

## Celebrating Wellington Masters Athletes *Recent award recipients*



Jackie Wilson – Wellington Masters Athlete of the Year Winner | Photo: Sharon Wray

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Daphne Jones, Noeleen Perry Memorial Trophy Winner | Photo: Sharon Wray

## President's report

### Michael Wray

Having just returned from a torrid time down south, the marathon is still on my mind. Christchurch served up a cold day, with a strong southerly and heavy rain. The eastern part of the course had flooded the day before the race thanks to 64mm of rain and large sections remained covered in water that was shin-deep in many places.

In the NZ Marathon Championships, Wellington produced several medallists. Gold medals went to Mel Stevens (1st W40), Simon Keller (1st M45), Michael Wray (1st M50), Tony Price (1st M60), Brian Hayes (1st M70) and Betty Harp (1st W55). Silver medals went to Ben Cornelius (2nd M40) and Terry Fraser (2nd M45). Bronze medals went to Ingrid Cree (3rd W45) and Nick Perry (3rd M45).

In the ANZ Championship Grades, Michael Wray claimed the M50+ Gold Medal, Betty Harp the W50+ Bronze Medal and Ingrid Cree the W35-49 Bronze Medal. Betty and Ingrid also set new Wellington records for their respective age groups too.

Last month Athletics Wellington held the 2018/19 athletes of the year awards. The evening itself was an enjoyable one with a good feed and an entertaining talk by Keith Quinn.

**THE AWARDS RECOGNISE MASTERS IN EACH CATEGORY AS WELL AS OVERALL WINNERS.**

#### Category winners

##### THROWER

Male Jim Blair (Wellington Masters)  
 Female Küllike Puks (Kiwi)

##### JUMPER

Male Jim Blair (Wellington Masters)  
 Female Judy Hammond (Wellington Masters)

##### SPRINTER

Male Gary Rawson (Wellington Masters)  
 Female Petra Stoeveken (Kiwi)

##### MIDDLE DISTANCE

Male Peter Stevens (Scottish)  
 Female Tina Faulkner (Scottish)

##### LONG DISTANCE

Male Nick Horspool (Scottish)  
 Female Lindsay Barwick (Scottish)

##### CROSS COUNTRY

Male Brian Garmonsway (Trentham)  
 Female Mel Stevens (Scottish)

##### WALKER

Male Quentin Rew (WHAC)  
 Female Jacqueline Wilson (Trentham)

#### Overall winners

##### CROSS COUNTRY AND ROAD

Male Brian Garmonsway (Trentham)  
 Female Lindsay Barwick (Scottish)

##### TRACK AND FIELD

Male Jim Blair (Wellington Masters)  
 Female Tina Faulkner (Scottish)

We really look forward to seeing you on 28 July, for the Johnsonville 8 km Road Race and Walk, followed by a free lunch to socialise with other Masters members.

And finally, our best wishes go out to Judy Hammond, who we understand is experiencing health issues. We hope to see you competing again soon, Judy!

Michael Wray | President

## When Running Made History

### Paul Mulvaney

**The book dramatically describes the special welcome the New York crowds gave to every one of the record 2,029 women runners.**

Recently at the Colombo Frontrunner shop in Christchurch we were with Kathrine Switzer and Roger Robinson among about 100 guests, University of Canterbury Press – Catherine Montgomery, Katrina McCallum; Professor Paul Millar (Foreword) and Dick Tayler to witness the launch of Roger Robinson's book *"When Running Made History"*.

#### My summary of the event

One of the most significant events in NZ History happened on 19th September, 1893 when NZ Women were rewarded for their earlier activism to win the right to vote and become the world's first to get the vote. On 28/11/1893 in Greymouth local women led by Carrie McPherson and Flora Beynon paced each other along Mackay Street in a sprint to reach the polls; referenced in Professor Charlotte Macdonald *"Sprinting To the Polls"*.

The book is the first academic cross-over of literature, history and autobiography by Roger who observed the phases of progression, moving from post-war London to our shores in 1968; he understood the experiences and went about writing the important story. Unlike the opening this is not a sprint.

I was impressed how he described in concise detail the world running phenomenon which affected a wide range of people, families, friends, mentors, colleagues et al. As much as it's about the past it covers now and for the future.

The 1974 Commonwealth "Friendly Games"

deserve a mention as the new Mayor had a mandate to build a combined new Athletics and Swimming complex. Mr Pickering and the councilors stood firm to any opposition so QE2 was built. Later on record even the die-hards admitted to the magnificence of the facilities, and Roger's book pays tribute to the imaginative concept. After the 1972 massacre at the Munich Olympics where 11 Israeli athletes were taken hostage the Christchurch organisers responded promptly, ensuring there was an increased presence of security in particular at the athletes village base of Canterbury University, but, as Roger says, never intrusively. The media included experienced people and among the group of local announcers was Roger Robinson at the main stadium, informing the crowd as Dick Tayler was winning the gold medal on the opening day.

Women's Running was on a global rise when in 1980 Roger witnessed Kathrine Switzer, then the American Director for the Avon Cosmetics International Marathon in London when the streets were closed, which was normally done only for the Queen. That historic race was won by Lorraine Moller, who won again in 1982 when there was some modest prize money. This proved the catalyst for huge crowds roaring their approval and indeed an increase in female participants. This was their time. 1981 was a good year for Allison Roe (MBE) who won the televised New York marathon and the Boston marathon.

On 15/4/1996 the Boston Marathon reached 100 years. There was a BM Memorial set up engraved in the pavement in Copley Square. There's a map of the course and the last lines of Tennyson's Ulysses and a spiral with the engraved names of all winners; Dave McKenzie, Jack Foster, Allison Roe, Lorraine Moller – 1984 and 1992 Masters; John Campbell, Roger Robinson, Judith Hine and Bernie Portenski.

The 2011 Christchurch earthquake devastation claimed his close friend, training mate, confidant Brian Taylor in the CTV building, and Roger at the launch repeated the tribute he makes in that chapter to the courageous organisers of the International Track Meet, that went ahead in 2012 on Christ's College's grass field, despite the continuing shakes, very close to the wrecked Central Business District.

At different times Brian, Roger and I looked upwards on the former Christchurch Press building entry door are the motto words in Latin Nihil utile quod non honestum – 'Nothing is useful that is not honest'.

In 2017 Kathrine Switzer ran in the same bib No 261 as fifty years ago and finished the race to become the first woman in history to run a marathon fifty years after her first and led a fund-raising team of 125 runners that globally launched her 261 Fearless Foundation. Also in 2017, for the 50th anniversary of Kathrine's pioneering run in 1967, she and Roger along with 1967 race winner Dave McKenzie, his wife Adele, were invited VIP's at the Copley Plaza Hotel.

In conclusion Roger Robinson was there from the beginning and moves to new projects with enthusiasm. It was a privilege to attend the book launch with all the hardy souls and youth. Recently he was in Greymouth to visit Josh Komen healing from Leukemia, top athlete, author of *"The Wind At My Back"* Josh Komen who showed up at Dave and Adele McKenzie's home so Dave got two books to read. Soon Roger will be off to the USA where he's convening panels at the 123rd Boston Marathon (world's oldest) always held on Patriots Day (Monday 15th April) in Massachusetts as well as writing for Competitor and Runner's World.

*Ed – This article was sent to me by Paul Mulvaney, Freelance Journalist from Christchurch.*

# The Athlete's Kitchen

## Staying Well: An important Job for Runners



Article – © Nancy Clark MS RD CSSD / April 2019

As a runner, you have two jobs. One is to eat wisely to run well. The other is to stay healthy. That includes sleeping well, eating well, and living well (according to your values). Wellness was the theme of the 35th Annual Symposium for the more than 7,000 sports dietitians who are members of SCAN, the Sports and Cardiovascular Nutrition dietary practice group (SCANdpg.org) of the Academy of Nutrition and Dietetics.

Some highlights that offer food for thought and tips for health:

### Research suggests physical fitness is more important than leanness

- Joggers and runners living in large bodies are better off adding on exercise than self-inflicting rigid diets that “backfire.” Think twice before starting an eating plan you can’t maintain for the rest of your life. The pattern of losing weight only to regain it has a negative impact on overall health.

### Runners who overeat often do so mindlessly

- Physical barriers can also help reduce mindless eating. For example, pre-portion crackers into appropriate servings – and keep them out of sight. Or think **POUR**:
 

Pause	before you put food in your mouth
Observe	Am I hungry or am I stressed?
Understand	I am stressed and tired
Respond	I need sleep more than I need food

### Eating disorders and disordered eating

- About 60% of female athletes and 30% of male athletes, including many runners are affected. They may wait 10 to 15 years to seek help, thinking *I’m not THAT sick*. Sometimes they are too ashamed and embarrassed by their inability to eat normally. Other times they might be afraid treatment plans will deny them the ability to exercise and maintain a lean body.

The GOALS Programme at Walden Behavioral Care near Boston helps runners and other athletes learn to fuel for performance (as opposed to sabotage their performance by dieting and using bad weight management techniques).

During an ~8-week treatment programme (meeting only 3 nights a week), the athletes weight remained relatively stable while they overcame their disordered eating behaviors. Yes, even runners with eating disorders can eat more “normally” without “getting fat.”

### Cardiovascular disease (CVD) is the leading cause of death in the USA and globally – runners are not immune

- An estimated 70% of people aged 60 to 79 have CVD, as do more than 80% of people over 80 years of age. The good news is functional foods such as blueberries, avocado, beets, and tea can help curb health issues associated with ageing. The polyphenols (bio-active compounds) in a daily cup of blueberries can reduce blood pressure, improve blood vessel health, and reduce the risk of CVD. Blueberry smoothie, anyone?
- Butter is not back. Saturated fat, refined carbohydrate, and added sugars are equally bad for risk of heart disease. If you have a family history of heart disease and/or high LDL (“bad”) cholesterol, enjoy more olive oil instead of butter to invest in a significantly longer life span.

### Health claims made about coconut oil are misleading

- They were created by marketing gurus using research based on medium chain triglyceride (MCT) oil, not coconut oil. It does contain MCTs, but primarily lauric acid, a MCT that behaves like a long chain saturated fat in terms of digestion and metabolism. Lauric acid raises bad (LDL) cholesterol, inflammation, coagulation and insulin resistance <sup>(1)</sup>.

<sup>(1)</sup> Eyres L. et al. Coconut oil consumption and cardiovascular risk factors in humans. *Nutr Rev.* 74(4):267-80, 2016.

- One tablespoon of coconut oil has 13.5 grams saturated fat. Given the American Heart Association recommends limiting saturated fat intake to less than 7% of total calories, that’s only 15.5 grams a day per 2,000 calories. Runners with high LDL would be wise to use coconut oil only sparingly.

### Does drinking 1 to 2 glasses of wine a day offer positive health benefits?

Perhaps not, given there are 25 alcohol- related diseases, to say nothing of links between alcohol and certain cancers, CVD, intestinal issues, injuries from accidents, and suicide. Unless you are among the estimated 35% of Americans who abstain from alcohol, the least harmful way to drink is to limit alcohol to one to two drinks only three to four times a week (**not daily**). And be sure that **one drink** is actually just one **standard** drink (6 oz wine, 12 oz beer, 1.5 oz spirits) — and not the “bartender’s special.”

- Lutein (in egg yolk, spinach, avocado, dark green, and yellow and orange foods) is important for eye health; it curbs age-related macular degeneration. Lutein is also good for your brain and is associated with a reduced risk for dementia. Adults with normal brain function have three times more lutein in their brain than those with cognitive impairment. Enjoy lots of colorful fruits and veggies to consume the recommended lutein intake.
- Knowledge is necessary, but not sufficient, for runners to make sustained lifestyle changes that improve their health. We change our behaviors based on our values. For example, vegetarians generally express concern about the environment and animal welfare. In light of environmental concerns, seems like we need public health campaigns that focus on values, so that more people will eat less meat, waste less food, and choose fewer snacks in single-serve plastic containers.

### And what about coffee?

- Runners can easily lose sleep by going to bed too late, drinking too much coffee, having sleep apnea, and needing to urinate during the night. Sleep loss is associated with accidents, metabolic disorders, weight gain, and hunger (due to increases in the hunger-hormone ghrelin). Exercise does not protect against the harmful effects of sleep deprivation. Routinely dragging yourself out of bed in the morning to run might not be a wise plan. Seven hours of sleep a night are recommended to avoid sleep deprivation. Go to bed earlier?

Nancy Clark, MS, RD counsels both casual and competitive athletes at her office in Newton, MA (617-795-1875). Her best selling Sports Nutrition Guidebook and Food Guide for Marathoners offer additional information – [NancyClarkRD.com](http://NancyClarkRD.com). For her popular online workshop, visit [NutritionSportsExerciseCEUs.com](http://NutritionSportsExerciseCEUs.com).

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## Recipe

### Super Salmon Cakes

These make a delicious light meal for two.

#### Ingredients:

- 350g mashing potatoes, peeled
- 180g salmon (or smoked fish as an alternative)
- 1-2 teaspoons each of wasabi paste and finely grated lemon rind
- 1 spring onion, diced
- 1 egg lightly beaten
- 2 tablespoons rice bran oil
- Panko breadcrumbs to coat
- Salt and pepper to taste

#### Preparation:

- 1 Boil the potatoes until soft. Drain and mash well. Cool.
- 2 Break the salmon into small pieces. Combine with the cold mashed potatoes, wasabi, lemon rind, spring onion, seasoning and egg. Using wet hand, form the mixture into four round cakes. Coat in panko crumbs.
- 3 Heat the oil in a large non-stick frying pan over a medium heat. Fry the cakes until golden on both sides and heated through – about 5 minutes.
- 4 Serve on wilted spinach, garnished with lemon wedges or preserved lemon.

## Injury prevention

### Runner's knee

Patellofemoral pain syndrome (PFPS) is among the most common causes of knee pain. The injury impacts top runners and amateurs alike. PFPS is generally characterized by pain and discomfort behind or around the patella. It is often called runner's knee because pain results from activities that require the knee to flex while bearing weight on the patellofemoral joint, such as running. Fortunately, there are a number of research-backed measures you can take to treat or prevent PFPS.

#### Symptoms of Runner's Knee

- Tenderness around or behind your knee cap;
- Pain that is aggravated by downhill running;
- Dull pain when running on uneven terrain;
- Pain when you push on the patella.

#### Causes of Runner's Knee

Runner's knee occurs as a result of improper tracking of the knee cap in the femoral groove. Poor strength and flexibility in areas like the hips, hamstrings and quadriceps have all been shown to contribute to this problem.

Training errors are another potential culprit. These include an accelerated build-up of mileage, as well as too much high-intensity running or hill work. Worn out or inappropriate footwear is also cited as a possible cause.

#### Runner's Knee Treatment

The first line of treatment for runner's knee is rest, along with the use of ice and NSAIDs. This may help diminish pain and swelling in the short term.

Take a day or two to rest. Do not run on a knee that is painful, as you will only make things worse. If you are unable to bear weight on the injured leg or you have swelling of the joint, these are signs that you may have more structural damage to the ligaments or cartilage. In these cases, evaluation by a physician is strongly recommended.

For long term care, research suggests strengthening the top of your leg if you're struggling with runner's knee. For instance, when researchers focused on a group of runners with PFPS, they found that their biomechanics were hampered by hip instability as a result of weak hip abductor muscles. Other research identifies the importance of hamstring and quadriceps strength in addressing runner's knee.

Research demonstrates that six weeks of hip strengthening exercises can help improve the symptoms associated with runner's knee. Squats, balance exercises and movements that incorporate the hip abductors and hip flexors are paramount.

Some runners will find relief by foam rolling. Rolling out the quads, hamstrings and calf muscles can help stretch those areas and take strain off the knee.

There is also new research out that suggests orthotic insoles may help runner's ailing from PFPS. Orthotics could change biomechanics by reducing knee loading and thereby alleviating pain.

Cutting back on mileage – or even taking a complete break from running – remains important. If pain has subsided after a few days of rest, begin a strengthening program for

your legs. Replace your shoes if necessary with new ones that are suited to your running style. After a week or so, continue the strengthening exercises and resume running on a soft surface. If the pain does not return, slowly increase the frequency, duration and finally intensity of the runs over a period of at least a month. If at any time the pain returns, evaluation by a physician is probably a good idea.

#### Preventing Runner's Knee

It is important to be proactive with prevention measures, especially if you've suffered from runner's knee in the past.

Working to improve strength and mobility also remains necessary. Leg swings before or after workouts are a great way to improve hip mobility in particular. Simply stand next to something that you can hold onto for balance and swing one leg at a time forward and backward. Then swing each leg sideways, sweeping it across the front of your body. Foam rolling the iliotibial band, hamstrings, calves and quads can also assist in keeping your biomechanics in good working order.

Listen to your body and respond at the first sign of discomfort. Runner's knee is an injury that worsens if you continue to run on it. Building mileage slowly will help ensure you remain healthy. Do not increase your mileage by more than 10 percent from one week to the next.

New research has found that addressing running form can help to prevent runner's knee. Converting from a rear-foot to a forefoot or mid-foot strike pattern has been promoted as a means to reduce patellofemoral stress. Adopting a forward trunk posture, meaning a mild lean while you run, while simultaneously engaging lower abdominals subtly, can also help.

## Training

### How long should your running shoes last?

#### Factors affecting shoe wear include

- Different terrain
- Running style
- How you are wearing your shoes
- What you are using your shoes for
- Weather elements



Like anything used regularly, your running shoes wear. Time, mileage and everyday wear and tear all affect the structure and stability, shock absorption and cushioning.

Running in old, worn out shoes doesn't just affect your comfort, it may increase your risk of repetitive injuries as well.

To help you get the best performance and avoid injuries, we've put together some helpful tips to figure out when to replace your running shoes.

#### How your shoes wear down

Several factors that affect shoe wear, from different surfaces and terrains to distances you run, they all contribute to your shoe lifecycle and determine when to replace your running shoes.

#### Factors that affect shoe wear include

- **Different terrain** – typically, running on the road all of the time will wear out your shoes quicker than off road as the surface is harder, therefore has a stronger impact on your shoes.
- **You and your running style** – how you run will affect how quickly you wear out your shoes. If you're a small person who is light on your feet your shoes will last longer than someone who is heavy on their feet and hits the ground harder. Different foot strike patterns also contribute to different areas of the shoe wearing out.
- **How you are wearing your shoes** – a shoe's midsole material performs best if it has time to recover between runs – optimum recovery time is 48 hours. If you're wearing your shoes to the gym or casually as well as for running, they will wear quicker. We recommend buying two pairs and using them in rotation to prolong the life of your shoes.
- **What you are using your shoes for** – wearing running shoes for sports they're not designed for (like tennis or netball) will wear them more quickly. The abrasive playing courts, and quick directional changes necessary while playing these sports, wear down the outer sole and tread of your running shoes.
- **Weather elements** – leaving shoes out in the rain and wind are more likely to wear quicker. Leaving mud and dirt on your shoes will also negatively impact the life of the shoe, particularly the upper (mesh material). Hand washing and air drying gives the upper the best chance for a long life.

It is recommended changing your running shoes after about 800 kms to 1,000 kms.

#### Common signs of shoe wear

While it's important to keep in mind the mileage of your shoes, you can also learn a lot from looking at your common wear patterns on your shoes.

#### Signs you need new running shoes can include

- **A worn outer sole** – the outer sole has worn through the tread pattern making it smooth, or right through to the midsole.
- **Changes to the midsole** – the midsole feels hard and collapses easily under pressure. Your shoes should resist twisting when wringing them out like a rag. You may also see creases running lengthwise across the midsole. The shoe may also look distorted when looking from behind when placed on a flat surface.
- **A weak heel** – the heel counter becomes moveable and less supportive. Your shoes should stay sturdy and hard when pressed on at the heel.
- **A torn toe-box** – the shoe upper tears from wear and tear or from your toes wearing through the toe box.
- **Upper integrity** – your foot feels like it's moving all over the place.
- **Onesoleismoreworn down compared to the other** – this may cause your body to over-compensations that can result in injury.
- **Uneven**: one or both shoes no longer stand up straight when placed on a flat surface.

#### QUICK TIP

It can be hard to know the mileage of your running shoes. Apps like Runkeeper let you easily track this. After purchasing a new pair of running shoes, add them to Runkeeper to track their mileage and it will notify you when it comes time to change!



**2019 UPCOMING EVENTS**

June	2	Aurora Handicap Marathon & Relays – Full marathon, 2 x ½ Marathon and 1 x ¼ Marathon Relays	Upper Hutt
		Christchurch Full Marathon & ½ Marathon	Christchurch
	30	Gazley Volkswagen Full Marathon, ½ Marathon & 10km	Westpac Stadium
July	6-7	Gold Coast Marathon, ½ Marathon & Associated Races	Gold Coast, Queensland
	6	North Island XC Championships	Taupo
	20	Wellington XC Championships	Grenada North
	28	Johnsonville 8km Road Race & Walk	Olympic Clubrooms
August	29	New Caledonia Full Marathon, ½ Marathon & 10km	New Caledonia
September	29	BMW Berlin Marathon	Berlin
October	13	Masterton Full Marathon, ½ Marathon, 10km & 5km Chicago Marathon	Masterton Chicago
	20	Lower Hutt 5km & 10km Run & Walk Auckland Full Marathon, ½ Marathon, 12km & 5km	Lower Hutt Auckland
November	3	Nelson ½ Marathon, 10km, 5km & 2.5km	Saxton Field, Stoke
	4	TCS New York City Marathon	New York
	29-1 Dec	North Island Masters Track & Field Championships	Whakatane

**2020 UPCOMING EVENTS**

January	18	Colleena Blair Memorial Shield	Venue TBC
February	8	Buller Gorge Full Marathon, ½ Marathon & Marathon Relay	Westport
March	7	Ironman NZ	Taupo
May	2	56th Rotorua Marathon, ½ Marathon, 10km & 5km Fun Run	Rotorua

Please note: Race information available and correct as time of print. Whilst every attempt is made to provide correct information, intended dates and venues can change. It is advisable to check the information from official entry forms, websites or event organisers.

**Remember to check the website for the most up to date race information.**

**Staying sharp – six tips for keeping your memory sharp**

By Vicki Martin, Nutritionist and Naturopath

If you want help with maintaining a healthy memory now and into the future, research suggests there are six simple, natural steps you can take:

**1 Go for the Ginkgo** – Chinese herbalists have been using Ginkgo for nearly 5000 years. This remarkable herb can help to improve your mood, sense of wellbeing and clarity of thought. It has an excellent record in supporting memory, and maintaining circulation.

**2 Explore fish oils** – The essential fatty acids in Omega 3 fish oils nourish your brain cells, helping to prolong their life and enhance brain functions. Memory, mood, and intelligence can all benefit from the right amount of Omega 3 fatty acids.

**3 Try brain-boosting B vitamins** – B-complex vitamins help to balance your mood and downplay the effects of stress.

**4 Get moving** – start a walking program or join an exercise group for major brain-function benefits. Exercise helps keep your mood balanced, increases your confidence and mental stability.

**5 Give your brain a workout** – improve your thinking ability with a memory-enhancement program. Continuing to work, play, read and write, all enhances continuing mental agility.

**6 Rest often** – taking a power nap is definitely the way to go. Give your brain a daily rest, and it will reward you with greater alertness and concentration. Relaxing herbal teas such as chamomile are an excellent substitute for excess caffeine.



**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.	
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		
\$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 from January 2019) 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		
<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		
\$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 Masters Centre Fee (optional)		
<b>Total Fee to pay \$</b>			
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 <b>Wellington Masters Athletics</b>			
Postal Address:	Wellington Masters Athletics Inc. PO Box 5887, Wellington 6140	Telephone:	04 973 6741
		E-mail:	gvgould@xtra.co.nz
<b>OFFICIAL USE:</b>			
Verified by:		2018/2019 NZMA Reg No	



Loretta Desourdy – Vosseler | Photo: Sharon Wray



Runners ready to start the Classic Relay | Photo: Sharon Wray

## Wellington Masters Athletics Incorporated

### 2018-2019 COMMITTEE MEMBERS

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### 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
HV Harriers	Albert van Veen	04 563 8450
HV 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 Hoof	04 237 9676
	Annie Van Herck	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
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