-carotene and one cup of the chopped flesh gives you 92% of your RDI of vitamin A. They are also one of the best sources of vitamin C.

## Sunflower Seeds

Sunflower seeds contain linoleic acid which may help to prevent dry and thin skin. Just 28g of seeds contain 32% of the RDI of selenium, 10% of the RDI of zinc and 5.4g protein.

## Salmon

Fatty fish such as salmon are rich in omega-3 fatty acids which are important for maintaining skin health and helping to reduce inflammation. Vitamin E helps protect skin against free radical damage.

## Red Wine

Red wine contains a compound called resveratrol which may help slow the ageing process by reducing the production of harmful free radicals that damage the skin.

## Tomatoes

Tomatoes contain all the major carotenoids so are great for skin health. Carotenoids need fat in order to be absorbed so enjoy your tomatoes with a drizzle of olive oil or a slice of cheese.

\* \* \* \*

## Are You Over-Sitting?



Take a minute to think about how often you're sitting each day to determine if it could be leading to back problems.

It's commonly accepted among experts that lower back pain is related to prolonged sitting. And let's face it, in today's world we spend plenty of time during our day doing exactly that — we sit in the car, we sit most of the day at work and we even sit to watch television after our workday is over.

It seems that the only time we're not sitting is when we're moving from one location to the next. Because this is how we're living, it should come as no surprise that back pain can be a pretty common problem.

## Sitting is the New Smoking

While we're not suggesting that you stop sitting, what you should do is take some simple steps to minimise the impact by making your environment more back friendly.

### Here are a few suggestions:

- Take interval breaks throughout your day;
- Change your position as often as you sensibly can;
- Get up and walk every 45 minutes;
- Stretch your spine throughout the day.

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



# RECIPE

## Smoked Salmon, Mushroom & Ricotta Frittata

Nutritionally dense and as versatile as anything, mushrooms added to savoury dishes not only bulk them out and increase the flavours but give you a boost of essential vitamins and minerals too.

### Ingredients:

- 1 tbsp butter
- 200g white or brown button mushrooms, thinly sliced
- 200g fresh ricotta
- 1/3 cup thinly sliced spring onions
- 200g hot-smoked salmon, flaked
- 6 large eggs
- 1 cup cream or Greek yoghurt
- 2 tbsp grated parmesan (optional)
- Baby rocket leaves, to serve.

### Method:

1. Preheat oven to 180°C. Melt butter in a deep, ovenproof frying pan over a medium heat. Add mushrooms and cook for 5 minutes or until brown. Take off heat.
2. Lightly combine ricotta, onion and salmon, season with salt and pepper and add to pan. Whisk eggs and cream and add to pan. Sprinkle with parmesan, if using. (If you don't have an ovenproof pan, transfer mushrooms to a greased 20cm x 30cm baking dish at end of step 1.
3. Bake for about 25 minutes or until well puffed. Slice and top with rocket to serve.

Ready in 45 minutes.  
Serves 6.



## Spiced Crepes with Seared Maple Bananas

### Ingredients:

- 1 tbsp caster sugar
- 1 x basic crepe batter, rested for 10 minutes
- 1 tbsp finely grated lemon zest
- 1/2 tsp mixed spice
- 30g butter
- 4 medium bananas
- 1/2 cup maple syrup

- 2-3 tbsp freshly squeezed lemon juice
- Ice cream, to serve
- Icing sugar for dusting (optional).

### Basic Crepe Batter:

- 1 cup all-purpose flour
- 2 eggs
- 1 cup milk
- Blend all ingredients together and allow to rest.

### Method:

1. Sprinkle the caster sugar over the batter, and then add the lemon zest and mixed spice and mix well.
2. Preheat a non-stick crepe pan to medium-high heat and then pour in about 1/3 cup of batter and swirl around to coat pan evenly. Cook for 1-2 minutes until dry on top, then flip and cook for a further 1-2 minutes until golden. Transfer to a plate and keep warm. Repeat with the remaining mixture.
3. Heat butter in medium frying pan over a medium heat then slice in bananas and cook for 3-4 minutes, allowing banana to caramelise and turn golden. Add maple syrup and lemon juice, stir to heat through then remove from heat.
4. Serve crepes layered with ice cream and warm bananas then drizzle with the syrup. Dust with icing sugar if desired.

Ready in 35 minutes.

Makes 6 crepes, filling for 4-6.



## What Does Your Sleep Say About You?

Sleeping used to be simple. You climbed into bed, pulled up the covers and closed your eyes. Today, it takes a consulting firm to figure out all the choices – conventional mattress or air, ergonomic pillow or Scandinavian goose down?

And what about sleeping positions? It turns out they have names, and they can even reveal aspects of your personality, in addition to contributing to such conditions as headaches and neck pain.

The most popular is the "fetal" position, indicating a shy and sensitive personality. Those who sleep straight on their backs, in the "soldier" position, tend to be quiet and reserved. Many people sleep on their side — the so-called "log" position. This popular position shows a small degree of insecurity and stress.





# THE ATHLETE'S KITCHEN

Copyright: Nancy Clark MS RD CSSD, November 2017



## Updates from the Academy of Nutrition & Dietetics

Nutrition misinformation and food confusion surrounds today's health-conscious runners. To arm myself with knowledge to better educate my clients, I (along with 10,000 other registered dietitians) attended the Academy of Nutrition & Dietetics annual convention to learn the latest food and nutrition updates. Here is some information that might help you on your health journey.

- Stress fractures are a common sports injury. Among 42 Division 1 cross country runners, 35% of the male and 41% of the female runners reported having had a stress fracture. Inadequate nutrition could have contributed to the problem. Their diets tended to be low in calories, calcium and/or vitamin D. If you are going to push your body to the limits, at least fuel it optimally!
- If intestinal distress sidetracks you during your runs, try reducing your intake of apples, onion, garlic and broccoli — particularly for 2 to 3 days before a competitive event. These are just a few commonly eaten foods that are high in fermentable (gas-producing) carbohydrates; they might contribute to undesired pit stops. You could also meet with a sports dietitian to help you systematically discover triggering foods.
- Exercise increases harmful free radicals within muscles that can lead to oxidative damage and inflammation. Should runners supplement with antioxidants to counter this? No. The better bet is to let the body adapt to these higher levels (and eat abundant antioxidant rich fruits and vegetables). Adaptation creates a change for the better in an athlete's physiology.
- Alcohol contributes to hypoglycemia (low blood glucose) by suppressing the release of glucose from the liver into the blood stream. If a runner hasn't eaten much food (as can easily happen after a race), alcohol in an empty stomach can easily lead to hypoglycemia (a lack of glucose for the brain) and a drunken stupor. The same happens when a person with diabetes has low blood glucose; he or she can get mistaken for being drunk (when the brain just needs food).
- In contrast to recreational marijuana, which is used with the intent to impair normal functioning, medical marijuana (MM) is used to relieve pain, reduce nausea and vomiting, and to overcome loss of appetite (as with cancer). If you have parents or friends who are new to using MM, caution them about using edibles. When MM is eaten, its pain relieving benefits are delayed for 30 to 120 minutes, as opposed to smoked MM, which offers immediate benefits. The problem with the delayed response with edibles is that a patient can easily overdose while waiting to feel an effect.
- Meal timing affects circadian rhythms — as well as weight management. A study (*Garaulet, 2013*) with 420 subjects who ate an early lunch or a later lunch reports the early lunch eaters lost more weight, despite consuming the same number of calories and getting the same amount of sleep. Your best bet is to eat more food earlier in the day. As you have undoubtedly heard before: *Eat breakfast like a king, lunch like a prince, dinner like a pauper.*
- We compromise our well-being every time we have a mismatch between the environment and our internal biological clock. (Think jet lag, shift work, sleep apnea, and watching late-night TV.) Every cell has a biological clock; all these cellular clocks need to be synchronized. If not, bodies become unhealthy. For example, shift workers experience more high blood pressure, heart disease and diabetes than people who work 9:00 to 5:00. For athletes, jet lag means poorer performance.

Sleep is restorative and helps synchronize cell's biorhythms. If you have trouble sleeping well:

- avoid caffeine at least 4 hours before bedtime and limit it to 2 mugs (400 mg. caffeine) a day.
- turn off your computer screen/TV an hour before bed.

Consumers are self-defining *healthy food*: it needs to be organic, natural, non-GMO, free of dyes/additives/colours, and have a "clean" label with no strange words. Will this trendy definition lead to unintended health consequences as food producers try to meet consumers' demands? Likely yes.

If you make your food decisions based on trends rather than science, you might want to take a step back and look at the whole picture. For example, *enriched* foods offer added nutrients that can make a label look "dirty" but the extra ingredients are good for your health. Added iron reduces your risk of becoming anemic; folic acid reduces the risk of birth defects; iodine reduces the risk of goiter. Preservatives that have been generally regarded as safe help bread stay fresh for longer, reduce the growth of mold on cheese, and reduce the amount of food you waste. These ingredients can be beneficial for you and for the environment.

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Sugar-sweetened beverages are the biggest source of dietary sugar in the US diet. Hence, research on sugar and health has focused on soft drinks. The question remains unanswered: Is sugar added to nourishing foods a health hazard? That is, is sugar added to spaghetti sauce (to make it less acidic) bad for you? What about the sugar added to bread (to help make the dough rise) — is that a cause for concern?

Doubtful. Yet, too many consumers freak out when a product lists *sugar* on the food label. Please note: sugar is just one of many nutrients listed on the label. Please look at the whole nutrient package. For example, chocolate milk has sugar (that refuels muscles) but it also offers protein (to repair muscles), sodium (to replace sweat loss), calcium and vitamin D to enhance bone health.

Dietary guidelines say 10% of total calories can come from added sugar. That's 200 to 300 calories a day for athletes. Do you really need to freak out about a little sugar that makes that spaghetti sauce taste better? I think you can find bigger things to worry about.

*Sports nutritionist Nancy Clark MS RD CSSD has a private practice in the Boston-area (Newton; 617-795-1875), where she counsels both fitness exercisers and competitive athletes, teaching them how to eat to win. Her popular **Sports Nutrition Guidebook**, and food guides for marathoners, cyclists and soccer are available at [nancyclarkrd.com](http://nancyclarkrd.com). For workshops, see [www.NutritionSportsExerciseCEUs.com](http://www.NutritionSportsExerciseCEUs.com).*

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

\* \* \* \*

## Discover the Marvelous Benefits of Massage



While massage is often associated with a tranquil trip to the spa, it also yields an incredible array of health benefits — not to mention pain relief. These may include:

- Increased circulation;
- Decreased stress;
- Enhanced sleep;

- Lowered blood pressure;
- Greater range of motion; and
- Increased energy.

Some studies also suggest that massage may boost individuals' white blood cell count, which can help the body fend off disease. There are many different types of massage including deep tissue, Swedish, sports, and trigger point. Depending on the type you request, varying degrees of pressure are used.

Massage also serves as an ideal complement to chiropractic care. If a massage is given before an adjustment, it can help to relax tight muscles. Given after an adjustment, massage could help the alignment to hold longer. Consider having a massage both before and after your next adjustment so you can experience the pre and post benefits.

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

\* \* \* \*

A man was sitting reading his papers when his wife hit him round the head with a frying pan.

"What was that for?" the man asked.

The wife replied "That was for the piece of paper with the name Jenny on it that I found in your pants pocket".

The man then said "When I was at the races last week Jenny was the name of the horse I bet on" the wife apologised and went on with the housework.

Three days later the man is watching TV when his wife bashes him on the head with an even bigger frying pan, knocking him unconscious. Upon regaining consciousness the man asked why she had hit again.

The wife replied "Your horse phoned".

\* \* \* \*

### **Senility**

An elderly man went to his doctor and said, "Doc, I think I'm getting senile. Several times lately, I have forgotten to zip up."

"That's not senility," replied the doctor. "Senility is when you forget to zip down."



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# RESULTS

## Wellington Masters 5km & 10km Road Run & Walk

### *Lower Hutt – Sunday 15th October 2017*

This year the weather conditions were awful with heavy rain and a cold southerly wind at the start of both the walk and the run. The rain did cease about 3km into the run and at about 7km the sun appeared making it quite pleasant for running. The forecast bad conditions probably kept a few members from taking part although the numbers were up on last year with 31 starters (in 2016 only 24 took part).

Many thanks to Margaret Pearce, Jennifer Pearce and Richard Sweetman who braved the terrible conditions to marshal the turn-round points, and Graham Gould and John Palmer taking the entries on the day. Also thanks to Sharon Wray who produced some sumptuous goodies to have at the morning tea.

The merit prizes this year went to Darren Gordon (first male runner), and Renae Creser (first female runner), Sean Lake (first male walker) and Jackie Wilson (first female walker). The age-grade prizes went to Jackie Wilson (highest walking age-grade percentage) and Brian Hayes (highest running age-grade percentage).

Many thanks to those competitors who turned up in the terrible conditions to support our event.

#### **Run (10km)**

<b>Name</b>	<b>Club</b>	<b>Grade</b>	<b>Time</b>	<b>Age %</b>	<b>Finish</b>	<b>Grade Pt</b>
Darren Gordon	HVH	M40	38:33	71.90%	1	1
Stephen Cummings	HVH	M45	42:44	69.70%	2	1
Renae Creser	Kapiti	W40	43:10	73.32%	3	1
Mat Rogers	HVH	M35	43:31	62.85%	4	1
Karl van Polanen	HVH	M55	44:02	72.48%	5	1
Marshall Clark	Scottish	M65	45:56	72.75%	6	1
Paul Rogers	Trentham	M40	46:09	60.06%	7	2
Brian Hayes	WHAC	M70	46:12	78.25%	8	1
Marie Pugh	Olympic	W45	47:17	69.30%	9	1
Jan Sheppard	Olympic	W50	48:52	70.12%	10	1
Glen Wallis	Scottish	M50	49:24	62.38%	11	1
Peter Sparks	HVH	M65	50:25	68.86%	12	2
Don McGowan	Wainuiomata	M65	50:34	69.31%	13	3
Saskia Holditch	No club	W45	53:59	62.74%	14	2
Albert van Veen	HVH	M70	62:02	58.95%	15	2
John Palmer	Scottish	M70	63:00	57.38%	16	3
Barbara Morrison	Olympic	W65	65:23	66.66%	17	1
Ray Wallis	Aurora	M75	71:35	56.16%	18	1

#### **Walk (10km)**

<b>Name</b>	<b>Club</b>	<b>Grade</b>	<b>Time</b>	<b>Age %</b>	<b>Finish</b>	<b>Grade Pt</b>
Sean Lake	Scottish	M45	64:47	62.49%	1	1
Ron Soper	No club	M60	66:59	70.17%	2	1
Jackie Wilson	Trentham	W70	67:07	90.37%	3	1
Joseph Antcliff	Trentham	M50	68:48	61.80%	4	1
Terri Grimmett	Scottish	W55	72:10	70.88%	5	1
Daphne Jones	Scottish	W75	81:06	81.75%	6	1
John Hines	Scottish	M80	82:39	73.02%	7	1

#### **Run (5km)**

<b>Name</b>	<b>Club</b>	<b>Grade</b>	<b>Time</b>	<b>Age %</b>	<b>Finish</b>	<b>Grade Pt</b>
Maryanne Palmer	Scottish	W60	31:36	61.66%	1	1

#### **Walk (5km)**

<b>Name</b>	<b>Club</b>	<b>Grade</b>	<b>Time</b>	<b>Age %</b>	<b>Finish</b>	<b>Grade Pt</b>
Lyn Clark	Scottish	W50	35:33	63.95%	1	1
Andrea Adams	Olympic	W50	39:25	57.67%	2	2
John Ihaka	Masterton	M65	39:33	61.82%	3	1
Geoff Iremonger	WMA	M70	41:59	60.42%	4	1

**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 2016 were awarded to Jackie Wilson and Tony Price.

# HEALTH

## Tell-tale Signs You Are Stressed

*Stress can be caused by a lot of things. Some of these include working long hours, relationship problems, hyperactive kids, looking after elderly or unwell family members, financial worries, mortgage commitments, mounting bills, car problems, infertility, or a lack of sleep.*

Long term stress can rewire your brain, leaving you more vulnerable to worry and low mood. The "butterflies in the tummy" feeling is an effect of stress and can lead to major gut issues. Your gut makes many neurotransmitters including serotonin and dopamine, your body's "feel good" hormones, and melatonin for good, deep sleep.

When you stress, you lose these and can be left feeling anxious, disinterested in life, unmotivated and energy deprived, through adrenal exhaustion. Stressing also floods your body with cortisol which may lower your immune system, leaving you more susceptible to bugs.

Managing stress supports your immune system and mental wellbeing, and can support hormone balance and calm your body's nervous system.

If you find you are overwhelmed by stress, it is important to have a stress management programme, especially if the things that stress you out are likely to continue.

### B Vitamins

Did you know that over 10,000 known interactions happen in your body every second that require vitamin B6, and these B vitamins can get used up when your body is in a state of stress? It's no surprise that many people may be low or even run out of B vitamins!

### Some tell-tale signs of stress:

- Difficulty getting out of bed in the morning;
- Getting cranky;
- Feeling overwhelmed with your normal workload;
- Needing coffee or energy drinks to get you through the day; and
- Not being able to sleep at night.

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

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

\* \* \* \*

## Travel Tips to Save You Stress



Taking a trip soon? Plan ahead to lower stress levels.

Travel can be stressful, especially if it's part of your job and you do it on a regular basis. Jet lag, time away from family, unfamiliar places, job performance expectations and irregular sleeping and eating patterns can really take their toll on your nerves and health.

Add in some circumstances over which you have no control, like flight cancellations and delays, lost luggage, and last minute meeting or conference changes, and you have the makings of a massive meltdown.

So what can you do to stay calm, maintain your health naturally and deal appropriately with stressful circumstances as a frequent traveler? Consider these helpful health tips.

### Health Tips for Frequent Flyers

1. Keep a bag packed with spare toiletries, wrinkle-free clothing and items that you would normally pack for every trip. With your "travel bag" always ready, you're less likely to forget something, and you keep packing and re-packing time and effort to a minimum.
2. Place identification (including passport), camera, laptop and any valuables in your hand luggage. You'll feel more secure when you know these items are always with you.
3. Make sure you get the proper amount of sleep – sleep helps the body to rest and rejuvenate for the next day's activity. If you're crossing time zones, this is especially important.
4. Make sure you take the time to eat well. Try some local cuisine. Ask business associates or hotel staff to recommend some good eateries for you to try. Refrain from overeating and drinking too much alcohol.
5. Make use of the exercise facilities available in many hotels as a way to ease stress that can result in headaches and other physical symptoms. Don't forget to pack some gym clothes and shoes!

Frequent travel can be stressful, but it can also provide a means to explore new people, places, cultures and foods. You might even get a bit of sightseeing in as well!

# Seven Tips to Enhance Your Clean Eating

Here are seven quick tips to help you lose weight with clean eating:

1. Drink Water;
2. Snack on Fresh Fruit;
3. Include fresh salads for lunch and dinner;
4. Avoid processed foods;
5. Minimise treats;
6. Cut back on alcohol; and
7. Plan and prepare your meals in advance.

## 1. Drink Water

Water makes up a large proportion of the cells in our body and if we get too much of it we excrete it out with no further consequences. Water can also help fill up your stomach and give you the sensation that you are full. Which will mean you stop eating earlier and avoid over eating. Drink plenty of water throughout the day but also try and drink a glass of water prior to a meal and then again whilst you consume your meal.

## 2. Snack on Fresh Fruit

Fresh fruit is full of natural goodness and are packed with vitamins. As the old adage says "*an apple a day keeps the doctor at bay*". Top up between meals with fresh fruit for your snacks – far better than a sweet treat from a bakery. Have an apple or a banana as staples in your fruit bowl, but include other fruit such as pears, oranges, mandarins etc.

## 3. Include Fresh Salad's for Lunch and Dinner

Base your meals around plenty of fresh vegetables in your meals and salads are a great way of incorporating them. Have the key ingredients lettuce, tomatoes, cabbage, red onion etc. on hand all the time and you can whip up a salad in no time at all.

## 4. Avoid Processed Foods

Any commercially processed food product, will come sealed in a package (for 'freshness' – but can you call it fresh when it's been on a shop shelf for so long?) If you prepare your meals from fresh ingredients each and every time you will cut out all the chemicals and processing that is involved in preparing that product (notice I'm stopping short of calling it actual food!).

## 5. Minimise Treats

How often do you find yourself having an ice cream, some chocolate or baked good? Did you really need to eat it? What did it provide you? Re-read Tip's 1 and 2 and replace your treat with a glass of water and/or some fresh fruit.

## 6. Cut Back on Alcohol

Alcohol is empty Calories (or kilojoules if you prefer metric measurements like I do). It does not provide the body with usable energy and it needs to be converted to fat to be stored in our body and then utilised.

## 7. Plan and Prepare Your Meals in Advance

Take the time to sit down in advance to plan your meals. At the same time write a shopping list and purchase your ingredient. If you've got a well-stocked pantry and fridge, as well as having a good plan in place in advance you won't be tempted to resort to snack food whilst you decide what eat.

## Purchase your Fresh Fruit and Veges from a Farmer's Market

Farmers markets are a great source of very fresh, seasonal vegetables and fruit. As you are buying direct from the farmer there is no middle man to add their profit on or delays in transporting from the farm to the store shelf. You get greater nutrient value and get the benefits of doing so.

For New Zealand based farmers markets click [here](#).

*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)

*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.*

\* \* \* \*

## How to Live a Better, Longer Life

Nearly a century ago, the average life expectancy was 54 — today, it's 78, with more people living to 100 than ever before. So what happened over the last 90 years and how can you improve your chances of living a long, active and healthy life?

Improvements in diet, nutrition, water supply, hygiene and health care certainly add a great deal to this story. And genetics have some say, but it is really your environment that determines how much of a say they really have.

Here are some of the things you can do to stay around a little longer:

Be optimistic — it reduces stress;

Don't over or under sleep;

Get a pet — animal lovers are less lonely and less depressed;

Develop and nurture close relationships; and

Maintain a healthy life — which may include eating right and exercising.

## Record Application Form

(Form on page 16 of this newsletter, on Wellington Masters Athletics website and Vetline - January 2014 issue page 37).

### Wellington Records – Non Stadia

These will be Best Performance.

1. All Non Stadia events as per track and field Nos 1-7.
2. Athletics NZ and NZMA Road and Cross Country Championships.

N.B.: Complete top of records form only (down to black line).

Any other approved event – all of application form to be completed.

N.B.: For these events Course Certification confirmation is necessary – ASIMS approval.

### Wellington Records – Track & Field

1. World Masters Championships – Stadia and Indoor.
2. Oceania Regional Championships.
3. NZMA National Championships.
4. North Island Championships.
5. South Island Championships.
6. Other Regional Championships.
7. Other National Championships.

N.B.: Complete top of record form only (down to black line).

8. Oceania Postal Throws Pentathlon.

Any other approved event – all of application form to be completed. Plus Photo Electronic if necessary and a copy of Result Sheet.

\* \* \* \*



\* \* \* \*

## NZMA Only Database 2017 - 2018

At the last NZMA Board meeting it was decided to do away with allocating new NZMA registration numbers, i.e. the NZMA number members have now, will be their number going forward. As an aside, Athletics NZ would quite like us to use their system to handle registration and have each athlete register themselves, but that is not as simple as it sounds.

I believe the better way for this year is to continue with the system we currently use, i.e. having a local NZMA database people. I would be interested to know if you have used the ANZ on-line system either yourself or as the club registration person. If so, can you please let me know. In the future allowing members to rejoin themselves could be what we do.

### ***How will it work this season for NZMA members?***

1. Use the current Centre database that you have.
2. **Delete** the payment date details from your latest list, including ANZ athletes who purchased a Vetline subscription (I have created a master list of those people).
3. As NZMA members rejoin, **note the date of payment** as per previous years and remind them of their registration number.
4. Any new members are to be allocated a 7000 series number, using the left over cards from last season. If you run out of cards, please contact Stewart Foster.
5. All ANZ club athletes who have purchased Vetline will receive the October 2017 issue, as will all NZMA members. However, to receive the January 2018 issue, ANZ Club athletes are required to purchase a subscription before mid-December either via the local Centre or the NZMA website. We will be activating the on-line payment system ASAP, to make the process easier if ordering via the NZMA website.

Note: The NZMA Board has suggested that there will only be THREE Vetline issues as from 2018. As yet, no-one has spoken against the proposal.

If you have any questions, please contact me.

Andrew Stark  
AWS Publications Ltd  
PO Box 21304  
Edgware  
Christchurch 8143

Tel: 03 338 0516

[www.awsresources.co.nz](http://www.awsresources.co.nz)



# New Zealand Masters Athletics Record Application Form

(Please print clearly)

National Record: <input type="checkbox"/>	Provincial Record: <input type="checkbox"/>	Island Record: <input type="checkbox"/>	(please tick <input checked="" type="checkbox"/> one only)
Event: _____		Status of Meeting: _____	
Age Group: _____	Performance: _____	M or F (circle)	
Competition Venue: _____		Date of Competition:     /     /	
I hereby certify that to the best of my knowledge the information I have submitted is true and correct.			
Athlete's Full Name: _____		Signed: _____	
Home address: _____			
Email address: _____		Date of Birth:     /     /	
Financial Member of (club): _____		NZMA Reg No. _____	

### Field / Track / Road Referee:

I hereby certify that all technical aspects relating to the above performance were correct under NZMA rules.

Name: \_\_\_\_\_ Signed: \_\_\_\_\_

### Technical Manager's Certification:

I hereby certify that the equipment used and the conditions existing in setting the above performance were correct under NZMA rules.

The implement weight was \_\_\_\_\_ The height of the hurdles / steeplechase was \_\_\_\_\_ mm

The hurdle race was \_\_\_\_\_ m The distance between sprint hurdles was \_\_\_\_\_ m

The height / distance of the event was \_\_\_\_\_ m

Name: \_\_\_\_\_ Signed: \_\_\_\_\_

**PLEASE COMPLETE ALL OF THE THREE SHADED SECTIONS ABOVE, PLUS THE SECTIONS BELOW (if applicable to your event)**

### Timekeeper (Track and Road only):

I hereby certify that the time of \_\_\_\_\_ was properly recorded either electronically or by hand\* (THREE times) by competent timekeepers. \* Hand times are only accepted for track events 800m or longer.

Hand times: (1) \_\_\_\_\_ (2) \_\_\_\_\_ (3) \_\_\_\_\_

Name: \_\_\_\_\_ Signed: \_\_\_\_\_

### Anemometer Steward (Sprints/Sprint Hurdles/Long Jump/Triple Jump only):

I hereby certify a wind reading of \_\_\_\_\_ metres per second, was properly recorded for the above event under NZMA rules.

Name: \_\_\_\_\_ Signed: \_\_\_\_\_

### Walk Judges (Three walk judge's signatures MUST be obtained - including at least one A grade judge or higher):

Name: \_\_\_\_\_ Signed: \_\_\_\_\_ Grade: \_\_\_\_\_

Name: \_\_\_\_\_ Signed: \_\_\_\_\_ Grade: \_\_\_\_\_

Name: \_\_\_\_\_ Signed: \_\_\_\_\_ Grade: \_\_\_\_\_

Application Date:     /     /     Ratified Date:     /     /

Please enlarge to A4 size. Photocopies of this form are acceptable. Attach copies of applicable recording sheets to this form.



# UPCOMING EVENTS

## 2018:

### **Jan**

20-27 OMA Stadia Championships Dunedin

### **Feb**

3-11 29<sup>th</sup> New Zealand Masters Games Dunedin

10 Buller Gorge Full & Half Marathon and Marathon Relay Westport

18 Round the Bays, Half Marathon, 10km & 6.5km Frank Kitts Park

19 Senshu Marathon Japan

### **March**

3 Ironman New Zealand Taupo

### **April**

8-15 Commonwealth Games Gold Coast

16 Boston Marathon Boston

### **May**

5 54<sup>th</sup> Rotorua Full Marathon,  $\frac{1}{2}$  Marathon, 10.5k & 5.5k Fun Run Rotorua

20 Gold Coast Bulletin  $\frac{1}{2}$  Marathon, 10km, 5km & 2.5km Gold Coast

27 **Masters Classic Club Relay** **Trentham**

### **June/July**

30/1 40<sup>th</sup> Gold Coast Airport Marathon,  $\frac{1}{2}$  Marathon, 10km & 5.7km Gold Coast

### **Nov**

4 Nelson Half Marathon, 10km, 5km & 2.5km Saxton Field, Stoke

New York City Marathon New York

**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.

---

**2017****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 2017 / 2018 year** (Please select the option that better suits your needs):**Option 1:****ANZ Competitive Members** (ANZ club members must be financial for the 2017/ 2018 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 (3 issues starting from January 2018)

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 form 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 cheque 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:

2017 / 2018 NZMA Reg. No: