

THE

MASTER

COPY

Newsletter of Wellington Masters Athletics Inc.

Volume 17 Issue 4

October 2018

World Masters Champs – Malaga, Spain - Cross Country Race



Wellington Masters Keryn Morgan



and Peter Sparks

Photos Courtesy Sharon Wray

WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2018-19

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:

Liz Bentley	021 030 2384
Sean Lake	389 5912
Sharon Wray	234 7972
John Palmer	479 2130

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WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2018-19

PATRON:	Bruce Perry	473 0877
PRESIDENT:	Michael Wray	027 648 8502
IMM. PAST PRES:	Brian Watson	06 368 7380
VICE PRESIDENT:	Michelle Van Looy	021 244 8645
SECRETARY:	Albert van Veen	563 8450
TREASURER:	Graham Gould	973 6741
COMMITTEE:	Liz Bentley	021 030 2384
	Sean Lake	389 5912
	Sharon Wray	234 7972
	John Palmer	479 2130
SUBSCRIPTIONS:	Veronica Gould	973 6741
EDITOR:	John Palmer	479 2130
MASTERS RECORDS:	Peter Hanson	237 0958

LIFE MEMBERS

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

CLUB CO-ORDINATORS

AURORA HARRIERS:	Hadley Bond	233 2241
H V HARRIERS:	Albert van Veen	563 8450
H V MARATHON:	The Secretary	021 689 183
KAPITI:	John Hammond	04 292 8030
KIWI ATHLETIC CLUB	Peter Jack	388 6224
LEVIN HARRIERS:	Brian Watson	06 368 7380
MASTERTON:		021 456 675
OLYMPIC:	Tineke Hooft	237 9676
	Annie Van Herck	478 6775
SCOTTISH:	John Hines	384 3231
TRENTAM UNITED:	Jackie Wilson	526 7439
UNIVERSITY:	Richard Owen	027 247 7757
WAINUIOMATA HARRIERS:	The Secretary	564 2141
WGTN HARRIERS:	Paul Hewitson	476 8686
WGTN MARATHON:	The Secretary	PO Box 14-489, Kilbirnie, Wellington 6241
WGTN MASTERS:	Jim Blair	528 2992
WGTN TRI CLUB:	The Secretary	PO Box 2201, Wellington 6140

COMMITTEE MEETINGS 1st THURSDAY OF EACH MONTH AT 139 HOMEBUSH ROAD, KHANDALLAH,
COMMENCING AT 7:15pm.

CLUB REPRESENTATIVES AND MEMBERS ARE ALWAYS WELCOME

2018 PRESIDENT'S REPORT TO AGM

As at the end of August, our membership pool consisted of 30 direct members and 330 Athletics Wellington competitive members, making a total of 360.

For our regularly programmed events, we had 31 competitors brave the torrential rain, strong southerlies and flooded turnarounds for our 10km and 5km race in Lower Hutt last October. This was an increase on the last couple of years but we had been hoping to better continue the upward trend of participants.

The Masters Cross Country Relay produced 17 teams. This was down a couple of teams on 2017 but still remains one of our highest turnouts this past decade. We took the health and safety feedback from the council and implemented Trentham's recommendation of moving the start/finish area away from the road. One thing we are considering for next year's event is to move from teams of five to teams of four. This will make the event consistent with the other cross country relays in Wellington and make it easier for the smaller clubs to field teams. If anyone has any strong feelings either way, please submit them to us.

The Johnsonville race attracted 32 participants. This was a drop on 2017, which was itself an unusually good turnout. The most notable drop was the absence of our customary visitors from Levin Harriers. One question that we're thinking on is whether we continue to provide the soup/stew light lunch.

The archive of past results on our website has been significantly extended. We already had a list of all the medalists for every WMA, WMRA and OMA Champs (aside from the lost OMA of 1988). We now have the medalists for each age group for every year of the NZMA National Track & Field Champs with only a handful of gaps. We also have all the medalists for every year of both the North Island and South Island Championships. Our collection of Athletics NZ Championship medalists is almost as extensive: Mountains from 2005, Marathon and Half Marathon both mostly complete, Road Relays mostly complete (just missing some team lists and second/third places), Road Champs and Cross Country Champs also mostly complete.

Facebook has proved a useful method of ad-hoc communication that we regularly use to publicise the events we hold or provide snippets of news or link to results, supplemented with photos. We have 141 subscribers to the page, which I find favourable given our pre-MOU membership hasn't exceeded that number since 2001. And our posts are typically viewed by much more than that. Our most popular update reached over 1000 viewers.

We have used the Facebook event functionality and experimented with using the paid promotions options to publicise the three events we host. This has had some success. Though I wouldn't describe it as particularly successful in attracting non-members from outside athletics, it has helped make the wider athletics community aware of our events. Certainly it has helped athletes know that we've upped the quality of our event prizes and that we recognise the highest age-grade scorers as well as overall place-getters.

Our main focus for this year has been to prepare for the North Island Master Track & Field Championships, which we are hosting in November at Newtown Park. We have taken advantage of the NZMA's use of Clubnet to provide an event entry platform. We approached the Wellington City Council with a funding application and I'm very pleased to hear we have been granted \$3000. We are also hopeful that we can gain a further \$1000 from the World Fourth Games Trust. Assuming that is successful, and we can attract 100 athletes (a conservative target), the hosting of the event is expected to contribute over \$2000 to our financial reserves during the forthcoming year. The thing we need now is lots of entries!

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We filed an expression of interest in hosting the 2023 Oceania Masters Athletics Championships, which is when New Zealand's turn in the rotation next comes round. We have not as yet fully committed to putting in a bid but this is something we will be looking at later this year, once we have the North Islands out of the way. We are also due to host Nationals in 2023, so if we proceed with Oceanias we will ask NZMA for a one year deferral on hosting those nationals. Our main challenges to taking on Oceanias will be in identifying suitable courses for the three out-of-stadia events: the 10km Road Walk, Cross Country and Half Marathon. Our early thinking is we could approach the Westpac Stadium for use of the concourse for the road walk. For the half, the initial thinking is to go around the bays between Shelley Bay Road and Massey Road out and back twice between the Miramar cutting and Scorching Bay – the same approach used by the Wellington Marathon since 2013. The cross country course needs more thought; ideally we'd be within a reasonable distance of Newtown Stadium but we're not sure if there is a suitable candidate or whether we should partner with one of the clubs that runs one of the Athletics Wellington events. If we do proceed, our provisional dates will be 28th or 29th January to 4th or 5th February. These dates would allow us to avoid clashing with the Capital Classic, with which we'd otherwise compete for the use of Newtown Park, and the Porritt Classic, with which we'd be competing for officials. It would also avoid clashing with Round the Bays and provide a four week gap to the NZMA Nationals.

Michael Wray,
President

* * * *

2018 AGM

The annual general meeting for Wellington Masters was held on Wednesday 26th September at the Olympic Harrier Clubrooms. Twelve members and three life members were in attendance.

The President's Report and the Annual Accounts were tabled (and are reproduced in this issue) for members benefit.

There were no contentious issues raised and the meeting ran fairly smoothly and was finished reasonably quickly. The election of officers saw the existing executive and committee reelected with one new committee member Liz Bentley replacing John Hammond who has stood down after many years serving on the committee.

The annual subscription was maintained at its current level of \$60 for competitive members and \$45 for social members.

There was one remit passed which reduced the quorum numbers at committee meetings from six committee members down to five.

Veronica Gould remains as our subscriptions Secretary. And that was basically all the business that took place.

* * * *

Recharging Your Body



Just as we clean our houses, cars and workspaces, sometimes, our bodies need a little cleaning up too. A few options you might consider to help set the stage for better health include:

Cleanse: A cleanse is designed to remove toxins from the body. This process often involves using lemon, ginger and other flavorings to make a drink with the intent of flushing out the body.

Fasting: Nearly every religion describes some type of spiritual purification that involves fasting. The body is designed to fast; we do it every night! (It's why we call our first meal of the day break-fast.) Fasting is not a weight loss tool. Some medical practitioners are skeptical of the value of fasting.

Adjustments: Your nervous system controls and regulates every cell of your body. If various organs and tissues that don't send pain signals to your brain are under- or over-performing, you simply won't enjoy optimum 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 the website www.chiro.co.nz



WELLINGTON MASTERS ATHLETICS INC.

Statement of Receipts and Payments for the period ending 31 August 2018

<u>2017</u>		<u>2018</u>
	RECEIPTS	
1,738.52	Balance of Current Account 31 August 2016	1,156.72
10,000.00	Term Deposit 31 August 2016	10,000.00
9,415.88	Savings Account 31 August 2016	8,857.88
21,154.40		20,014.60
2,560.00	Subscriptions Received	2,125.00
2.44	Interest on Current Account	1.01
376.02	Interest on Term Account	538.52
202.00	Interest on Savings Account	180.09
1,585.00	Race Entry Fees	1,410.00
842.50	Wellington Track & Field Champs Entry Fees	382.50
435.00	Uniforms Sales	60.00
2,280.00	Jubilee Dinner	-
45.00	Donations	45.00
-	Transfer from Savings	500.00
8,327.96		5,242.72
29,482.36		
	PAYMENTS	
2,720.00	Subscriptions to NZMA	2,050.00
384.52	Race Expenses	-
779.29	Telephone, Postage & Newsletter Expenses	678.80
437.00	Wellington Track & Field Champs Expenses	-
575.00	Uniforms Purchased	-
560.00	Track and Field Levy to Wellington Centre	620.00
608.90	Athletic Equipment Purchases	-
405.00	Presentation & Awards Expenses	895.66
-	General Expenses	85.00
2,802.10	Jubilee Dinner	-
195.95	Website Expenses	195.95
9,467.76		4,525.41
20,014.60	TOTAL FUNDS AT 31 August 2018	20,731.31
	Represented by:-	
1,156.72	ANZ Bank Current Account	1,453.34
10,000.00	ANZ Bank Term Deposit due 07/03/18	10,000.00
8,857.88	ANZ Bank Savings Account	8,777.97
20,014.60		20,231.31

Statement of Accounting Policies:

The above statement is prepared on the basis of Receipts and Payments through the Association's banking accounts. No Provision or Accrual is made for amounts payable or receivable at the 31 August of each year.

As the Association is not GST registered the amounts in the Statement include GST.

WELLINGTON MASTERS ATHLETICS

34th Annual 8km Road Race and 6.4km Race Walk

Olympic Harrier Clubrooms, Johnsonville

Sunday 22nd July 2018

The weather for this years' event was fine (after Saturday's forecast warning of wind and rain) with a strong northerly which pushed the competitors up the hill, but became a head wind in other parts of the course. This year 23 runners (one DNF, so only 22 in results) and 9 walkers took part – sadly down on 2017 numbers.

Fastest male walker over the hilly four-lap course was Rob McCrudden (Olympic) and Jackie Wilson (Trentham) was the fastest women. Joseph Antcliff was officially awarded first male walker due to Rob's racewalking technique falling foul.

Fastest male runner over the five-lap course was Brian Garmonsway (Trentham) and the fastest women was Jacqui Cope (Olympic).

The Jim Lockhart and Mariette Hewitson Baton for the time closest to an age group record was won by Brian Garmonsway. The club team for the runners was won by Olympic and Trentham won the club team for the walkers.

A special thanks to the marshals, timekeepers, Michelle Van Looy for her yummy caramel square and Sharon Wray for providing the lunch – as always, your support is much appreciated.

Run (8km)

<u>Name</u>	<u>Club</u>	<u>Age Grade</u>	<u>Time</u>	<u>Age Gr %</u>	<u>Race PI</u>	<u>Grade PI</u>
Brian Garmonsway	Trentham	M40	28:00	79.05%	1	1
Stewart Milne	WHAC	M40	28:58	77.56%	2	2
Darren Gordon	HVH	M45	30:06	76.41%	3	1
Paul Hewitson	WHAC	M55	32:51	75.95%	4	1
Dave Creamer	WHAC	M55	33:02	75.53%	5	2
Willie Gunn	WHAC	M45	33:49	69.10%	6	2
Nicholas Bagnall	Scottish	M45	33:54	70.01%	7	3
Stephen Mair	Trentham	M55	34:13	73.55%	8	3
Michael Wray	Scottish	M50	35:15	68.46%	9	1
Graeme Moss	Olympic	M55	38:54	71.31%	10	4
Glen Wallis	Scottish	M50	37:17	66.34%	11	2
Brendan Flannigan	WHAC	M40	37:50	58.94%	12	3
Matyas James	Scottish	M40	37:57	60.12%	13	4
Brian Hayes	WHAC	M70	38:35	75.12%	14	1
Daniel Plaisted	No Club	M35	38:50	55.84%	15	1
Steve Bligh	Olympic	M60	41:34	64.39%	16	1
Jonathan Harper	Scottish	M65	41:50	66.41%	17	1
Jacqui Cope	Olympic	W45	44:14	58.03%	18	1
Ele Brown	Olympic	W50	45:58	61.75%	19	1
Denise Pilcher	Olympic	W55	49:55	59.00%	20	1
Albert van Veen	HVH	M70	50:04	57.89%	21	2
Ray Wallis	Aurora	M78	57:36	56.45%	22	1

Walk (6.4km)

<u>Name</u>	<u>Club</u>	<u>Age Grade</u>	<u>Time</u>	<u>Age Gr %</u>	<u>Race PI</u>	<u>Grade PI</u>
Rob McCrudden	Olympic	M50	42:39	63.58%	-	-
Jackie Wilson	Trentham	W70	42:45	83.90%	1	1
Joseph Antcliff	Trentham	M50	44:33	60.23%	2	2
John Leonard	Scottish	M65	46:36	63.77%	3	1
Andrew Begbie	Olympic	M35	46:46	52.00%	4	1
Karen Forsyth	Wainuiomata	W45	52:22	54.77%	5	1
Andrea Adams	Olympic	W50	53:10	56.11%	6	1
Geoff Iremonger	Trentham	M70	53:42	58.57%	7	1
John Hines	Scottish	M80	56:06	66.37%	8	1

HEALTH

Could Vitamin C Help You?



By Vicki Martin, Nutritionist and Naturopath

An overview of Vitamin C: where you find it, what it does, and why you might need a Vitamin C supplement.

Getting sick and tired of being sick?

If colds, flu and sore throats are getting you down, it's time to take some action. Vitamin C is an essential nutrient that can help your immune system get you back on your feet. But there's more to Ascorbic acid (the technical name for Vitamin C) than meets the eye.

Vitamin C basics

To understand Vitamin C, it helps to know about vitamins in general. They're natural chemical compounds that allow chemical reactions to occur in your body. If your diet isn't high enough in the vitamins you need, your normal body functions can break down. That can make you more susceptible to disease and ill health.

We get vitamins mostly from our foods and drinks; and most of our Vitamin C comes from fruits and vegetables. Vitamin C is water soluble, so you can lose it easily when you urinate. That means you need to keep replenishing your levels with the right food several times a day.

Why is Vitamin C important?

We humans are unusual. Most animals produce their own Vitamin C, but we (along with monkeys and guinea pigs) need to have fruit and veges daily to get ours.

Vitamin C has a whole range of essential functions within the body:

- Firstly it's an antioxidant, which means it helps to protect your cells from deteriorating (just like lemon juice prevents cut apples from browning).

- It's also important to help keep structures in your body from sagging weakening. Without enough Vitamin C, we get dry, thin, wrinkly skin, and may develop bleeding gums, sores that don't heal, joints that are painful, and worst of all – cellulite!
- Vitamin C helps your body to absorb Iron. When you add fruit and vegetables to a meal, you can boost your Iron absorption by up to four times.
- Finally, Vitamin C boosts your immune system. Without it you don't make enough protective immune cells to fight bacterial, viral, and fungal infections.

What are good sources of Vitamin C?

Vitamin C occurs in all fruits and vegetables, but especially in:

- fruits like oranges, mandarins, kiwifruit, blackcurrants, and feijoas;
- vegetables like tomatoes, peppers, and broccoli.

Vitamin C is easily damaged when you are preparing food. Chopping fruit and vegetables, exposing them to air and cooking them all deplete their Vitamin C levels. So the less time between chopping and cooking, and the less time you cook the food, the more Vitamin C you get.

The Health Department recommends a dietary Vitamin C intake of 30-90 milligrams daily, depending on your age. People who smoke cigarettes should also aim for 35mg more Vitamin C than average adults. This is because smoking depletes Vitamin C levels in the body and causes damage to cells. Medications such as the oral contraceptive and asthma inhalers can also reduce Vitamin C levels in the body.

What about taking Vitamin C supplements?

Another way to boost your intake of Vitamin C is with a Vitamin C supplement. A 1000mg tablet daily will go some way towards helping to boost your immune system if you have cold, flu, or sore throat. Remember that Vitamin C is water soluble, so you must keep taking it, as your body will use it up quickly if it has an infection.

Thinking of skipping the fruit and vegetables and just taking a supplement instead? If you do, you'll miss out on a whole range of other important nutrients called flavonoids. They work with Vitamin C to make it even more effective. So keep eating your apples, kiwifruits, broccoli, lettuce, and tomatoes every day as well to help keep the doctor away!



RECIPE

Soy and Miso-Glazed Salmon

*Delight your friends and family with this show-stopping salmon dish. A fragrant and easy-to-
prep meal, this is the ultimate grazing plate.*

Ingredients:

- 1 tablespoon white miso paste
- 3 tablespoons soy sauce
- 1 thumb ginger, grated
- 2 teaspoons sesame oil
- 1 tablespoon Japanese rice vinegar
- 1 tablespoon honey
- 3 tablespoons table salt
- 1 side of skin-on salmon, pin-boned.

To garnish:

- 1 bunch spring onions, finely sliced
- 1 cup Asian microgreens
- 1 tablespoon black sesame seeds.

Preparation:

Whisk the miso with the soy sauce, ginger, sesame oil, vinegar and honey.

Put the salt in a big roasting dish, deep enough to lay the salmon in and with capacity for 6 cups of water. Add ½ cup boiling water to the salt and whisk to dissolve it. Top up with 5½ cups cold water and leave to cool. I threw some ice cubes in to speed up the process.

Add the salmon, flesh-side down, and leave in the brine for 30 minutes – this will help to prevent the milky white fat from rising to the top of the salmon while cooking. Preheat the oven to 230°C and line an oven tray with baking paper. Carefully remove the salmon from the brine and pat dry.

Lay, skin-side down, on the baking paper. Brush the soy miso mixture over the salmon. Bake for 10–15 minutes – 15 minutes for a large salmon, but if your salmon is smaller, stick to 12 minutes or less; you really don't want to overcook it.

The salmon can be served immediately, once cooked, or refrigerated until half an hour before serving. To serve, garnish the salmon with spring onions, microgreens and black sesame seeds.

Because the salmon is so tender leave it on the baking paper to serve and just slide a tray underneath to transfer the whole lot. If cooking well in advance, the salmon is easier to transfer without the baking paper if you prefer.

* * * *

Jim Lockhart and Mariette Hewitson Baton

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

Past winners:

1999	Diane Rogers (Trentham)
2000	Diane Rogers (Trentham)
2001	Ellis Goodyear (Capital)
2002	Ellis Goodyear (Capital)
2003	Diane Rogers (Trentham)
2004	Peter Thomas (Trentham)
2005	Peter Thomas (Trentham)
2006	Ellis Goodyear (Capital)
2007	Sheryne Beeby (Olympic)
2008	Graeme Lear (Scottish)
2009	Diane Rogers (Trentham)
2010	Diane Rogers (Trentham)
2011	Teresa Cox (Trentham)
2012	Michael Wray (Scottish)
2013	Michelle van Looy (Olympic)
2014	Vicki Humphries (WHAC)
2015	John Wood (HVH)
2016	Michelle Van Looy (Olympic)
2017	Michelle Van Looy (Olympic)
2018	Brian Garmonsway (Trentham)

* * * *

Andy McNeill Memorial Walk/Run

On Sunday 28 October 2018 the Wellington Marathon Clinic will run a community run/walk event in memory of Andy McNeill. Andy was a long standing member of the clinic who sadly passed away from pancreatic cancer nearly four years ago.

There will be two courses; runners will do almost 10km and a 5.3km for those who choose to walk the event. Both start and finish at George Denton Park, Highbury. The course will cover some of Wellington's favourable and iconic trails. A compulsory race briefing will commence at 9am with runners heading off at 9:15am and walkers at 9:20am. The courses will be well marked with signage and marshals. Portaloos will be provided at George Denton Park.

There is no entry fee or official prize giving but we do have awesome spot prizes, kindly donated by local businesses, to give away.

As parking is limited we encourage you to arrive early, park in the surrounding streets and walk the short distance to George Denton Park.

Once you cross the finish line please stay and enjoy light refreshments provided courtesy of the Wellington Marathon Clinic.

We look forward to seeing you there and thank you for your support. For further information and to register go to <http://wmc.org.nz/andy-mcneill-2018-event-info>

The Wellington Marathon Clinic Committee

THE ATHLETE'S KITCHEN

Copyright: Nancy Clark MS RD CSSD, September 2018



Talking About Food...

Food is fuel and food is medicine. Food brings runners together and is supposed to be one of life's pleasures. Team meals are a vehicle for building relationships, enjoying conversations, and nourishing the soul.

Unfortunately in today's society, too many runners report they have *no time* to enjoy meals. Parents struggle to gather their student runners for a family dinner; practices and meets inevitably interrupt the dinner hour. And even when seated at the same table, some family members may be eating just salad while the rest of the family enjoys steak. So much for eating out of the same pot.

Today's food conversations commonly refer to *good food*, *bad food*, *clean food*, *fattening food*. We all know runners who don't do sugar, gluten, white flour, or red meat, to say nothing of cake on birthdays, ice cream cones in summer, or apple pie on Thanksgiving. We live with abundant food, but we have created a fearful eating environment with our words. This article invites you to pay attention to how you think and talk about food. Perhaps it is time to watch your mouth, so you can start to change the current culture that makes food a source of fear for many health-conscious runners.

Good food vs. Bad Food

"I eat only healthy foods — lots of fresh fruits and vegetables — and I stay away from stuff in wrappers with ingredients I can't pronounce." While this may seem like a noble stance towards being a responsible caretaker for your body, it raises a few red flags for me.

- One, a diet of only healthy foods can be a very unhealthy diet. For example, apples are a healthy food, but a diet of all apples is a very unhealthy diet.
- Two, a diet with only unprocessed food eliminates refined or lightly processed grains that are enriched with vitamins and iron, nutrients of importance for runners. For instance, "all natural" breakfast cereals like Puffins and Kashi offer only 4% to 10% of the Daily Value for iron, as compared to iron-enriched cereals like Wheaties, GrapeNuts, and Bran Flakes and that offer 45% to 100% of the recommended intake. If you eat very little red meat (a rich source of dietary iron), do not cook in a cast iron skillet (a meat-free source of iron), and eat only "all natural" grain foods, you could easily have an iron-deficient diet. This shows up as anemia and needless fatigue. A survey of female runners (ages 18-22) reports 50% had anemia, often undiagnosed.

Yes, many hard-to-pronounce and unfamiliar words like niacinamide, ferrous sulfate, and ascorbic acid are listed among the ingredients of fortified and enriched grain foods. These are the scientific names for the same vitamins in pills. There's a reason why they were added to foods in the first place. Adding folic acid to grains has reduced the risk of having a baby with a birth defect. B-12 is important for vegans. Will the trend to avoid enriched and fortified foods come back to bite us? How about choosing the best of both?

Bad food vs. Fun Food

When runners feel compelled to confess their nutritional sins to me (*"I eat too many bad foods — chips, French fries, nachos..."*), I quickly remind them there is no such thing as a bad food (or a good food, for that matter). Is birthday cake really a bad food? Is a hot dog at a baseball game going to ruin your health forever? Should you not make cookies with your children on a snowy day?

Those so-called *bad foods* are actually *fun foods* that taste yummy and can fit into an overall balanced diet. Rather than critiquing a single food, please judge your diet by the whole week, month, and year. Halloween candy is a fun treat in the midst of a steady intake of fruits, vegetables, lean meats and wholesome grains. So is pumpkin pie with ice cream.

Depriving yourself of fun foods creates *good* and *bad* foods, as well as a really bad relationship with food. Eating a fun food is not cheating. The problem arises when you restrict fun foods, only to succumb to devouring not just one cookie but all 24 of them. Binge-eating burdens you with not only excess body fat, but also (self-imposed) guilt for having broken your food rules, and disgust with yourself for having pigged out.

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Eating the *whole thing* means you like that food and should actually eat it more often, rather than try to stay away from it. Contrary to what you may believe, you are not addicted to cookies. You are simply doing "last chance" eating. *Last chance to have cookies* (or so you tell yourself) *because they are a bad food and I shouldn't eat them at all.*

There's a more peaceful way to live. Try balancing a cookie or two into your daily menu. After all, you need not have a perfect diet to have an excellent diet. A reasonable goal is 85-90% quality foods; 10-15% "whatever."

Healthy diet vs. A single ingredient

Salt, sugar, and saturated fat seem to be today's food demons. Rather than look at each ingredient, I cannot encourage you enough to look at the entire food (and your entire diet). Take sugar, for example. Are the 3 grams of sugar in Skippy peanut butter really a source of evil? What about the 10 grams of refined sugar in chocolate milk? That ("evil") sugar quickly refuels muscles after a hard workout. That's why chocolate milk is an effective recovery food. After a hard workout, when you are tired and thirsty, but not yet hungry, the sugar in chocolate milk offers a quick energy boost that normalizes your low blood glucose and replenishes depleted muscle glycogen. While some runners focus on chocolate milk's 10 grams (40 calories) of added sugar, I invite you to pay more attention to its high quality protein (needed to repair muscles) and abundant vitamins and minerals that invest in your good health. The fit bodies of runners can metabolize sugar much better than the unfit bodies of couch potatoes.

The bottom line

You want to enjoy an excellent diet, and not strive for a "perfect" (but very strict) diet. You can win good health and running races alike with a balanced diet, filled with a variety of foods, and enjoyed in moderation.

*Sports nutritionist Nancy Clark MS RD CSSD has a private practice in the Boston-area (Newton; 617-795-1875), where she helps both fitness exercisers and competitive athletes create winning food plans. Her best-selling **Sports Nutrition Guidebook**, and food guides for marathoners, cyclists and new runners are available at nancyclarkrd.com. For online workshops, see www.NutritionSportsExerciseCEUs.com.*

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* * * *

Fat Is Your Friend



One of the biggest health care hoaxes perpetrated during the last decade or so is the notion that "fat is bad." If you want to enjoy your highest health potential, you need to know the truth about this common (and incorrect) belief about fat.

Fat is not your enemy.

Fat is essential if you want your body to look and feel younger and equip your nervous system to function at its best. Healthy fats supply good cholesterol, which is critical for the production of hormones that enhance youthful qualities. If you've chosen to adopt a low-fat diet, you're depriving your body of the nutrients it needs to slow aging and to function optimally.

Granted, low-fat alternatives abound on grocery store shelves. To get away with low-fat (low-taste) products, manufacturers rely on amping up the sugar to deliver the taste people want. The result? Weight gain.

Bottom line? Fat doesn't automatically make you fat. At least, "good" fat doesn't.

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

* * * *

**Don't Forget:
Masters 10km, Lower Hutt
Sunday 4th November 2018**

and

**Masters North Island Track & Field
Championships
23rd-25th November 2018
at Newtown Park**

INJURY PREVENTION

Achilles Tendinitis

Accounting for about 10 percent of all running injuries, Achilles tendinitis is an acute inflammation of the Achilles tendon that runs along the back of the ankle, attaching the calf to the heel bone. It's also the strongest tendon in the body — when healthy. When unhealthy, it can result in sharp pain that makes running impossible. (*Note:* If the pain lasts for more than a few weeks, it's not really tendinitis anymore, but has elevated its status.) Some argue that the injury should really be called Achilles tendinopathy, because the problem is inflammation around the tendon, while the tendon itself is simply weak and dysfunctional. Regardless of how it is classified, the end result is pain in the affected area, which can be resolved with acute treatment of the general inflammation and then rehabilitation of the tendon.



Symptoms of Achilles Tendinitis

- Pain along the Achilles tendon, at the back of the lower leg just above the heel. This is often accompanied by swelling close to the heel.
- Achilles tendinitis can commonly be confused with other heel injuries. However, if you pinch the Achilles and it's very sore, then the source of the problem is likely the tendon.

Causes of Achilles Tendinitis

There are a number of things that can lead to Achilles tendinitis. Some of the most common causes are tight calves, foot instability or mechanical flaws such as over striding when you run.

"It's almost always an overstriding problem," says Joe Uhan, a physical therapist, coach and ultrarunner. When your foot lands in front of your body, especially if you land on the forefoot, you end up putting all the weight on your Achilles tendon. "That's stress your body has to absorb."

If your foot is unstable upon landing, it can twist and stress the tendon. This is particularly true if you land on your forefoot and push off with your toes. Runners who don't engage their glute muscles may find that they end up running on their toes and using more force in their push-off, which all puts pressure on the Achilles.

During the push-off phase of running, the Achilles is exposed to a force that is more than seven times your body weight.

This means anything that puts repeated stress on the Achilles tendon can lead to Achilles tendinitis. It is also more likely to occur if a runner is prone to Achilles problems. Other contributors include too much mileage, too many hill repeats or too much speed work without a proper build-up. It's particularly common after quick increases in training volume or intensity.

In fact, there isn't always an obvious reason why someone might start to suffer from Achilles tendinitis. "Most patients usually don't have any identifiable source," says Phinit Phisitkul, a University of Iowa associate professor in orthopedic surgery.

Achilles Tendinitis Treatment

Once you have sharp pain along your Achilles tendon, the immediate treatment is obvious and simple: rest, ice and anti-inflammatories. You may also want to sleep with a brace on your foot. Runners with Achilles tendinitis should avoid walking barefoot or in high heels in order to keep the tendon from over-stretching or shortening. Depending on the severity of the injury, especially because blood supply is so low to that area, it can take a long time to heal and recover—often a minimum of four to six weeks.

Mobilizing the tissue using a foam roller or other tool that helps with self-massage can be particularly helpful. Focus on finding specific trigger points and roll them with firm pressure to loosen the area.

After resolving the acute pain, studies have found some of the most successful Achilles tendinitis treatments involve eccentric strengthening exercises. If your pain is severe, you may want to continue to rest before attempting strengthening work or workouts. Runners should ease back into exercise and avoid speed work for at least a couple of weeks.

Try this exercise, which is the opposite of a calf raise, when you're ready. Gradually lower your heel from a raised position on a step and then use the healthy leg to raise it back to the starting position, being sure not to stress the tendon in the rising motion. Do 15 repetitions, twice a day.

If you find that Achilles pain is a recurring condition, consider consulting a professional who analyzes running mechanics to determine what might be causing stress to your Achilles.

Prevention of Achilles Tendinitis

When people experience Achilles tendinitis, it often starts as stiffness in the Achilles tendon. If you take steps to increase flexibility, strengthen the ankle and decrease stress on the tendon at the first sign of stiffness, it's possible to prevent the problem from escalating.

One of the easiest ways to prevent Achilles tendinitis is this simple stretch that keeps the tendon strong and flexible. Stand with one foot behind the other as you push against the wall. Do this for a few minutes every day. However, be sure not to over stretch the tendon, since an over-flexible tendon is a leading predictor of Achilles tendinitis.

It can also be highly beneficial to do eccentric strengthening exercises to ensure the tendon doesn't weaken or deteriorate. Eccentric strengthening includes calf raises, single-leg deadlifts, single-leg squats and box jumps.

HEALTH

Many Uses of Magnesium



If you want to know how much actual Magnesium is in your supplement, you need to know the amount of elemental Magnesium it contains.

Pop quiz: what does your body use Magnesium for?

Magnesium may be one of nature's most versatile minerals. Many people think this mineral simply helps with tense, tight muscles; but if you answered that question with "nearly everything", you wouldn't be too far wrong. Here's just a selection of the functions that this versatile mineral performs within your body:

- Playing a role in over 300 different metabolic processes;
- Helping relax tense and tight muscles;
- Assisting with mental relaxation;
- Supporting strong, healthy bones; and aiding with Calcium absorption;
- Helping maintain healthy heart function; and
- Supports restful sleep.

That's a lot of different roles – which means it's really important to ensure you and your family are getting enough Magnesium each day.

How to get more Magnesium into your diet

The good news is that Magnesium occurs naturally in many of the staples of a healthy diet. Some of the richest food sources^[1] include:

- Dark green leafy vegetables (e.g. kale, spinach and silver beet);
- Other fruits and vegetables (especially apricots, bananas and avocados);
- Legumes (peas, beans and chickpeas) and nuts (especially almonds and cashews);
- Soy and soy products;
- Whole grains; and
- Milk and dairy products.

For some people, simply eating healthily each and every day will provide all the Magnesium they need. Others, however, may need more – especially if they're experiencing a lot of stress; are pregnant or breastfeeding; exercise intensely; or consume a lot of caffeine, alcohol and sugar.

In any of those cases, a Magnesium supplement can be extremely helpful.

How much Magnesium do you actually need?

According to the New Zealand Ministry of Health guidelines^[2], Kiwi men need between 400-420mg of elemental Magnesium each day, depending on their age. For women, the level is lower: 310-320mg (unless you're pregnant, in which case the recommendation is 350-400mg). Again, the exact amount depends on your age.

Keep in mind that this recommendation is for your intake of elemental Magnesium from ALL sources: both food and supplements.

What does "elemental Magnesium mean"?

If you look at different Magnesium supplements, you'll notice something interesting about the way they're labelled. Some will talk about total Magnesium content, where others only talk about "elemental Magnesium". Here's why knowing the difference between the two is important.

First off, understand that Magnesium doesn't naturally exist on its own. Instead, it forms "salts" with other substances, for example Magnesium oxide, which is what you'll see on a supplement label. The "elemental Magnesium" is then the amount of actual Magnesium within each salt.

For example, Magnesium oxide is about 60% Magnesium, which means that 400mg of Magnesium oxide only provides 241mg of actual elemental Magnesium. Other salts provide even lower percentages.

So if you want to know how much actual Magnesium is in your supplement, you need to know the amount of elemental Magnesium it contains.

Which Magnesium supplement is right for you?

There are a vast number of Magnesium supplements on the market. The right one for you will depend on the amount of elemental Magnesium you need, plus a host of other factors. Contact our expert Healthieries naturopaths toll free on 0800 848 254 to get personalised advice and recommendations on the best possible option for you.

[1]

<https://www.nlm.nih.gov/medlineplus/ency/article/002423.htm>

[2]

http://www.nhmrc.gov.au/files_nhmrc/publications/attachments/n35.pdf

* * * *

Why teachers continue to drink heavily!

(These are genuine answers).

Q. In a democratic society, how important are elections?

A. Very important. Sex can only happen when a male gets an election.

Q. What is a seizure?

A. A Roman Emperor.

TRAINING

Why Does Coach Ray Get Me To Train So Slowly?

As the goal of most peoples training is to improve, to get faster, to go further, to perform better – it is only natural that you want to push your training. To push the pace, to increase the effort to strive for improvement.

Intensity in your training is only natural and as your fitness improves it is only natural that you try to push the pace. With each session it is a natural assumption that if you travel further or take less time to cover the distance then therefore you have improved.

What is the purpose of training? I believe it is to improve. How do we measure that improvement?

It is easy to accept the obvious data that can appear in front of you with each training session. But if we ignore this obvious data from each training session we can focus on the aim of particular sessions and ensure that the aim is achieved.

Although this article could be written for any endurance athlete I shall focus on running but the principles apply to both cycling and swimming (as well as rowing, kayaking etc...)

There are a number of reasons why I get my athletes to focus their intensity on the lower intensities.

If we look at the training of many elite athletes. We know that elite athletes conduct a number of quality training sessions at high intensity. When we look at the social media of any elite athlete it doesn't take long to find a boast about the hard/challenging sessions they complete.

Talk with any athlete friend and they too will boast about the tough sessions they have achieved (often with some exaggeration) – or the contrast they will deny they have even been training but psychological games aside the focus is on training harder faster and/or longer.

When we turn the attention back to the elite athletes, research has shown us what they actually do and the vast majority of their training is at lower intensities. In fact about 80% of their training is conducted at the lower intensities. Why is this?

In Matt Fitzgerald's book *80/20 Running* he talks about a runner he coaches called Juan Carlos who is wanting to improve from a 10km time of 52:30. In an email to Matt Fitzgerald he complains "I can barely run 8:45 per mile [~5:30 min/km] pace any more". Matt replies to Juan explaining he has no business running 8:45 per mile except in specific moderate intensity runs which provides little value to his training plan and that a more appropriate pace of 9:30 per mile [~6:00 min/km] for most sessions, which he advised should make up four out of every five runs conducted. I often find myself giving similar advice to a number of my athletes and putting the brakes on the intensity athletes are training at. Note that this is the *training* intensity and not the *racing* intensity, which is where the success of the training programme or plan is actually measured.

A lot of Fitzgerald's book talks about research by Stephen Seiler who has devoted his scientific career to analysing training of endurance athletes. He has researched the training methods of a range of athletes and not limited to swimmers, cyclists or runners and also included cross country skiers and rowers. Overwhelmingly, Seiler and scientific colleagues who have researched training habits of the best endurance athletes provide evidence that they conduct about 80% of their training at lower intensities.

Across all endurance sports Seiler (and other researchers) were able to assess (through Heart Rate data) how much training is done at different intensities by different athletes. The key constant is that across ALL endurance sports the top athletes all spend roughly 80% of their training at lower intensities. Some studies defined low intensity differently from others but they are all minor or subtle differences.

Although 20% of their training is done at higher intensities, and there is no dispute it is this higher intensity work that is what makes athletes faster. It is the lower intensity work that facilitates the success of the high intensity training. Without the low intensity training, the high intensity training WILL NOT deliver your greatest fitness improvement. You need to build your aerobic base first to make the most of the speed sessions.

Aerobic Base

To enable you to develop your speed for your event, it is important to have an aerobic base. Building this aerobic base and enhancing it as much as possible ensures your speed work delivers the greatest benefit to your running (or cycling etc...).

The aerobic base will ensure your heart and lungs work together efficiently to take oxygen out of the air and then deliver it to the working muscles where it is needed to drive biochemical processes within the muscle fibres. It involves a number of steps in the process and if we can optimise each step in this process through our training when it comes time for the higher intensity sessions you can reap greater gains.

Arthur Lydiard was a coach often associated with lots of long runs. Stories of the legendary 20 mile runs in the Waitakere ranges in Auckland where he would send his 800m runners like Peter Snell on. These runs were an essential part of building Peter Snell's (amongst others) aerobic base where the other aspects of Arthur Lydiard's training can deliver the goods (and plenty of gold medals) as a result. It is often not discussed about Arthur Lydiard's training but he was a big proponent of high intensity training, but only for key sessions. In his book *Healthy intelligent Training* about training using Lydiard principles, Keith Livingstone explains "There is a time and place for everything."

As you build your aerobic base your lungs get better at taking oxygen from the air and diffusing it across into the bloodstream. The heart also makes changes and develops larger chambers (to pump more blood with each beat, a more muscular left ventricle (the chamber that then pumps blood to the entire body) in order to pump the blood more forcefully so it gets to the limbs with a reasonable amount of pressure.

Continued on next page . . .

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Both Livingstone, as well as Martin & Coe in their book *Better Training for Distance Runners*, describe physiological changes that occur at endurance building intensities. Slow twitch fibre development; increased blood volume; increased connective tissue development; increased muscle fuel storage; increased oxidative/glycolytic enzymes and increased capillarisation all occur. Although you might find all these technical words overwhelming, trust me they are all advantageous improvements for an endurance athlete to get. When intensity is higher, you lose a number of those benefits as they don't occur as the body makes other physiological adaptations.

What is the intensity you need to train at?

Livingstone describes aerobic running as using oxygen at an effort level where the amount (or volume) of oxygen inhaled is comfortably enough to supply the demands for the exercise you are doing. You can maintain this intensity for many minutes or hours in a fit athlete. At slower intensities body fats, as fatty acids are used to fuel the exercise. The more intense the exercise more carbohydrates are used as fuel.

Martin & Coe (who interestingly is four time Olympic gold medalist Sebastian Coe's father) are more precise with their determination of exercise intensity. Between 2 & 3.5 mmol blood lactate is the intensity that will illicit the positive physiological changes. They go on to describe the fact that *Aerobic conditioning represents the largest percentage of a distance runner's training.*

They describe Endurance intensities as the base of a training pyramid (which Livingstone also refers to). The base of this pyramid forms the foundation of any endurance training programme.

In *80/20 Running* Matt Fitzgerald defines intensity to develop the endurance system as needing to be a minimum of 60% of maximum Heart Rate (HR). In another of his books *The Runner's Edge* he describes *Pace Zone 3* as corresponding to 65 to 75% of your VO₂ max (this is the pace zone I get my athletes to use to develop their base fitness). He goes on to explain that running at this intensity increases resistance to injury, advances running economy, as well as the better endurance and increased aerobic capacity.

The other key reference I base my training philosophies about is the process of Jack Daniels' PhD VDOT system. Similar to Matt Fitzgerald's system Jack Daniel's starts off with determining your capability either through races or time trials. With close alignment with Matt Fitzgerald, what Jack Daniels calls Easy Running is to be done between 59 & 74% VO₂ max and indicates that this is about 65 – 78% maximum Heart Rate (HR).

As you can see there are a number of different but closely aligned guides to intensity from different sources but they all end up pretty close to each other. The benefits don't simply stop because you are 1 Bpm to high or 5 sec per kilometre too quick. But the benefits decrease the more you stray from the scheduled zones. There is no precise start and stop point but a blending from one zone to the next.

So What if I Train Too Fast? I Want To Run Fast Anyway

At the end of the day if you don't want to follow my advice or try and beat science it's not going to impact your enjoyment

of running. But if you are wanting to optimise your performance, the only successful way to go for the long term is to build an aerobic base first. To do so you need to maximise your time at appropriate intensities.

The other thing that occurs from running too fast is that you will take longer to recover from the session. In a recent interview with Jaime Stevenson a Multi-Day Ultra Running Coach, she explains how with her Number 1 Training Tip, she does emphasise the easy day's within her programmes to ensure that her athletes are as fresh as possible for the days when she wants her athletes to run hard.

Why Do You Struggle To Train Slow?

Most people feel most comfortable running a pace that is familiar with them and physically have difficulty running slow if they haven't done much slow running lately. Matt Fitzgerald suggests that if a runner was to go for a run without a watch they would settle into a pace very close to the pace at which they did on their last easy run (and the one before that.....). This habitual running pace (or cycling intensity) is hindering your progress. It feels natural, as your stride has become familiar through experience.

Summary

To ensure you get the most out of your training you need to build an endurance base first. This is most effectively done by running at lower intensities (but not so low that you are walking).

I am the Head Coach and Director of Qwik Kiwi – Endurance Sports Consultant.

I specialise in assisting first timers and recreational athletes to achieve their sporting goals. I can be contacted at coachray@coachray.nz and 021 348 729.

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

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See what's happening on our website at:

www.wellingtonmastersathletics.org.nz

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For the entry form for the North Island Masters Track & Field Championships go to:

www.wellingtonmastersathletics.org.nz/events.html

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WELLINGTON MASTERS ATHLETICS

10KM ROAD RACE AND WALK

(Incorporating the Wellington Masters 10km Championships)

and

5KM ROAD RACE AND WALK

(Non-championship event)

SUNDAY 4th NOVEMBER 2018 at LOWER HUTT

START TIMES: Walkers 9.15am – Runners 9.45am.

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

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

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

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

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

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

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

MEN: Pre Master - 30 years of age on 4/11/2018
Master - 35 years of age on 4/11/2018

WOMEN: Pre Master - 30 years of age on 4/11/2018
Master - 35 years of age on 4/11/2018.

ENTRY FEE:

Member of WMA/ANZ - \$10

Non-member of WMA/ANZ - \$15

Entry Form on next page

ENTRY FORM

(Please Print Clearly)

NAME: _____

ADDRESS: _____

MALE/FEMALE: _____

AGE ON RACE DAY: _____

EMAIL: _____

TELEPHONE: (home) _____ (business) _____

CLUB: _____ RUNNER/WALKER (delete or circle one)

EVENT: 5km 10km

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

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

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

Post Entries to:

Wellington Masters 10km Road Race,

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

No postal entries after 28th October – please register on the day at the start area.

DECLARATION AND AGREEMENT TO BE SIGNED BY ALL PARTICIPANTS

I agree to abide by the following race rules.

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

Signed _____

2018**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 2018/2019 year (Please select the option that better suits your needs):**Option 1:****ANZ Competitive Members** (ANZ club members must be financial for the 2018/2019 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 2018)

Please pay this fee to your local Masters' 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 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 cheque payable to **Wellington Masters Athletics**

Postal Address:

**Wellington Masters Athletics Inc.
PO Box 5887
Wellington 6140**Telephone: **04 973 6741**E-mail: **vgvgould@xtra.co.nz**

Official Use:

Verified by:

2018/2019 NZMA Reg. No:

UPCOMING EVENTS

2018:

Oct

14 Wairarapa Country Marathon, $\frac{1}{2}$ Marathon, 10km & 5km

Masterton

Nov

4 **Masters 10km Road Race & Walk**

Lower Hutt

Nelson Half Marathon, 10km, 5km & 2.5km

Saxton Field, Stoke

New York City Marathon

New York

16-18 **South Island Masters Track & Field Championships**

Invercargill

23-25 **North Island Masters Track & Field Championships**

Newtown Park

2019

Feb

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

Westport

March

1-3 **NZ Masters Track & Field Championships**

Timaru

10 Hutt News 5km & 10km Fun Run & Walk

McEwan Park, Petone

May

5 55th Rotorua Marathon, $\frac{1}{2}$ Marathon, $\frac{1}{4}$ Marathon & 5.5km Fun Run

Rotorua

July

6-7 Gold Coast Marathon, $\frac{1}{2}$ Marathon & Associated Races

Gold Coast, Queensland

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.
