



Master Copy

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WELLINGTON MASTERS ATHLETICS INC NEWSLETTER | VOLUME 18 – ISSUE 5

North Island Masters Track & Field Champs Whakatane, 29 November – 1 December



Jim Blair in action | Photo: Sharon Wray

Inside this issue:

- President's report 2
- Wellington Masters 5 km and 10 km
road race and walk 3
- Protect your prostate 4
- Three best stress-fighting foods 5
- The Athlete's Kitchen 6
- History of an Old Harrier 8
- Officials needed 9
- 2019 athlete of the year awards 9
- Registration Form 11
- Wellington Masters Athletics Inc 12
- Master Copy contributors 12



Mel Stevens, recent Wellington Half Marathon winner | Photo: Sharon Wray

President's report Michael Wray



Peter Tearle, Whakatane | Photo: Sharon Wray

We recently returned from Whakatane, where 14 Wellington Masters had entered the North Island Masters Track & Field Championships. Three of the Wellington team were ultimately unable to make the trip so the Wellington Masters posse was 11.

It was a mixed experience. Whakatane put on a laid back meet, even by the standards of the Island Champs. It was fun but there were frustrations. The grass track made it difficult for our walkers, particularly on the Sunday morning amid heavy showers, and the walking judges seemed not to use their discretion to make allowances. The meet used hand-timing for all races, which is rare for a championship event, so none of the events shorter than 3000m were eligible for records. The lack of wind gauges meant the horizontal jumps were also ineligible. It seems there was no survey conducted of the track or relevant field areas. Consequently, the Chief Official ultimately discounted all events other than the throws from the new hammer circle from being record eligible. As a social experience, the meet was a great success but as a championship event it fell short.

The Colleen Blair Memorial Shield is scheduled for 19 January. This is a Masters inter-centre competition for the lower North Island provinces. It usually consists of all four sprints, the 800m and 1500m, a long jump and high jump, plus the four standard throwing implements with a points system to award the Shield to the best performing centre. As hosts, Manawatu/Wanganui tend to win – Wellington have not won since the inaugural meet.



Bruce Atmore, Whakatane | Photo: Sharon Wray

If you want to participate in a nice sunny meet (weather not guaranteed but it's not let us down yet), followed by a relaxed barbecue, a road trip to Palmerston North is a good way to spend your Sunday.

Looking further ahead, the NZMA National Track & Field Championships are in Hastings at the end of February. The last time we masters had a championship at the Hawkes Bay Stadium was the 2014 North Islands. The weather that November was something else. Thunder and lightning on the Friday gave way to warm sun and gale force winds on the Sunday. I've run in the Potts Classic a couple of times since so I know it's not always like that. If you get the chance to go, take the opportunity to visit the new Indoor facility that is being built near the stadium. I don't know whether it will be finished by then but I understand it will be close. It won't be the full 200m oval, unfortunately – that remains a pipe dream (not just for us, but in the southern hemisphere as a whole, for now) – but it will at least match what New Zealand has in Auckland and give us options for the hosting of the NZMA Indoor Championships.

Before then we have just entered barbecue and beer season with the impending holiday season to survive. It's time to recover from your winter season endeavours, relax and enjoy yourself. Not too much, mind – you have races coming up!

Michael Wray | President

Wellington Masters 5 km and 10 km road race and walk Lower Hutt – Sunday 20th October 2019

After only attracting 19 competitors in 2018, this year was well up on that number with 34 competitors (one competitor pulled out leaving 33 finishers). Those that did compete had to contend with a strong wind that seemed to pick up as the morning progressed and made the final return 2.5 km challenging.

For the merit prizes, Anthony Jackson (a Pre Master) was the fastest male runner but as he was not eligible for a merit prize

this was awarded to Darren Gordon. The fastest female runner was Michelle Van Looy. Jackie Wilson was fastest female walker and Joseph Antcliff the fastest male walker. Jackie Wilson had the highest age grade percentage for the day.

Thanks to Peter Murmu and Maryanne Palmer for marshalling at the turn round points.

NAME	CLUB	GRADE	TIME	AGE %	FINISH	GRADE PLACE
<i>Run (10km)</i>						
Anthony Jackson	HVH	M30	36:48	72.83%	1	1
Darren Gordon	HVH	M45	37:46	76.96%	2	1
Iain Shaw	Scottish	M35	41:37	65.04%	3	1
Bruce Atmore	Olympic	M50	41:59	74.04%	4	1
Michelle Van Looy	Olympic	W45	43:05	77.72%	5	1
Mat Rogers	HVH	M40	43:06	64.31%	6	1
Stephen Cummings	HVH	M50	43:08	70.25%	7	2
Matyas James	Scottish	M45	43:43	65.96%	8	2
Richard Martin	Olympic	M50	44:48	69.38%	9	3
Marshall Clark	Scottish	M60	46:24	73.38%	10	1
Glen Wallis	Scottish	M55	47:20	66.27%	11	1
Alan Carman	Wainuiomata	M50	48:53	63.59%	12	4
Richard Doyle	HVH	M55	50:18	62.36%	13	2
Don McGowan	Wainuiomata	M65	50:53	70.29%	14	1
Marketa Langova	Scottish	W40	51:31	61.02%	15	1
Tineke Hooft	Olympic	W55	53:28	70.82%	16	1
Ele Brown	Olympic	W55	58:30	63.08%	17	2
Isobel Franklin	HVH	W45	58:48	56.29%	18	2
Annabel Montgomery	HVH	W35	60:20	51.46%	19	1
Don Stevens	Scottish	M55	63:07	50.57%	20	3
Annie Van Herck	Olympic	W65	63:52	67.22%	21	1
Albert van Veen	HVH	M70	65:56	56.98%	22	1
John Palmer	WMA	M70	68:02	53.28%	23	2
Robert Allende	No Club	M40	70:33	39.58%	24	2
Ray Wallis	Aurora	M75	76:54	54.51%	25	1
<i>Walk (10km)</i>						
Jackie Wilson	Trentham	W70	68:06	86.39%	1	1
Joseph Antcliff	Trentham	M50	69:42	62.21%	2	1
Terri Grimmett	Scottish	W60	72:16	72.46%	3	1
Geoff Iremonger	Trentham	M70	75:34	66.89%	4	1
Daphne Jones	Scottish	W75	79:01	79.52%	5	1
Ray Marten	Scottish	M70	79:37	61.61%	6	2
<i>Run (5km)</i>						
Barbara Morrison	Olympic	W70	34:59	60.36%	1	1
<i>Walk (5km)</i>						
Sharon Wray	Scottish	W55	43:33	53.69%	1	1

Health

Protect your prostate

As men age they may begin to notice a weak urine flow, a frequent need to urinate, bathroom visits during the night and loss of sleep. If you experience one or more of these then your body is trying to tell you that your prostate needs some TLC.

The prostate gland is an organ of the male reproductive system. It is shaped like a walnut and is found at the base of the bladder. The thin tube that allows urine and semen to pass out of the penis (urethra) runs through the prostate gland.

The best plan for a healthy prostate is to prevent problems before they start. Lifestyle, exercise and diet habits play a big role in helping to support prostate health. It's never too late to make positive changes.

Self-care Tips for Better Prostate Health

Exercise and maintain a healthy body weight

- Exercise and achieving an optimal body weight can promote prostate health. Studies show that overweight men have an increased risk of BPH and losing weight can help reduce prostate size and help to relieve the associated urinary concerns.



Improve your diet

- Incorporate prostate-friendly foods into your daily diet. These include oily fish that are high in Omega 3 essential fatty acids, tomatoes, mushrooms, and foods high in healthy fats like nuts (especially walnuts), avocados and olives. Drink green tea for its high levels of antioxidant compounds, and limit caffeine as it can exacerbate urinary concerns.

Take supplements

- Even with the best of intentions, you may not meet all your nutritional needs through your diet. Nutrients such as zinc can support immunity and reproductive health in men, while herbs such as saw palmetto are used in herbal practice to support prostate and male reproductive health.

Address your stress

- Feeling stressed impairs the normal function of your body. Over time, it can affect your immune system and its ability to react appropriately to cellular changes, and your immune defences. Feelings of stress impact on prostate health.

Get your prostate checked

- Arguably the most important thing to do to support your prostate health, whether you have symptoms or not, is to get your prostate checked. Screening checks can involve a blood test and a digital rectal exam. A quick visit to your GP will ensure that your prostate health is on track and any changes can be monitored and dealt with easily.

If you have any questions regarding your prostate speak with your health professional – do not wait until it's too late.

Health

Three best stress-fighting foods



Stressed out?

Keep on top of your stress levels with these three super foods.

When times are hectic, help your body and mind cope with extra demands by choosing foods that have natural anti-stress properties. Here are three powerful nutrient-dense foods that can help fight stress and inflammation.

- **Avocado**
the mighty 'avo' is packed full of essential nutrients needed to maintain a healthy nervous system and heart health. They contain a group of special **antioxidant compounds** called **carotenoids** which are needed by cells to help fight free radical damage. These include beta-carotene, alpha-carotene, lutein, zeaxanthin and neoxanthin. Carotenoids help support a healthy immune system and assist eye function. Avocados also contain a good source of **oleic acid**, a special monounsaturated fat needed for a healthy heart.
- **Salmon**
contain special **Omega-3 fatty acids** called **EPA** (eicosapentaenoic acid) and **DHA** (docosahexaenoic acid) that are needed by the body to maintain a healthy nervous system, brain, heart and eye function, and joint mobility. Salmon is also an excellent source of **protein** and contains **vitamin D3**, a special fat-soluble vitamin needed for strong bones, mood and immunity.
- **Almonds**
contain a good source of minerals including **magnesium, potassium** and **zinc**. Almonds are especially rich in **vitamin E**, which is needed by the body to maintain a healthy complexion, heart health, circulation and fertility. Vitamin E is an important **antioxidant** needed during stress and inflammation. Almonds also contain **B-complex vitamins**, which are needed to support digestion, energy metabolism and hormone balance.

Recipe

Pasta with smoked salmon

A fresh take on the classic version without the heaviness of cream and butter.

Ingredients for 4 serves:

- 225g farfalle (or other medium-sized pasta)
- 85g smoked salmon
- 1 cup yoghurt (add a splash of water to Greek yoghurt)
- ½ cup low-sodium stock, water, or milk
- 1 small tomato, diced
- ½ cup carrots, diced
- ½ cup green peas (frozen peas and carrots are a fine substitute for fresh)
- ¼ cup chopped fresh parsley.

Optional additions – fresh tarragon, capers, and/or chopped green olives.

Preparation:

- 1 Cook pasta to al dente (10-11 mins). Drain. Toss with a small amount of olive oil; set aside.
- 2 Remove any salmon bones and flake the meat with a fork.
- 3 In a large deep saucepan, whisk the yoghurt and stock to thick consistency. Set over medium heat, bring to gentle boil, stirring continually. Simmer.
- 4 Add tomato, carrots, peas, and parsley. Cook 5-6 mins, until carrots tender. Add cooked pasta and salmon (plus any optional), mix thoroughly, and remove from heat.
- 5 Add salt and pepper to taste. Offer grated parmesan / fresh lemon juice.

Source: Thomas, Biju & Lim, Allen (2011) *The Feedzone Cookbook – Fast and Flavorful Food* for Athletes Velo Press.

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The Athlete's Kitchen

Your sports diet: quality calories for weight management?

© Nancy Clark MS RD CSSD | November 2019

If you are like most runners, you are busy juggling work, workouts, family, and life. You likely eat meals and snacks on the run, grabbing an energy bar here, a frozen meal there, and a protein shake to go. You can easily fuel yourself with highly processed foods that are ready to heat and/or ready to eat.

While you can choose a nutritionally well-balanced sports diet when eating on the run, you might want to pay attention to the amount of ultra-processed foods that sneak into your meals and snacks. They have a food matrix far different from natural foods, and they might have an impact on your weight and health.

What are ultra-processed foods?

Cooked eggs, canned beans, and dried raisins are all considered **processed** foods. Technically speaking, a processed food is one that has been altered from its original form. The foods have been cooked, dried, or canned in a way that's safe for your health.

Ultra-processed foods include fast foods, sugary drinks, chips, candies, sweetened cereals, etc. They span the spectrum from minimally processed foods that are prepared to make them edible (bran flakes) to industrial formulations with five or more ingredients (Cap'n Crunch). Ultra-processed foods commonly have added flavors, sugars, fats, preservatives and ingredients that you are unlikely to have stocked in your pantry, like sodium benzoate. These foods are designed to be convenient, ready to eat, palatable, affordable and welcomed as replacements for freshly prepared meals and snacks.

More than half the calories consumed in the US come from ultra-processed foods (think packaged soups, instant noodles, frozen meals, hot dogs, cake mixes.) The foods tend to be high in calories, salt, and fat, and low in fibre. Ultra-processed foods can be marketed as **natural**, **healthy** and **organic**. (Those words don't refer to the process of how the food was made.) Yes, your favorite all-natural, organic energy bar likely counts as an ultra-processed food.

A diet rich in ultra-processed foods has been associated with high blood pressure, heart disease, Type 2 diabetes, and stroke. While these foods might not cause those health problems, people with the health issues are more likely to consume a fair amount of ultra-processed foods.

We need more research to determine if these easy-to-overeat foods are the problem ("I can't eat just one..."), or if their high caloric density makes them easier to over-consume.

Ultra-processed foods and your waistline

Speaking at the Academy of Nutrition and Dietetics' (AND) 2019 Food and Nutrition Conference and Expo (FNCE), Kevin Hall PhD of the National Institutes of Health spoke about the ease of weight gain among people who eat a plethora of ultra-processed foods. He conducted a study in which 20 healthy adults (10 men, 10 women) ate as much or as little as they wanted for 14 days from a buffet of minimally-processed or ultra-processed foods¹.

The buffets were matched for calories, sugar, fibre, carbohydrate, protein, fat and salt. The subjects rated both diets as being equally palatable. Yet, when the subjects ate from the ultra-processed buffet, they consumed about 500 calories above their baseline intake and they gained about 2 pounds in two weeks. (Some of that weight gain can be attributed to water-weight, given the ultra-processed foods they chose were higher in sodium than their standard diet.)

When the subjects ate the unprocessed diet, they chose their typical caloric intake, yet they lost about 2 pounds in two weeks. How could that be? Some weight loss was related to water-weight loss, but some might have been related to a higher amount of calories needed to digest the whole foods. (This is called the **Thermic Effect of Food** – the increase in the body's metabolic rate related to the consumption, digestion, metabolism and storage of food.) Foods in their natural state take more energy to be digested and metabolised than highly processed foods. For example, a grilled cheese sandwich made with whole wheat bread and cheddar cheese uses about 20% of the ingested calories to digest and metabolise the nutrients. In contrast, the same sandwich made with white bread and processed American cheese uses only 11% of ingested calories².

Ultra-processed foods tend to be high in simple-to-digest sugar, with a low thermic effect. They also tend to be low in fiber. Fibre calories are not readily accessible to the body. Almonds, for example, reportedly offer 170 calories per ounce (23 almonds), as written on the food label.

The reality is your body can access only 130 of those calories³. Fibre rich plant foods can be better for your waistline (and your overall health).

Processing changes the food structure (matrix), and this impacts satiety, the feeling of fullness that persists after eating. The more a food is processed, the lower its satiety, likely related to the higher its glycemic response (rise in blood glucose). Simply put, devouring 500 calories of ten (ultra-processed) Oreos is far easier than chewing through 500 calories of almonds (~70 almonds) and is far less satiating.

The bottom line

At this time, we have no data to confirm that ultra-processed foods cause weight gain, but they are certainly associated with weight gain. Dr. Hall is planning another study to look at the impact of energy-density on calorie intake. Till then, common sense tells us for weight management your best bet is to snack on whole grains, fresh and dried fruits, nuts and other minimally processed foods. Limiting ultra-processed foods may be an effective weight-management strategy.

References:

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Super seedy granola bars, shown

- An alternative to yet-another-energy-bar-in-a-wrapper! These crunchy, seedy bars offer fibre, protein, and healthy fats.
- Mix-and-match the ingredients as you wish; if you don't have chia (although the chia seeds add a fun crunch), or if you prefer, use chopped walnuts instead of the sunflower seeds.
- Store in the refrigerator for a quick and hearty snack (at room temperature, they can become crumbly, though the crumbs are totally enjoyable by the spoonful and as a topping for yogurt or oatmeal).

Nutrition

- 180 calories per bar; 20 g carbohydrate; 5g protein; 9g fat.

Recipe

Super Seedy Granola Bars



Ingredients for 16 serves

- 1½ cups dry oatmeal
- ½ cup sunflower seeds, hemp hearts, or chopped nuts of your choice
- 3 tbs chia seeds
- ¼ cup dried fruit of your choice, such as raisins or chopped dates
- 1 tsp ground cinnamon
- 1 cup peanut / nut butter
- ½ cup honey
- Optional 1 tsp vanilla extract, ½ tsp salt

Preparation:

- Line a 9x9 inch square pan with parchment paper or plastic wrap with enough overhang for easy removal.
- Combine oats, sunflower seeds, chia seeds, dried fruit, cinnamon (and salt).
- Combine peanut butter, honey (and vanilla extract); warm in the microwave (30 to 60 seconds), then mix together until really smooth.
- Pour the peanut butter mixture over the dry ingredients. Using a sturdy spoon, stir until evenly combined.
- Transfer to the prepared pan. Using the back of the spoon or spatula, firmly press the mixture evenly into the pan.
- Cover and refrigerate for at least one hour or overnight.
- Gently lift the parchment or plastic overhang to remove from pan and slice into 16 bars.
- If desired, wrap individual bars and place them in a freezer safe bag to store in the fridge or freezer.

History of an Old Harrier

By Brian Watson

I first ran for the Olympic Harrier Club in 1964, 55 years ago and this is a small history of Masters running in Wellington and other parts of New Zealand.

In 1970, the first National Veterans race (as Masters were then called), was run at Queen Elizabeth Park, Paekakariki. This was held in conjunction with the National Cross Country event. Clem Green of Scottish Harriers was the father of Masters running as we know it today. The age for the new Veterans grade was 40 for men and 35 for women. At that point in time there were very few women and girls running and very few women did much training, so could not run for long distances of 5km or over. Things are certainly different today with a lot of women running up to 80kms a week.

Going back to 1970, I remember talking to people in their late thirties and early forties, and we thought even back then that 40 was young to be a Veteran, or as the Americans called it Masters. The first Veteran race I ever competed in was at the track and field Nationals held in Wellington over Easter 1977. There was a run a pre-Vet road race held over 9km. I managed third place, the winner was Barry Everitt. I could never beat Barry. I was an average runner, and if I had a good race I could get close to the top runners but never beat them.

In 1978 I became a veteran runner and for the next five years I used to get in the top four placings in the Wellington races, but could win a race if the other three were not there, which wasn't often. Roger Robinson, Barry Everitt and Neville Martin were always too good for me.

I was on the Wellington Veterans Committee for five years from 1980 to 1985. There were always good people on this committee as there still is today. The committee of that time put in place the Masters races that are still being run today – the 10km race in November, the Classic Relay and the 8km in Johnsonville.

In 1981 at Palmerston North the World Road Racing Veterans Championships was run (this was run every year) with a 10km on the Saturday and a 25km on the Sunday. This was in January and I managed to get 11th and 4th for New Zealand, 10th in the 40 age group in the 10km Road Race. A week later was the 4th World Veterans Track and Field Championships held in the Queen Elizabeth Park in Christchurch over one week. At that time this was the biggest sporting event ever held in this country, with from memory 2,500 athletes with 140 nations being represented. This was a very successful event with a lot of Wellington athletes competing – most of them doing very well. The New Zealand

Masters were very competitive and the standard was very high with New Zealand doing very well in all grades winning quite a few medals and also doing well in the team events. I was between 12th and 20th overall in running three races: 5km and 10km on the track, and 10km cross country which was run around a golf course – very flat and fast.

In 1982 a New Zealand contingent went to Fiji for the first Oceania Games with New Zealanders winning a lot of medals. I was between 4th and 6th in my age group running 5km and 10km on the track and 10½km cross country. Most probably the best cross country track I have ever run over. You ran around a golf course, through a bamboo plantation, a bit of jungle and through a tunnel. It was a two-lap figure of eight course. I ran my best in 1981-82 but from then on have slowed down over the years. In 1984, running in Canberra, Australia I ran two races – 10km track and 10km cross country. The cross country was like the Vosseler run over Mt. Victoria, except not so high to climb. All the New Zealanders did well especially the Wellington runners as we were used to the hills and for some reason the Aussies did not like them. I was fourth overall and second in the 45 age group. Good races had by me getting fastest New Zealander in both 10km races regardless of age.

I was a far better road runner than a cross country runner, and in 1981 at Mosgiel running in the Masters road race of 12km managed second and won my age group 40 plus. Since then I have run in a few National road races, and as a 50 year old placed second in the over 50 race in Blenheim in 1988.

In 1983 in New Plymouth at the National road races of 12km I was 11th overall and third in my age group of 45 plus and had a real battle with Barry Magee. I ran hard that day, the race being 4 x 3 laps and was like running from Johnsonville to Ngaio and back each lap – it suited me.

Looking back over the years as a Master runner, the greatest memories were running against Barry Magee, Ray Puckett, Jeff Julian – all Lydiard boys. I competed against these three not all at the same time but over the years on the road and track. I always got beaten by them in a 10km or 12km race but only by 10 or 20 seconds and to hold onto these guys and not be beaten by that much was a great achievement. I was only a club runner and these guys were ex-Olympians – this was really something to look back on.

Over the last 25 years I have only ran once or twice a week and have done very little running this year but have just started to run again to target some races I want to run next year.

2019 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 2019

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 2018 were awarded to Jackie Wilson and Nick Horspool.

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

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

WE NEED YOU!

Join the Wellington Centre Athletics Officials!

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

Contact Stacey Taylor, email staceyanntaylor30@gmail.com 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.

2020 UPCOMING EVENTS			
January	11	Ian Priest Memorial Hutt River trail events - 60 km ultra, full marathon, half marathon and 10 km fun run	See website for various starting venues.
	19	Colleena Blair Memorial Shield	Palmerston North
February	1-9	New Zealand Masters Games	Dunedin
	8	Buller Gorge full marathon, half marathon and marathon relay	Westport
	15	We run the night, 7 km, 14 km and 21 km Taupo great lake relay, 155 km relay/solo	Mt Maunganui Taupo
March	7	Ironman New Zealand	Taupo
April	18	Great forest events, full marathon, half marathon, 10 km and 5 km	Waitare
May	2	56th Rotorua marathon, half marathon, 10 km and 5 km fun run	Rotorua
	16	Hawkes Bay international marathon, half marathon and 10 km	Hawkes Bay
	31	Aurora handicap marathon – full marathon, 2 x half marathon relay, and 4 x quarter marathon relay	Silverstream
June	Tba	Gazley Motors Wellington marathon, half marathon and 10 km	Westpac Stadium
July	4-5	42nd Gold Coast marathon and associated races	Gold Coast
August	1	We run the forest, 42 km, 21 km, 12 km and 7 km	Rotorua
Sept	17-23	43rd round Rarotonga road race – 31 km	Cook Islands
Nov	1	Nelson festival of running, half marathon, 10 km, 5 km and kids 2.5 km Run the city Auckland marathon (5 distances)	Saxton Field, Stoke Devonport

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.

Beer and Running – friend or foe?

Athletes in most sports enjoy a beer now and then, and runners are no exception. A worldwide running club, the Hash House Harriers, celebrates running with beer, where the drinking of beer is done during and after group runs. The Beer Mile, in which a beer is guzzled after each lap, is a more recent international phenomenon. There's even a shop near the runners' haven of Boulder, Colorado called Shoes and Brews that's equal parts running-shoe store and brew pub.

Should beer and running be considered harmless or even healthy?

It all depends on how much you consume and what type.

There are many worse things you can eat or drink than a beer. It fulfills the need to rehydrate, especially crucial during the hour after a long or warm-weather run. Beer has nutritional value, more than most alcoholic beverages, as a source of carbohydrates and nutrients – but with minimal protein and nearly as many calories expended on a short run.

As you move from light beers to dark, there's a surprisingly wide range of carb, calorie and alcohol content, which all

tend to be closely correlated. The heaviest can have as much as 16 times the carbs, six times the calories, and four times the alcohol content of the lightest beers.

Sip with care

Runners need to know that their overall good health and fitness, of course, doesn't offer protection against the dangers of alcohol abuse. It should also be noted if you weigh less than the average person (which many runners do), you need to pay even closer attention because you can't drink as much before the negative effects kick in. In moderation, a cold beer after running might be just what you need.



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):			
OPTION 1:	ANZ Competitive Members (ANZ club members must be financial for the 2019/2020 season). N.B. All fees are paid to ANZ online or via your club registration process		
\$0.00	NZMA Fee (ANZ club athlete DO NOT pay a fee to NZMA as per the MoU)		
\$0.00	Local Master's Centre Fee		
\$25.00 (CIRCLE)	Vetline Subscription (4 issues starting 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		
OPTION 2:	NZMA Members (non-club members) N.B. All fees are paid to your Local Masters Centre as per previous years		
\$60.00 (CIRCLE)	NZMA Competitive Member (including Vetline subscription). Eligible to compete at local, NI, SI, NZMA, OMA or WMA Championship events.		
\$45.00 (CIRCLE)	NZMA Social Member (including Vetline subscription). Eligible to compete at local Masters' events only.		
\$0.00 (CIRCLE)	Local Masters Centre Fee (optional)		
Total Fee to pay \$			
Payment Options:	Post, e-mail or hand completed registration forms to Veronica Gould.		
Online Banking:	Wellington Masters Athletics Inc., ANZ, The Terrace: 06 0565 0064415 00. (Please insert your name in the reference box)		
Please make cheque payable to Wellington Masters Athletics			
Postal Address:	Wellington Masters Athletics Inc. PO Box 5887, Wellington 6140	Telephone:	04 973 6741
		E-mail:	gvgould@xtra.co.nz
OFFICIAL USE:			
Verified by:		2019/2020 NZMA Reg No	

Season's greetings.

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



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Wellington Masters Athletics Incorporated

2019-2020 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	04 236 8074

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 89 Amesbury Drive, Churton Park, 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 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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