



# Master Copy

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WELLINGTON MASTERS ATHLETICS INC NEWSLETTER | VOLUME 17 – ISSUE 5

## North Island Masters Track and Field Championships Wellington, 23 – 25 November



Justin Lester | Photo credit: Sharon Wray

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Simon Keller | Photo credit: Sharon Wray

# President's report

## *Michael Wray*

The Committee have just completed our biggest project since 2013 – The North Island Masters Track and Field Championships took place at Newtown Park 23-25 November.

It was the fifth time Wellington had organised the North Islands. We had estimated, based on averaging the recent years, that a sensible expectation would be 110 to 120 entrants. It was pleasing then to see our organisational efforts rewarded with more entries than the previous four championships in Wellington, just a handful more than our previous best in 1987. We had 140 entrants, the second highest North Island Masters turnout this century and the largest since Whakatane had 157 in 2006. Of our 140 entrants, 12 came from the South Island (we had every NZ centre except Otago represented) and one from the UK. As you would expect, Wellington had the most entrants with 63 and of those Wellington Scottish contributed the most with 22 members.

We could have had another eight or so entrants who had asked for very late entry just a few days before. By then, we had all the bib numbers at the printers and Meet Manager heats and lane draws set-up; we could have probably let in one or two but the impact of accommodating all eight was too difficult to arrange.

What really surprised us was how many events the entrants selected. It meant trying to adapt the standard schedule to accommodate an aggregate 550 starts, as opposed to the average of 390 from the last few years. One athlete entered 14 events!

The real challenge was to work around the availability of officials. Peter Maunder corralled the officials for the Friday while Jim McIlroy, who had given us a scare

a week out when he let us know he had become unavailable, agreed on the Tuesday before the event to take charge for Saturday and Sunday after all. We were grateful for the athletes pitching in with assisting the officials as required.

Our thanks go to our event sponsors:

- Wellington City Council
- Armstrong Downes Commercial
- The Agency Group
- Men in White
- Te Aro Physio
- The Coffee Guy
- The Shoe Clinic
- Lifestyle Sports.

Lifestyle Sports donated the 20 spot prizes we were able to surprise randomly selected athletes when they collected race packs.

I discovered that being the primary organiser made competing very difficult, especially when I had to start several races without the benefit of a warm up. However, it was worth it when the feedback we've had has been overwhelmingly positive. There are a couple of scheduling matters we've noted for improvement for next time but overall we're pleased with how the weekend went.

We over-catered for the officials so invited the athletes to help us polish off the extra food at the end of each day, particularly on the Sunday – no doubt the women's throw pentathlon will think kindly of us after we compensated them for being the last event to finish with a surprise afternoon tea!

We were lucky with the weather, despite the Met Service continually threatening otherwise. We only had a two period on the Saturday afternoon where the rain came in and by Wellington standards the wind was negligible. Compare this to the South Island Champs one week earlier that took place in torrential rain and gale force winds.

Wellington Mayor Justin Lester was game enough to run in the 3000m on Friday, where we had 23 runners and in his age group, Justin had the company of one of the best M35s in the country (our own Nick Horspool). The Council had provided invaluable assistance in helping us fund the official's shirts and the ambulance cover. We only needed the ambulance once but it was important when one athlete had the misfortune to suffer a rupture of their achilles tendon while warming up for their first attempt at the long jump.

So now, as we wrap up the last of the post-event tasks, we will take a few weeks to enjoy the Christmas break and get out in the sun, free from the worries of organising anything more than a lazy barbecue or bottle of rosé. When we resume duties in the new year, we will officially decide whether to follow up on our EOI to host the Oceania Masters Champs in 2023.

Happy holidays!

Michael Wray | President

# Health

## Looking After Your Brain

*By Heidi Billington - Naturopath*

One of the greatest worries many of us have as we age is the possibility of losing our mental sharpness and memory, but it's not just ageing that can have an impact on the health of our brain; stress, exams, hormones and other lifestyle factors all play their part.

Taking care of your brain is important at any age. Whether young or old, busy running after kids or running a business, there will be times when we forget someone's name or walk into a room and wonder what we came in there for. It's when these slip-ups become a regular occurrence that it might be a warning sign your brain is on overload! So what can we do to support our brain and keep it alert, sharp and healthy?

### Feed your brain

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

### Relax

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

### Give your brain a regular workout

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

### Herbal help

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

Most importantly don't forget that what we think can impact how we feel. A healthy brain is one that contains positive thoughts. Try and challenge negative emotions by putting a positive spin on them. For example when you feel frustrated and overwhelmed think of three things you are grateful for in your life.

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*"It's hard to be angry and grateful at the same time.*

*We can't change the weather, but we can let the sun shine out from within."*

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### Heidi Billington

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

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

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

# The Athlete's Kitchen

Copyright: Nancy Clark MS RD CSSD, November 2018



## Waste Not, Want Not

In 32 years (2050), we will be dealing with major food issues. By then, the global population will have grown from today's 7.6 billion people to 10 billion people (not due to lots of new babies, due mainly to longer lifespans related to better health care and nutrition). We will need 60% more food than is available today. To do so, farmers will need to increase crop yield, use water more effectively, and feed animals more efficiently. The agricultural industry is working hard on that – and climate change complicates it all.

As runners and athletes, we like having plenty of food to eat and clean water to drink. Hence, we want to think about how we can invest in a sustainable future with our food and lifestyle practices. While we may suffer less from food shortages than will the people and athletes in less developed countries, we won't be able to escape these environmental problems:

- oppressive heat that not only damages crops but also drains the fun from running outdoors;
- storms that disrupt plane travel for, let's say, the flights of thousands of recreational athletes going to Florida for the Disney Marathon;
- floods that ruin farms and crops, as well as running trails;
- droughts that kill crops, golf courses, and gardens.

The timely topic of sustainable diets and animal agriculture was prominent at the Academy of Nutrition and Dietetics Food & Nutrition Convention & Expo (#FNCE). The message was clear: We are facing the urgent need to curb greenhouse gas emissions (GHGE) to reduce our carbon footprint and invest in our future well-being. Here's some of what I learned from speakers Frank Mitloehner PhD, professor and air quality specialist at the

University of California-Davis, and Amy Myrdal Miller RD of Farmer's Daughter Consulting. Perhaps this information will nudge you to think more about how your food and lifestyle choices impact the climate – and inspire you to make some changes.

## Waste less food

Up to 40% of the food we produce gets wasted. About 16% of that happens at the farm (e.g., sick animals not treated with antibiotics, unharvested crops due to labor shortages or "ugly" produce); 40% happens in food service and restaurants, and 43% in our homes. Who among us hasn't tossed out "ugly" apples, over-ripe bananas, and perfectly good leftovers? A huge contributor to food waste is the "best used by" date on food packages. Please note: the "best used by" date is not a "don't eat this" expiration date, but rather a marker for quality and freshness.

Wasted food required energy to be produced and then transported to your supermarket (and landfill). Wasted food takes up 21% of precious (limited) landfill space; this represents the largest percentage of all waste in US landfills. As the wasted food rots it creates the greenhouse gas methane.

To reduce food waste, you want to shop carefully and use leftovers. Restaurants, colleges, and other quantity food producers need to figure out how to find a meaningful home for leftovers, such as by donating to food pantries, if permitted.

## Eat less animal protein

Farm animals produce methane, so reducing the demand for meat is another way to help the environment. Yet it is not the biggest way to help. That's because meat/food production is not the leading cause of GHGE, despite what you might have read repeatedly in the recent past. Hence, you do not need to become vegan unless you truly want to do so. If everyone were to eat a vegan diet every day, GHGE might drop only 2.6%. But you do want to eat meat less often and in smaller portions. If all Americans honoured Meatless Mondays, the drop in GHGE in the US would be 0.5%. While not the cure-all for carbon emissions, every little bit helps!

Instead of blaming farm animals for being methane producers, the far bigger sources of GHGE are from the burning of oil, coal, and natural gas (fossil fuels). The environmental benefits of eating less animal protein of any type pales in comparison to the benefits from reducing fossil fuel use. Using fossil fuels to create electricity accounts for 30% of all GHGE. Transportation accounts for 26%,

and industry, 21%. Agriculture contributes to only 9%, and animal agriculture alone, about 4% of all GHGE in America. (This number includes the carbon footprint of animals from birth to being consumed.) To put this in perspective, a recent study showed that switching from a meat-based to a vegan diet for one year equates to the GHGE of one trans-Atlantic flight from the US to Europe.

Educate yourself about the pros and cons of grass-fed beef. With conventional agriculture, corn-finished cattle are generally raised on pastureland first for about 10 to 12 months, and then finished on a corn-based diet for the last 4 months to optimise marbling. Grass-finished cattle spend a total of 26 to 30 months on pastureland before they are slaughtered. All of that time, they are making manure, belching from the high fiber grass diet, and releasing methane. Corn-fed cattle produce far less methane and are content to eat the corn when well-balanced into their diet. (Yes, I know there are other reasons you might want to choose grass-fed cattle. I'm just talking sustainability here.)

Another way to reduce GHGE might be to start considering the possibility of eating protein-rich insects. I admit, I'm not there yet – but they are a sustainable source of protein. We just need more research to learn about the digestibility and bioavailability of insect protein – and how to make it yummy.

Solving the world's impending food (and water) crisis is a huge global issue. We need governments around the world to look holistically at the complex interplay between the environment and food production systems. While we want to work together globally, each of us can act locally. How about biking more, driving less and wasting less food, as well as eating less meat? The next generation will thank us.

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](http://nancyclarkrd.com). For online 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.*

## Recipe

### Sweet & Crispy Nut Bars

#### Homemade Energy Bar from Nancy Clark's Sports Nutrition Guidebook

*These bars can be made with almonds, peanuts, sunflower seeds, or other chopped nut or seed of your choice. Whether eating them for breakfast on the run, a pre-exercise snack, or an afternoon treat, you'll enjoy these crispy bars.*

*When measuring the honey, add a little more than the ½ cup, so the mixture sticks together better. You'll need to pack the ingredients firmly into the pan; otherwise the bars will fall apart (but the crumbs are tasty – especially in yogurt or sprinkled on top of your morning bowl of cereal).*

#### Ingredients

- 2 cups uncooked oats
- 2 cups Rice Crispies or puffed brown rice cereal
- 1 cup peanuts (preferably chopped briefly in a food processor) or slivered almonds
- ½ cup (heaping) honey
- ½ cup peanut or almond butter
- Optional: ½ teaspoon salt

#### Method

- 1 Lightly coat a 9 by 13-inch baking dish with cooking spray.
- 2 In a large bowl, combine the oats, Rice Crispies, and peanuts or slivered almonds.
- 3 In a medium microwavable bowl, combine the honey and nut butter. Microwave for 2 to 3 minutes, stirring occasionally.
- 4 Slowly pour the nut butter mixture over the cereal, stirring until all the ingredients are well coated.
- 5 Transfer the mixture into the prepared pan and press firmly while still warm. (Butter your fingers so the mixture does not stick to them.)  
Cool to room temperature.
- 6 Cut into 20 bars and store them in an airtight container. (If you keep the bars in the refrigerator, they will be sturdier.)

#### Nutrition information

Approx 20 servings – 170 calories per serving  
3,400 total calories      24g carbohydrate  
5g protein      6g fat

## Training

### *Running shoes vs training shoes: are they the same?*

These days, there are a million ways to get a sweat session in. Whether it's gym workouts, lifting, the treadmill, or long runs, you need the right shoe. Understanding what shoe to use, and when, can help you perform your best and avoid injury.

#### Main differences between Running and Training Shoes

Running and training shoes may look similar, but there are a few key differences:

- **Sole flexibility** – running shoes are for heel-to-toe movement. Training shoes are for multi-directional movement, especially lateral (side-to-side) movement. The sole of a training shoe is more flexible to allow a wide range of movement.
- **Heel drop** – you can usually tell a shoe is a training shoe by how much flatter the shoe is. The technical term here is the “heel drop,” which refers to the distance from the heel height to the toe height. The higher heel drop in running shoes comes from added support and cushioning.

#### *What are Training Shoes used for?*

Training shoes support a range of movement, including: cutting, stopping, breaking, jumping, and changing direction quickly. This makes the shoe versatile and good for many different types of workouts. You can think of training shoes as your all-in-one gym shoe. Examples include:

- **High-intensity gym classes and outdoor boot camps** – cushioning for high-impact and run training.
- **Weight lifting** – heel support so you can go lower into squats and then stand up.
- **Strength training** – a training-specific last makes for extra space in the forefoot.
- **Agility training** – grooves and outsole patterns for traction during plyometric and multi-directional movement.

You can even do short distances on a treadmill. Anything longer than a 5K is usually better with running shoes for shock absorption.

#### *How Training Shoes Fit*

Training shoes have a comfortable upper and flexible midsole for multi-directional movement. A lower heel drop puts you closer to the ground to push off and pivot. Training shoes are lightweight for easy and efficient movement.

#### *What are Running Shoes used for?*

This one is more obvious – running shoes are for running. But how do running shoes help with running? Running shoes protect your feet when pounding the pavement over and over again. Where a training shoe helps with side-to-side movement, running shoes help with forward movement.

Running shoes also provide more cushioning and support, which often translates into a higher heel drop. This makes for more comfort during long distance runs when you need lots of shock absorption.



*Asics Gel Nimbus – popular neutral running shoe*

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*Wearing the wrong shoes may lead to problems such as:*

- *discomfort;*
  - *lowered performance; and*
  - *injuries.*
- 

#### *Discomfort*

The wrong type of shoes can cause discomfort in many different ways. You may experience blisters, aches and pains, or soreness. It may be the reason your shoe doesn't feel quite right. The best shoes don't get in your way at all – you do your workout without hardly noticing them.

#### *Lowered Performance*

Wearing the wrong type of shoe can keep you from performing your best. When you're putting in the hard work to get better, the last thing you need is your shoe to be holding you back.

Running shoes during plyometrics can keep you from pivoting quickly. You won't have the grip, traction, and flexibility of the sole a training shoe provides. Without running shoe cushioning and support, it may be harder to up mileage or get faster.

## Injuries

Running / training shoes provide specific types of support to prevent injury. Some ways a mismatch of shoe to workout may increase your chances of injury:

- **Running shoes for lateral movement:** higher heel drops make for a higher chance of ankle sprains during lateral movement.
- **Running shoes for plyometric workouts:** the extra cushioning and support from running shoes can keep you from landing properly and can increase your chances of a knee or ankle injury.
- **Running in training shoes:** without the right cushioning and support of running shoes, you can increase your chances of getting plantar fasciitis.
- **Insufficient support:** stress fractures can occur from running without the proper support, which can happen when using minimalist shoes lacking cushioning to absorb shock.
- **The wrong type of running shoes:** tendonitis can happen when you aren't wearing the running shoe for **your pronation type** – an over pronator needing a more structured shoe or a neutral runner wearing a shoe with too much arch support.
- **Lifting weights in cushioned shoes** – it's best to do lifting in shoes with little cushioning.

Remember shoe size matters. Too small – can cause your toenails to turn black from bruising and fall off. You should be sizing up at least a half size to account for the natural movement and swelling of your feet during workouts. You may also need to find the right shoe width for your comfort.

## All about Salt



When it comes to watching your salt intake, most people focus on limiting certain foods – but some beverages, like sports drinks, are

often high in sodium. Salt is the primary seasoning used to flavour food and an essential ingredient of the diets of both animals and humans alike. The human body contains about four ounces of salt. If you don't have enough of it, your heart won't beat, you can't digest your food, your blood won't circulate throughout your body and your muscles won't work properly.

While salt may contribute to high blood pressure in some people, for others it may be a treatment for chronic fatigue syndrome.

### A Salty History

In ancient times, salt was a valuable commodity, often used as currency. In fact, the word "salary" is derived from the Latin word for salt, salarium. To be told that you weren't "worth your salt" implied that you were lazy and not worthy of your wages.

Prior to modern refrigeration, salt was also used as a food preservative. In regions where winters were severe and fresh foods were unavailable for long periods of time, salt was used to "cure" meats. And of course, Grandma had many uses for salt:

- Adding it to salad greens to prevent wilting
- Using it to help cut flowers last longer
- Rinsing a sore throat with it
- Polishing teeth with it on a toothbrush
- Cooking eggs with it to make them set faster.

Like with many things, too little salt prevents your body from working correctly. Too much salt, and other problems arise.

What determines the "right" amount? The wisdom of your body, orchestrated by your nervous system – the focus of your chiropractic care.

*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)*

# Injury prevention

## Muscle Cramps



Exercise related muscle cramps or spasms all refer to the pain that happens when a muscle contracts and doesn't release. The feeling can present all over your body. Think of how creaky your calves feel towards the end of a half marathon. Or how your legs have no lift in the last kilometers of a long race.

### *Symptoms of Muscles Cramps*

Cramps usually hit suddenly and seemingly without warning. You may notice twinges in the affected muscle groups before a full-on cramp begins. The pain tends to be sharp, localised and in specific groups of muscles, like the calf or hamstring. Your muscle may also be hard and contracted under the skin.

### *Causes of Muscle Cramps*

The outdated theory heard by cramped and contorted runners was to eat salt, have a banana and hydrate. That's because the long-held belief was that dehydration or low electrolytes were the cause of cramping.

However, research done by the South African doctor Martin Schwellnus suggests another possible answer: he found that there were no electrolyte differences between those who cramped and those who didn't. And there were features of cramping that couldn't be explained by dehydration, such as people relieving it through stretching.

Schwellnus also hypothesised that cramps might be caused by misfiring of the neural signals that tell your muscles to contract. When fatigued, those signals become hyperactive and the muscle won't relax.

While salt loss and dehydration can certainly cause problems and generalised cramping throughout the body, it hasn't been shown to cause specialised exercise-induced cramping, such as one would experience in a calf.

One common factor is muscle fatigue, both from sustained activity and holding one position for an extended period of time. As we move our arms and legs, muscles contract and release to make the movement happen. As muscles lose the ability to contract and fire properly, they start to twinge and cramp.

Cramping tends to occur when runners experience exercise fatigue, push harder than usual or are beyond the scope of their fitness and training. While the exact reason may not be clear, there are some things you can do to lessen the incidence of cramping.

### *Treatment of Muscle Cramps*

The good news with muscle cramps is that they only last for a couple of minutes. However, those minutes can feel like hours when a finish line is looming ahead – with a bit of self-care, you'll be on your way.

Once a cramp strikes, you really can only do one thing: "Take a deep breath, stop, and stretch," says Chris Harnish, of Health and Human Performance at Virginia Commonwealth University.

Static stretching has been shown to stop cramps, as it inhibits muscle contraction. Start slowly and build your speed up. "If you back off early enough, you can usually prevent it," says Dr. Gabe Mirkin.

Once a cramp comes on, it can be debilitating and impossible to continue.

When muscle groups start to twinge, targeted massage and stretching may cue engaged muscles to relax and release. Stop doing whatever exercise or move is causing the cramping, even for a quick break. The pause in activity gives muscles the chance to reset.

Hydrate if you're thirsty. While dehydration isn't necessarily the cause of acute cramping, it will help lessen the overall strain on your system. Drink something acidic or salty, like pickle juice. Current tests are showing that the briny flavour may actually trick your brain into releasing cramping muscles. In studies, the engaged muscles actually release before the sodium has time to enter the blood stream.

### *Preventing Muscle Cramps*

Muscle cramps hurt. Not knowing exactly what causes cramps makes it a challenge to prevent them, however, there are things you can do to reduce their occurrence.

Train specifically for your race. If your race has a significant amount of uphill or downhill, replicate it in training so your legs and body can adjust to the workload.

Pace yourself. Going out too hard, especially harder than you trained for, will cause your body to fatigue early, putting you at a higher risk for muscle cramps. "When you are out of shape, and then engage in high intensity, prolonged exercise you put yourself at risk for developing cramping," says Schwellnus.

Hydrate and stay on top of electrolytes. While the lack of fluids or electrolytes do not necessarily cause cramps, keeping them in check will help your body function more efficiently.



# Race results

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

### 4 November 2018, Lower Hutt

We only managed to attract 19 competitors to this year's race, which is a concern. Perhaps we erred in moving from October to November, which we did to avoid both the long weekend and the races scheduled during the October period.

Those that did compete enjoyed a sunny Wellington day, albeit that the wind turned up for the second half and made the final 2.5km hard work.

The low numbers meant the apricot balls and other goodies offered for morning tea went far, as well as raising the winning rate for spot prizes to over one in three.

For the merit prizes, Brian Hayes was fastest male runner and Marketa Langova the fastest female, with Christine Jones scoring the highest age grade. Geoff Iremonger was the fastest male walker, while Jacqueline Wilson was fastest female and fastest overall, as well as the best on age-grade.

RUN 10 km						
NAME	CLUB	AGE GRADE	TIME	AGE GRADE %	FINISH	GRADE PLACE
Brian Hayes	WHAC	M70	47:12	77.47%	1	1
Glen Wallis	Scottish	M50	47:53	64.91%	2	1
Mike Winsborough	WHAC	M65	50:42	68.47%	3	1
Marketa Langova	Scottish	W40	51:34	60.57%	4	1
Tineke Hooft	Olympic	W55	51:59	71.91%	5	1
Christine Jones	Scottish	W60	52:08	78.84%	6	1
Richard Doyle	Hutt Valley	M50	52:33	59.15%	7	2
Richard Sweetman	Scottish	M70	56:40	64.53%	8	2
John Barrance	WHAC	M70	57:37	63.47%	9	3
Isobel Franklin	Hutt Valley	W45	60:06	54.52%	10	1
Christine Clarke	Hutt Valley	W40	61:09	51.08%	11	2
Albert van Veen	Hutt Valley	M70	66:37	55.62%	12	4
Ray Wallis	Aurora	M75	75:43	54.17%	13	1
WALK 10km						
Jackie Wilson	Trentham	W70	69:17	83.86%	1	1
Terri Grimmett	Scottish	W60	72:03	61.07%	2	1
Arlene Wong Tung	Scottish	W45	74:51	54.51%	3	1
Daphne Jones	Scottish	W75	79:57	77.55%	4	1
Geoff Iremonger	Trentham	M70	80:27	61.88%	5	1
RUN 5 km						
Peter Hanson	Olympic	M80	38:27	55.41%	1	1

## WE NEED YOU!

Join the Wellington Centre Athletics Officials!

Come, enjoy the challenge. You will be made most welcome!

Contact Jim McIlroy, phone 04 577 0722 or email [mcilroy.family@xtra.co.nz](mailto:mcilroy.family@xtra.co.nz) for more information

### Athletics Officiating

We need Measurers, Checkers, Result Recorders. Becoming an official means:

- the best seat in the house to watch and support fellow athletes
- opportunities to travel, meet new friends, and enjoy the camaraderie of the athletics culture
- the experience to share the pleasure of seeing athletes compete, and improve their best performances
- assisting with an interesting variety of tasks for our athletes, who also enjoy their sport.

Become a track, road, cross country, walks, jumps, or throws judge – and see it all close up. Come on, Give it a Go!

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

CALLING NOMINATIONS FOR THE WELLINGTON MASTERS ATHLETE OF THE YEAR AWARDS



# 2018 male and female athlete of the year awards

- Award criteria**
- 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

**Eligibility period** • From 1 January to 31 December 2018

**Selection** • Made by The Wellington Masters Athletics Committee

**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

**Award trophy** • Colleena & Jim Blair donated trophies and in 2017 were awarded to Jackie Wilson and Jim Blair

**Nominations** • May be made by Clubs, Centre Committees, and individuals or by athletes themselves

**Closing date** • The 20th January following the year for consideration

## 2019 UPCOMING EVENTS

January	12	Ian Priest Memorial Hutt River Trail Events - 60km, Full Marathon Half Marathon & 10km	Hutt Valley
	18	Capital Classic	Newtown Park
February	9	Buller Gorge Full Marathon, Half Marathon & Marathon Relay	Westport
	17	Brendan Foot Round the Bays, Half Marathon, 10km & 6.5km	Frank Kitts Park
	1-3	NZ Masters Track & Field Championships	Timaru
	10	Hutt News 5km & 10km Fun Run & Walk	McEwan Park, Petone
April	26-29	Australian Masters Athletics Championships	Melbourne
May	5	55th Rotorua Marathon, Half Marathon, Quarter Marathon and 5.5km Fun Run	Rotorua
June	2	Aurora Handicap Marathon & Relays – Full marathon, 2 x Half Marthon and 1 x Quarter Marathon Relays	Upper Hutt
July	6-7	Gold Coast Marathon, Half Marathon & Associated Races	Gold Coast, Queensland
November	3	Nelson ½ Marathon, 10km, 5km & 2.5km	Saxton Field, Stoke

Please note – whilst 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.



# Registration Form

## 2018/2019 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? No / Yes (CIRCLE ONE ONLY) (Please complete section below)

Athletics NZ Club:		ANZ Reg. No.	
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Fees for 2018/2019 year (Please select the option that better suits your needs):

<b>OPTION 1:</b>	ANZ Competitive Members (ANZ club members must be financial for the 2018/2019 season). <b>N.B.</b> All fees are paid to ANZ online or via your club registration process
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\$0.00	NZMA Fee (ANZ club athlete DO NOT pay a fee to NZMA as per the MoU)
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\$0.00	Local Master's Centre Fee
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\$25.00 (CIRCLE)	Vetline Subscription (4 issues starting from January 2019) Please pay this fee to your local Masters' Centre
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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

<b>OPTION 2:</b>	NZMA Members (non-club members) <b>N.B.</b> All fees are paid to your Local Masters Centre as per previous years
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\$60.00 (CIRCLE)	NZMA Competitive Member (including Vetline subscription). Eligible to compete at local, NI, SI, NZMA, OMA or WMA Championship events.
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\$45.00 (CIRCLE)	NZMA Social Member (including Vetline subscription). Eligible to compete at local Masters' events only.
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\$0.00 (CIRCLE)	Local Masters Centre Fee (optional)
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<b>Total Fee to pay \$</b>	
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Payment Options:	Post, e-mail or hand completed registration forms to Veronica Gould.
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Online Banking:	Wellington Masters Athletics Inc., ANZ, The Terrace: 06 0565 0064415 00. (Please insert your name in the reference box)
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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:	gvgould@xtra.co.nz

### OFFICIAL USE:

Verified by:		2018/2019 NZMA Reg No	
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*Season's greetings.  
Wishing all members a very Merry Christmas  
and a Happy New Year*

## Wellington Masters Athletics Incorporated

### 2018-2019 COMMITTEE MEMBERS

Patron	Bruce Perry	04 473 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	04 563 8450
Treasurer	Graham Gould	04 973 6741
Committee	Liz Bentley	021 030 2384
	Sean Lake	04 389 5912
	Sharon Wray	04 234 7972
	John Palmer	04 479 2130
Subscriptions	Veronica Gould	04 973 6741
Editor	John Palmer	04 479 2130
Newsletter design	Liz Bentley	021 03 02384
Masters records	Peter Hanson	04 237 0958

### LIFE MEMBERS

Jim Blair 2004	Bruce Perry 2008	John Palmer 2010
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*Committee Meetings are held on the first Thursday of each month at 139 Homebush Road, Khandallah, commencing 7.15 pm. Club representatives and members are always welcome.*

### CLUB CO-ORDINATORS

Aurora Harriers	Hadley Bond	04 233 2241
H V Harriers	Albert van Veen	04 563 8450
H V Marathon	The Secretary	021 689 183
Kapiti	John Hammond	04 292 8030
Kiwi Athletic Club	Peter Jack	04 388 6224
Levin Harriers	Brian Watson	06 368 7380
Masterton		021 456 675
Olympic	Tineke Hooft Annie Van Herck	04 237 9676 04 478 6775
Scottish	John Hines	04 384 3231
Trentham United	Jackie Wilson	04 526 7439
University	Richard Owen	027 247 7757
Wainui Harriers	The Secretary	04 564 2141
Wgtn Harriers	Paul Hewitson	04 476 8686
Wgtn Marathon	The Secretary	PO Box 14-489, Kilbirnie, Wellington 6241
Wgtn Masters	Jim Blair	04 528 2992
Wgtn Tri Club	The Secretary	PO Box 2201, Wellington 6140

## Master Copy contributors

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*We welcome your contributions to Master Copy. Please send news, articles, or comments to John. If you would like to advertise in Master Copy, please contact Liz.*

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