



# Master Copy

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WELLINGTON MASTERS ATHLETICS INC NEWSLETTER | VOLUME 18 – ISSUE 3

## Recent Wellington Masters Road Race and Race Walk *Johnsonville*



Glen Wallis 3rd M55 and well pleased | Photo: Sharon Wray

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1st walker home Jon Roskvist from Trentham | Photo: Sharon Wray



## President's report

### Michael Wray



Stewart Milne WHAC leads Mat Rogers HVH 1st and 2nd overall in M40 | Photo: Sharon Wray

In a couple of weeks some of us will be taking a short break from Wellington's winter to compete in Mackay, on Australia's Eastern coast. It's the twentieth Oceania Masters Athletics Championships. Queensland Masters are hosting and we will be the first to use the newly built all-weather track and facilities that the local University recently finished building.

There are 93 Kiwis heading over, of which I think 14 are from Wellington. It looks as though numbers are a little down this year, particularly for the distance runners. I suspect holding the Championships in the middle of the harrier season has deterred some of the competitors. It is unfortunate that the Championship will finish only a few days before NZ Road Champs and clash with the NZ Half Marathon Champs.

This is likely to be the last Oceania Champs that uses the current programme. OMA are reviewing the standard programme and looking to cut it down. At this stage, we don't know what the new programme will look like and which events will be dropped – I would imagine the out of stadia events are in the firing line. Norfolk Island are hosting in 2021 and as I understand it, they will be the first to trial the new programme.

As well as being amongst the first to use the new track, I can say the excuse to spend some time in a warm climate is what I am anticipating the most. It seems like Wellington has had a

particularly cold and wet winter and I personally have had my fill of trying to run in mud.

On that note, we should congratulate Athletics Wellington for staging a successful National Cross Country Championships. The course at Harcourt Park has been widely acclaimed and I have yet to hear from an athlete who wants the Centre Championships to continue at Grenada, with a transfer to Harcourt holding the most consensus of preferred locations.

The live streaming of the race, with multiple cameras and commentary from Hayden Shearman and Hamish Meacham, was high quality. I see Athletics NZ will be repeating this service at the Road Champs in September. If you use this service, note that it is free to access. I mention this as our athletics event pages on Facebook have been targeted by scammers posting fake links to coverage (they all start liveontv24.com) that ask for your credit card. Do not engage with these links; the legitimate link does not need your credit card. We have been deleting the fake links from our pages but if you are in doubt, message us.

I hope to see some of you at our AGM in late September. If anyone is interested in joining the Committee, we would welcome nominations

Michael Wray | President

## The History of race walking

### Super human strength and endurance

Race walking is the competitive form of athletic walking and – contrary to the beliefs of many – it has a long and colorful history. It's a history that started once upon a time when the world's top athletes were not baseball or basketball players... but pedestrians.

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***Pedestrians did battle using super human strength and endurance, walking in multi-day contests to determine the fittest and fastest in the land.***

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To the victor went the cheers of tens of thousands, as well as a king's fortune.

#### *The Earliest Years*

Competitive race walking's roots trace back as far as 2500 B.C., when Egyptian hieroglyphics recorded the first written account of a walking competition. Similar evidence indicates that walking competitions existed in early Greek civilizations. These early contests were loosely defined. Many were simply go-as-you-please, long distance events, with competitors alternating at will between running and walking. But the sport has evolved through several incarnations since those times.

#### *The Gambling Invasion*

One of these evolutions involved betting large sums of money on walking contests. One famous example occurred in England in 1589. An English nobleman, Sir Robert Carey, wagered he could walk non-stop for 300 miles. Winning the bet, he set the stage for even greater walking feats. In 1608 he journeyed an amazing 2000 miles across Europe in 41 days.

#### *The 18th Century*

While long-distance feats by individual walkers certainly captured the public's eye, it wasn't long before head-to-head races were scheduled. However, there was a change in players. Noblemen weren't battling it out for glory. Instead they enlisted gladiators to do their bidding. The early walkers of the 17th and 18th century were often a nobleman's footmen. Footmen had a lot of occupational training; they walked alongside a nobleman's carriage and often walked ahead to ready affairs in the town

before the nobleman got there. Though a far cry from the 5km weekend shuffles we are accustomed to, these early events mark the beginning of regularly held walking competitions.

The sport of pedestrianism came full circle by the mid-18th century. The second half of the 18th century saw individual walkers battling the clock in the quest for glory and riches.

#### *Race Walking Joins the Olympic Games*

Although by the early 1900s, race walking's popularity was on the decline its popularity gained a little boost when it was added to the Olympic Games. Many people believe walking's induction to the Olympics occurred at the 1908 games; however, it was actually somewhat before that. In 1904, the race walk made its first appearance in the Olympics as an 880-yard racing event within the decathlon. It was also included in the 1906 Interim Olympic Games in Athens, but these games were never recognised as official.

#### *Early Race Walking Rules*

Rules governing race walking in the early years, while worded differently, are surprisingly similar in intent to those of today. Here's a sample of the most relevant rule pertaining to leg action:

*"As the foremost foot in taking a step touches the ground, the knee must not be bent. The heel must touch the ground first and the toe be the last portion of the foot to leave it. It is imperative that the heel of the foremost foot must touch the ground before the toe of the other foot ceases to have contact with it."*

#### *Modern Day Race Walking*

Today race walking is governed by a two part definition that separates it from running or walking.

- Race walking is a progression of steps so taken that the walker makes contact with the ground so that no visible (to the human eye) loss of contact occurs.
- The advancing leg must be straightened (i.e., not bent at the knee) from the moment of first contact with the ground until in the vertical upright position.

While there are many nuances to learning and perfecting race walking, if you follow the previous two part definition, you are a race walker. Following these rules will make you a faster and safer walker. If you perfect them, perhaps you could walk as fast as some of the best in the world.

# Race results, Johnsonville

## Wellington Masters 8 km Road Race and 6.4 km Race Walk

Olympic Clubrooms  
Sunday 28 July 2019

The weather for this year's event was fine with just a light breeze to contend with. A total of 25 runners and 16 walkers took part in this – the 35th – annual event.

Fastest male walker over the hilly four-lap course was Jon Roskvist (Trentham) and Jackie Wilson (Trentham) was the fastest women.

Fastest male runner over the five-lap course was Stewart Milne (WHAC) and the fastest women was Michelle Van Looy (Olympic).

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

**Thanks extended to our supporters**

*Our thanks and appreciation go to the marshals, timekeepers, Michelle Van Looy for her yummy caramel square, Sharon Wray for providing the lunch and her famous apricot balls – as always, your support is very much appreciated.*

RUN 8 km							
NAME	CLUB	AGE GRADE	TIME	AGE GRADE %	FINISH	GRADE PLACE	
Stewart Milne	WHAC	M40	28:54	78.78%	1	1	
Mat Rogers	HVH	M40	28:56	76.50%	2	2	
Geoff Ferry	Scottish	M35	29:45	72.49%	3	1	
Darren Gordon	HVH	M45	30:30	76.01%	4	1	
Nicholas Bagnall	Scottish	M50	33:57	70.50%	5	1	
Andrew Wheatley	WHAC	M55	34:38	72.04%	6	1	
Stephen Mair	Trentham	M55	35:00	73.29%	7	2	
Michelle Van Looy	Olympic	W45	35:14	75.12%	8	1	
Matyas James	Scottiwsh	M45	36:21	63.27%	9	2	
David Hood	Trentham	M60	36:34	71.29%	10	1	
Andrew Kerr	Scottish	M45	37:43	61.95%	11	3	
Glen Wallis	Scottish	M55	38:13	65.29%	12	3	
Kerry Beaumont	Trentham	W40	38:50	63.69%	13	1	
Susan Clare	WMC	W45	39:12	66.75%	14	2	
Chris Speakman	Olympic	M55	39:19	64.56%	15	4	
Heidi-Jane Humphries	Masterton	W40	41:31	59.94%	16	2	
Tineke Hoof	Olympic	W55	42:55	69.51%	17	1	
Richard Doyle	HVH	M50	43:42	56.60%	18	2	
Kath Littler	Scottish	W40	46:32	53.15%	19	3	
Pam Graham	Scottish	W70	47:41	73.82%	20	1	
Brett Wilby	Trentham	M60	47:44	55.10%	21	2	
Keryn Morgan	HVH	W40	51:55	47.64%	22	3	
Albert van Veen	HVH	M70	52:26	56.80%	23	1	
Peter Hanson	Olympic	M80	59:23	60.29%	24	1	
Ray Wallis	Aurora	M75	66:44	49.80%	25	1	
WALK 6.4 km							
Jon Roskvist	Trentham	M55	41:38	65.45%	1	1	
Jackie Wilson	Trentham	W70	43:32	83.35%	2	1	
Joseph Antcliff	Trentham	M50	44:33	60.61%	3	1	
Steve Bligh	Olympic	M60	44:40	64.25%	4	1	
John Leonard	Scottish	M65	46:38	73.23%	5	1	
Ele Brown	Olympic	W55	46:49	65.01%	6	1	
Julie Edwards	Olympic	W55	48:24	62.01%	7	2	
Maryanne Palmer	WMC	W65	48:40	69.55%	8	1	
Cathy Price	Trentham	W40	49:20	55.78%	9	1	
Geoff Iremonger	Trentham	M70	50:04	63.68%	10	1	
John Palmer	WMA	M70	50:49	61.89%	11	2	
Barbara Prosser	Olympic	W60	51:10	63.94%	12	1	
Andrea Adams	Olympic	W50	51:24	52.63%	13	1	
Daphne Jones	Scottish	W75	53:34	71.84%	14	1	
John Ihaka	Trentham	M70	55:30	55.89%	15	3	
John Hines	Scottish	M80	55:40	68.08%	16	1	

# Jim Lockhart and Mariette Hewitson Baton Award presentation

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

1999	Diane Rogers	(Trentham)	2006	Ellis Goodyear	(Capital)	2013	Michelle van Looy	(Olympic)
2000	Diane Rogers	(Trentham)	2007	Sheryne Beeby	(Olympic)	2014	Vicki Humphries	(WHAC)
2001	Ellis Goodyear	(Capital)	2008	Graeme Lear	(Scottish)	2015	John Wood	(HVH)
2002	Ellis Goodyear	(Capital)	2009	Diane Rogers	(Trentham)	2016	Michelle Van Looy	(Olympic)
2003	Diane Rogers	(Trentham)	2010	Diane Rogers	(Trentham)	2017	Michelle Van Looy	(Olympic)
2004	Peter Thomas	(Trentham)	2011	Teresa Cox	(Trentham)	2018	Brian Garmonsway	(Trentham)
2005	Peter Thomas	(Trentham)	2012	Michael Wray	(Scottish)	2019	Pam Graham	(Scottish)

## Walking Event

### Wellington Scottish 5 km and 10 km Road Race

Dantes Road, Trentham

Saturday 15 June 2019 | By Terri Grimmer

A good turnout of 22 walkers lined up to race on the Trentham course in overcast, calm conditions. Daniel du Toit who will soon be representing New Zealand at an Oceania event in Queensland won by a substantial margin in a personal best time of 46:38, averaging 4:40 per km. Jackie Wilson continued her dominance in the Women's division. Junior walker Liam Dunlop-Brown produced a good time of 18:38 for 3 km. Competitors were very supportive of each other and a good time was had by all.

The judging was very consistent with the two judges issuing warnings and red cards to the same walkers. Since we did not have enough judges for the event, all walkers were allowed to finish. The walkers with two red cards were moved to B grade if they entered as A grade. Two walkers who decided on the morning of the event to change their entries from B to A grade were the only two walkers moved into B grade. One walker who was entered in B grade received only one red card and could have had a result as an A grade walker.

Thanks go to all our officials: Judges, timekeepers, lap scorers, race manager, event referee and in particular to Geoff Ironmonger who needed to design and measure a new course due to a number of developments at the site making parts of our previous course unusable.

A Grade 10km Male		
First	Daniel du Toit Trentham	46:38
Second	Clive McGovern Trentham	1:01:32
Third	Ron Soper Trentham	1:03:41
A Grade 10km Female		
First	Jackie Wilson Trentham	1:05:32
Second	Terri Grimmer Scottish	1:10:22
Third	Arlene Wong-Tung Scottish	1:11:01
A Grade 5km Male		
First	Warren Jowett Trentham	36:16
B Grade 10km Male		
First	Jon Roskvist Trentham	1:03:18
Second	Ian Morton Scottish	1:07:18
Third	John Hines Scottish	1:22:11
B Grade 5km Male		
First	Steve Bligh Olympic	36:32
Second	Ray Marten Scottish	37:46
Third	Murray Gowans Scottish	48:54
B Grade 5km Female		
First	Eleanore Brown Olympic	34:24
Second	Andrea Adams Olympic	37:46
Third	Marian Jowett Trentham	42:28
Juniors		
1 km	Joseph du Toit Trentham	07:59
3 km	Liam Dunlop-Brown Mana	18:38



## The Athlete's Kitchen

### Sports nutrition myths – busted!

© Nancy Clark MS RD CSSD / 08/19

Keeping up with the latest science-based sports nutrition recommendations is a challenge. Runners are constantly bombarded with media messages touting the next miracle sports food or supplement that will enhance athletic performance, promote fat loss, build muscle, and help you be a super-athlete. At this year's Annual Meeting of the American College of Sports Medicine ([www.acsm.org](http://www.acsm.org)), a sports nutrition myth-busters session sponsored by Professionals In Nutrition for Exercise and Sport ([www.PINESNutrition.org](http://www.PINESNutrition.org); a global network of sports dietitians) featured experts who addressed the myths that commonly confuse runners and all athletes.

#### Myth one – protein supplements build bigger muscles

Protein needs for a 150-pound (68 kg) runner average about 110–150 grams of protein per day. Or more precisely, that's 0.7–1.0 g pro/lb body weight/day; 1.6–2.2 g pro/kg body weight /day.

Hungry runners can easily consume this amount from standard meals, yet, many runners believe they need extra protein. They consume protein shakes and bars in addition to protein-laden meals. They are unlikely to see any additional benefits from this higher-than-needed protein intake. Resistance exercise is a far more potent way to increase muscle size and strength than any protein supplement. Plus, your *muscles need three times more carbohydrate than protein to be adequately fueled.*



© Mander / 123rf.com

#### Myth two – eating before bedtime causes a runner to get fat

While it is true the body responds differently to the same meal eaten at 9.00 am, 5.00 pm, or 1.00 am, a runner will not “get fat” by eating at night. The main problem with nighttime eating relates to the ease of over-eating while lounging around and watching TV. When your brain is tired from having made endless decisions all day, you can easily decide to eat more food than required.

That said bedtime carbohydrates to refuel depleted muscles and bedtime protein to build and repair muscles can optimize recovery after a day of hard training or competing. For runners who want to optimize muscle growth, eating about 40 grams of protein before bed provides an extended flow of amino acids needed to build muscle. (This bedtime snack has not been linked with fat gain). Cottage cheese, anyone?

#### Myth three – gluten-free diet cures runners' gut problems

If you have celiac disease (as verified by blood tests), your gut will indeed feel better if you avoid wheat and other gluten-containing foods. However, very few gut issues for non-celiac runners are related to gluten. FODMAPs (Fermentable Oligo-, Di-, Mono-saccharides and Polyols) are often the culprit. These are types of hard-for-some- people-to-digest carbohydrates found in commonly eaten foods such as wheat, apples, onion, garlic, and milk. For example, the di-saccharide lactose (a kind of sugar found in milk) causes gut turmoil in people who are lactose intolerant. The poorly digested and absorbed lactose creates gas, bloat and diarrhea.

For runners who live in fear of undesired pit stops, a low FODMAP diet two or three days before a competition or long training session can help curb intestinal distress. Your sports dietitian can help you learn more about a short-term FODMAP reduction diet.

#### Myth four – runners should avoid caffeine because of its diuretic effect

With caffeinated beverages, the diuretic effect might be 1.2 ml excess fluid lost per mg of caffeine. That means if you were to drink a small mug (7 oz./200 ml) of coffee that contains 125 milligrams of caffeine, you might lose about 150 ml water through excess

urine loss. But you'd still have 50 ml fluid to hydrate your body – and likely more if you drink coffee regularly. Runners who regularly consume caffeine habituate and experience less of a diuretic effect. In general, most caffeinated beverages contribute to a positive fluid balance; avoiding them on the basis of their caffeine content is not justified.

#### Myth five – athletes should be wary of creatine because it is bad for kidneys

Creatine is sometimes used by athletes who want to bulk up. It allows muscles to recover faster from, let's say, lifting weights, so the athlete can do more reps and gain strength. A review of 21 studies that assessed kidney function with creatine doses ranging from 2 to 30 grams a day for up to five and a half years indicates creatine is safe for young healthy athletes as well as for elderly people. Even the most recent studies using sophisticated methods to assess renal function support creatine supplements as being well tolerated and not related to kidney dysfunction.

#### Myth six – the vegan diet fails to support optimal performance in athletes

Without a doubt, vegan athletes can – and do – excel in sport. Just Google vegan athletes; you'll find an impressive list that includes Olympians and professional athletes from many sports including not only running but also football, basketball, tennis, rowing, snowboarding, soccer, plus more.

The key to consuming an effective vegan sports diet is to include adequate leucine, the essential amino acid that triggers muscles to grow. The richest sources of leucine are found in animal foods, such as eggs, dairy, fish, and meats. If you swap animal proteins for plant proteins, you reduce your leucine intake by about 50 per cent. For runners, consuming 2.5 grams of leucine every 3 to 4 hours during the day optimizes muscular development. This means vegan runners need to eat adequate nuts, soy foods, lentils, beans and other plant proteins regularly at every meal and snack.

Most runners can consume adequate leucine, but some don't because they skip meals and fail to plan a balanced vegan menu. Vegan runners who are restricting food intake to lose undesired body fat need to be particularly vigilant to consume an effective sports diet. Plan ahead!

Nancy Clark, MS, RD counsels both casual and competitive athletes at her office in Newton, MA (617-795-1875). The newest 6th edition of her best selling Sports Nutrition Guidebook was released in July 2019. Visit [www.NancyClarkRD.com](http://www.NancyClarkRD.com) for information, readymade handouts and PowerPoint presentations.

For her popular online workshop, 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

### Devilled Sausage Pie

*This classic family hotpot is best served under a creamy layer of mashed potato or kumara.*

#### Ingredients:

- 6 regular beef or pork sausages
- 1-2 rashers bacon, diced
- 1 onion, peeled and diced
- 1 carrot, peeled and chopped
- 2 stalks celery, diced
- 1½ cups beef stock
- ½ cup tomato sauce
- 3 tablespoons Worcestershire sauce
- 1tbs each mustard / brown sugar
- Mashed potato or kumara for 5-6

#### Preparation:

- 1 Preheat the oven to 190°C.
- 2 Brown the sausages evenly in a dash of oil in a moderately hot pan and set aside. Add the bacon, onion, carrot and celery to the pan and cook, stirring, until the vegetables are lightly browned.
- 3 Stir in the beef stock, tomato and Worcestershire sauce, mustard and brown sugar and bring to the boil, stirring to remove any sediment from the bottom of the pan.
- 4 Cut the sausages into chunky pieces, place in an ovenproof dish and pour over the sauces and vegetables. Cover with the mashed potatoes or kumara.
- 5 Bake in the preheated oven for 35-40 minutes or until the potatoes are golden and the sausages and vegetables cooked.

*Preparation time: 15 minutes.*

*Cooking time 45 minutes.*

*Serves 5-6.*

## Injury Prevention

### Chafing

Most runners have experienced chafing somewhere on their body. Chafing happens when friction occurs repeatedly, rubbing the skin raw. Some runners notice chafing during their run. Some don't realise they've been chafed until they're showering afterward, when the mere contact with water on skin creates a painful, burning sensation.

There are easy ways to treat chafed spots. Even better, there are ways to prevent chafing altogether. Chafing happens when friction occurs repeatedly, rubbing the skin raw.

#### Symptoms of Chafing

- Discomfort in the form of burning, bleeding or general irritability on the surface of the skin while running or afterward.
- Burning of the skin anywhere on the body when in the shower after a run.
- A scabbed-over patch of skin a day or two after chafing has occurred.

#### Causes of Chafing

Chafing is caused by repetitive friction. Chafing can happen on or around the skin of the armpits, inner thighs, waist, chest, lower leg — anywhere on the body where excessive friction occurs enough to rub the skin raw.

Friction against clothing like an ill-fitting hydration belt or pack, a seam on a pair of shorts that hits you in a bad spot or even a seemingly harmless shirt can also be the culprit.

#### Chafing Treatment

If a runner has discovered chafing while on the run, and doesn't have any lube with them, the best bet is to try to remove the cause of the chafing. Run shirtless if the shirt that's rubbing the wrong way. If the shorts or tights are causing pain on your skin, try rolling or adjusting the waistband or leg openings to remove the point of friction.

Once the run is complete and all clothing and gear can be removed, clean the affected area with water.

Apply an antibiotic ointment. Leave the area uncovered to let air aid in healing the skin, if possible. If the area continues to chafe under clothes, then cover with a loose bandage (make sure to do this after applying an ointment). The area should scab over within a day or two.

#### Preventing Chafing

Lube of any sort – like BodyGlide or Vaseline (but know that Vaseline can stain your clothes) – is the best form of prevention against chafing. However, no runner wants to lube their entire body before a run.

If you know certain parts of your body are prone to chafing, apply lube to that spot before a run, and try to identify and eliminate the cause.

For specific chafed spots, try these preventative measures:

- **Mid-thigh skin-on-skin chafing:** Wear tights, capris or above the knee length compression shorts to create a wicking, snug-fitting, protective layer between the skin of your thighs. Otherwise, lube up and experiment with different shorts.
- **Underarm skin-on-skin chafing:** Experiment with different shirts, tanks, and sports bras. Try tight-fitting shirts that eliminate friction by staying close to the skin. Experiment with different deodorants/antiperspirants (which may not be the cause of, but could prove to be an irritant to the affected area).
- **Any spot irritated by clothing:** Wear sweat-wicking fabrics (avoid cotton) that work to draw moisture away from the skin. Look for materials that feel good against the skin instead of rough fabrics. Make sure that seams on clothing don't feel irritating when trying it on; that irritation will only increase dramatically on the run. Experiment with different cuts and fits of tops and bottoms to find silhouettes that work with your body type and shape. If it's the nipples that are experiencing chafing, applying Band-Aids before a race can protect them from any shirt. Or try products like NipGuard, which are made specifically for this purpose.
- **Any spot irritated by a sports bra:** Lube up before pulling on your sports bra. Shop for a new sports bra with differently placed shoulder straps, fabrics, and chest straps. Shop for bras with flat seams or seamless construction (but know that seamless bras don't provide as much support as those with seams).

## Health

### How to fight the cold



#### Stay healthy, give your body what it needs

We hear it all the time: "I caught a cold."

But is that really what happened? The truth is, the cold virus and others are always out there, attacking your body.

If your immune system is healthy and functioning properly, your body naturally defends itself, fighting off the virus.

You usually don't realise when this happens and just continue to live life as your usual, healthy self.

#### When You Lose the Battle

When there is interference in your nervous system, it can get in the way of your immune system function.

If your immune system is depleted, you're unable to fend off the virus. This is when you'll start to notice the symptoms... the headaches, the stuffy noses, sore throats, and more. It's possible to have had a virus for three or four days before you begin to feel it, but once it arrives, it's stressful and let's be honest, it can be miserable.

#### Prepping for a Win

The way to set yourself up to win the battle against the cold, flu and all the other viruses out there is to keep your immune system running smoothly. Follow these steps:

- **Diet** – avoid sugar and eat more fruits and vegetables. The vitamin- and antioxidant-rich foods help you fight off sickness.
- **Exercise** – stay active to help boost your immune system and stay healthy.
- **Sleep** – get the rest you need and help decrease your chances of getting sick.
- **Hydration** – remove toxins, stay hydrated by drinking water throughout the day.
- **Chiropractic adjustments** – being adjusted when you're sick may benefit your nervous system and your immune system. With your spine aligned properly, your nerves and entire body have the opportunity to function as designed. This may also help keep your white blood cell count up (the cells responsible for fighting off sickness) so you can feel your best and avoid getting sick.

Your body is incredible and designed to heal itself. By taking care of your health each day it's easier for your body to fight-off sickness and feel great! Give us a call. Let's talk about ways you can stay healthy and vivacious year-round!

*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)*

## Seenager

I have JUST discovered my age group! I am a *Seenager* – senior teenager. I have everything I ever wanted as a teenager, only 55–60 years later.

- I don't have to go to school or work
- I get an allowance every month
- I have my own pad
- I don't have a curfew
- I have a full driver's licence and my own car
- My ID gets me into bars and the wine store – I like the wine store best
- People I hang around with are not scared of getting pregnant, they aren't scared of anything, they have been blessed to live this long, so why be scared?
- And I don't have acne.

#### Life is good!

Also, you will feel more intelligent after reading this, if you are a Seenager. Brains of older people are slow because they know so much. People do not decline mentally with age as it just takes them longer to recall facts because they have more information in their brains. Scientists believe this also makes you hard of hearing as it puts pressure on your inner ear.

Also, older people often go into another room to get something and when they get there they stand there wondering what they came for. This is NOT a memory problem; it's just nature's way of making older people do more exercise.

*So there!* I have more friends I should send this to, but right now I can't remember their names. So please forward this to your friends as they may be my friends too.



2019 UPCOMING EVENTS			
August	29	New Caledonia Full Marathon, ½ Marathon & 10km	New Caledonia
September	1	Dunedin Full Marathon, ½ Marathon, 10km & 5km	Dunedin
	29	BMW Berlin Marathon	Berlin
October	13	Masterton Full Marathon, ½ Marathon, 10km & 5km	Masterton
		Chicago Marathon	Chicago
	20	Lower Hutt 5km & 10km Run & Walk	Lower Hutt
		Auckland Full Marathon, ½ Marathon, 12km & 5km	Auckland
November	1/2	Taranaki Steelformers Around the Mountain Relay – 150km	New Plymouth
	3	Nelson ½ Marathon, 10km, 5km & 2.5km	Saxton Field, Stoke
	4	TCS New York City Marathon	New York
	15-17	South Island Masters Track & Field Championships	Christchurch
	24	Pelorus Trust Full Marathon, ½ Marathon, 10km & 5km	Petone
29-1 Dec	North Island Masters Track & Field Championships	Whakatane	

2020 UPCOMING EVENTS			
January	18	Colleena Blair Memorial Shield	Venue TBC
February	1-9	NZ Masters Games	Dunedin
	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
July	4-5	42 <sup>nd</sup> Gold Coast Marathon & Associated races	Gold Coast

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.**

## Tips and Safety Advice for Cyclists

Cycling can be a great way to travel, follow these riding tips for your safety.

**See and be seen** – wear high vis clothing, use reflective material and lights at night, and ride in a visible position on the road.

**Scan for** – vehicles: turning into or out of side streets, make eye contact to make sure they have seen you; parked cars: try to see if a driver is in the vehicle and keep enough distance to clear an unexpected opening door; road conditions: potholes, gaps, uneven surface, debris; people: children, crowds or pedestrians who may cross the road without looking (they can't hear you); listen: earphone use limits your ability to hear possible hazards.

**Be predictable** - always use hand signals, ride in a straight line.

**Communicate with other road users** – eye contact, hand signals and check over your shoulder before making a move; **be courteous and smile**: an effective way to improve attitudes towards bike riders.

**Obey the road rules** – disobeying road rules directly affects the way cyclists are treated by other road users. Read the road code for cyclists.

**Ride a road worthy bike** – check your brakes work and your tyres are pumped before every ride.

**Plan a cycle route you are comfortable with** – there are quieter streets that run parallel to main roads, walkways that connect quiet streets, or parks you can ride through. Careful planning of your route can help avoid a main road or even a daunting hill.



## Registration Form

2019/2020 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 2019/2020 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 2019/2020 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 2020) 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:		2019/2020 NZMA Reg No	



## Notice of Annual General Meeting

THE WELLINGTON MASTERS ATHLETICS INCORPORATED AGM WILL BE HELD

DATE WEDNESDAY 25 SEPTEMBER 2019  
 TIME 7.00 PM  
 VENUE OLYMPIC HARRIER CLUBROOMS, BANNISTER AVENUE  
 JOHNSONVILLE

## 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.*

## Master Copy contributors

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Liz Bentley Email [liz@withkudos.com](mailto:liz@withkudos.com)

*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.*

### 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 Hooft	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
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

*Design and production, Liz Bentley*

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