

New Zealand Masters Track and Field Champs *Hastings, 28 and 29 February, 1 March 2020*



Liz Bentley, Sally Gibbs, Karen Hulena | Photo: Sharon Wray

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Andrew Sexton, Michael Wray, Allan Staite | Photo: Sharon Wray

President's report

Michael Wray



Top left: Julie Edwards, Terri Grimmett, Daphne Jones, Jackie Wilson, Clive McGovern, Joseph Antcliff, Georr Iremonger, Sean Lake | Photo: Sharon Wray

Writing as I am in mid-March, there is really only one topic on everyone's mind: the Covid-19 outbreak.

We are seeing many of our regular events cancelled as the need to practice social distancing is a key component in the effort to smooth the curve of infections. If you haven't become familiar with this term, the objective is to prevent the health service being overloaded by lots of people needing treatment all at the same time. We have seen that Italy, for example, failed to take this approach and in their overloaded hospitals they needed to resort to triage in deciding who could receive treatment and who would not, resulting in a high fatality rate.

The races to be cancelled so far are the remainder of the seasons for both the Waterfront 5km Series and the Athletics Wellington Track and Field season. The New Zealand Half Marathon (Auckland Waterfront) and Marathon (Rotorua) Championships are also cancelled, while parkrun NZ have suspended all their races nationally.

The Government advised public events or mass gatherings where 500 or more people are together in one place, at one time should be cancelled. We know that when racing, athletes can generate a spray of saliva and snot, both of which can transmit any infection so it's important to note that the 500 is not a target and common sense needs to be applied.

For masters athletics in particular, we need to be cognisant that much of our community are considered to be in the high risk category because of their age.



Petra Stoeveken, Phillipa Green, Dale McMillan | Photo: Sharon Wray

This is particularly true on the officials and volunteers on whom many of our events rely. It therefore becomes even more important that we take appropriate precautions and decisions on the running of our events.

While all the public postponements for sports and events have been declared to the end of April, we need to be prepared for the likelihood that we will not be able to resume business as usual until the end of the year at the earliest.

Our next event is the Masters Classic Cross Country Relay on 17 May. At this time we are monitoring the situation and have made no call on whether the event will need postponement or cancellation. Other events scheduled for late-May e.g. the Food Show in Wellington, have already postponed. My personal opinion is we will not be able to proceed with the Relay as currently scheduled but we will make any announcement on our website and Facebook page.

I will be surprised if either of the World Masters Championships or the Olympic Games in Tokyo take place on their scheduled dates. It is too early to know whether the Oceania Masters Championships in Norfolk Island, scheduled for January 2021, will be affected.

Stay calm, practice social distancing (cases are contagious for at least a day before experiencing symptoms, so feeling well is not indicative), regularly wash your hands with soap for at least 20 seconds and try not to touch your face (or anyone else's face).

Michael Wray | President

Wellington Masters Race results

Track and Field Champs, 1 and 2 February 2020

Grade	Name	Result	Wind	Grade	Name	Result
■ 60m				■ 3000m		
W55-59	Petra Stoeveken	9.09	1.6	W45-49	Katie Jenkins	11:26.29
	Liz Bentley	10.08	1.6	W60-64	Terri Grimmett	17:29.86
W65-69	Jenny Mason	10.18	1.6	M35-39	Hiro Tanimoto	9:32.11
W70-74	Veronica Gould	9.87	1.6		Geoff Ferry	9:35.32
M50-54	Pinna Alessandro	7.68	2.3		Alasdair Saunders	9:43.28
	Chris Roberts	8.19	2.3	M40-44	Andy Ford	9:38.50
	Graham McPhail	8.43	2.3	M45-49	Simon Keller	9:55.90
	Mark Ford	8.85	2.3		Darren Gordon	10:36.00
M55-59	Mark Macfarlane	8.76	2.3	M50-54	Grant McLean	9:44.12
M60-64	Gordon Cameron	9.58	2.3		Michael Wray	10:49.56
M65-69	Peter Orman	9.54	2.3	M55-59	Bruce Atmore	11:12.53
■ 100m				■ 3000m Track Walk		
W45-49	Vanessa Story	14.15	1.7	W45-49	Arlene Wong-Tung	20:53.82
W55-59	Petra Stoeveken	14.58	NWI	W60-64	Julie Edwards	20:56.59
	Liz Bentley	16.07	NWI		Terri Grimmett	21:06.76
W70-74	Veronica Gould	16.08	NWI	W70-74	Jacqueline Wilson	19:22.16
M50-54	Chris Roberts	13.14	1.7	W75-79	Daphne Jones	22:05.50
	Mark Ford	13.60	1.7	M45-49	Sean Lake	17:51.82
	Graham McPhail	13.99	1.7	M50-54	Joseph Antcliff	20:44.81
M55-59	Mark Macfarlane	14.02	1.7	M70-74	Clive McGovern	18:34.22
M60-64	Gordon Cameron	16.22	1.7		Ray Marten	22:25.84 (B Grade)
■ 200m				■ 3000m Steeplechase		
W45-49	Andrea Harris	31.53	1.8	M55-59	Peter Stevens	11:28.53
W55-59	Petra Stoeveken	31.26	1.8	■ Shot Put		
W70-74	Veronica Gould	36.05	1.8	W40-44	Heidi-Jane Humphries	6.72 4kg
M50-54	Chris Roberts	28.65	1.5	W50-54	Toni King	8.54 3kg
	Mark Ford	29.18	1.5	M50-54	Graham McPhail	9.18 6kg
	Graham McPhail	29.62	1.5	M60-64	Peter O'Connor	10.75 5kg
M55-59	Mark Macfarlane	29.75	1.5	M70-74	Peter Jack	5.34 4kg
■ 400m				■ Discus		
W45-49	Vanessa Story	1:05.99		W50-54	Toni King	19.33 1kg
	Andrea Harris	1:09.00		M50-54	Graham McPhail	27.17 1.5kg
■ 800m				M55-59	Finlay Abbot	29.12 1.5kg
W30-34	Andrea Peat	2:27.87		M60-64	Peter O'Connor	30.05 1kg
W40-44	Tamara Winkler	2:18.19		M65-69	Peter Orman	25.17 1kg
W45-49	Andrea Harris	2:50.87		M70-74	Peter Jack	13.20 1kg
W55-59	Helen Willis	3:14.78		■ Javelin		
M40-44	Daniel Clendon	2:14.26		W40-44	Heidi-Jane Humphries	11.34
M50-54	Michael Wray	2:24.46		■ Hammer Throw		
M55-59	Peter Stevens	2:16.83		W50-54	Toni King	21.76 3kg
	David Creamer	2:33.59		M50-54	Graham McPhail	20.44 6kg
M70-74	Jonathon Harper	3:02.92		M70-74	Peter Jack	16.98 5kg
■ 1500m				■ Weight Throw		
W30-34	Andrea Peat	4:57.74		W70-74	Veronica Gould	7.84
W40-44	Heidi-Jane Humphries	6:15.51		■ High Jump		
W45-49	Katie Jenkins	5:15.27		M55-59	Mark Macfarlane	1.40
W55-59	Helen Willis	6:27.38		■ Long Jump		
M35-39	Hiro Tanimoto	4:14.07		W40-44	Heidi-Jane Humphries	3.26 1.9
	Alasdair Saunders	4:38.79		W70-74	Veronica Gould	3.36 -0.1
M40-44	Daniel Clendon	4:28.39		M50-54	Mark Ford	3.81 +0.0
	Andy Ford	4:29.07			Chris Roberts	4.18 2.2
M45-49	Darren Gordon	4:55.31		M55-59	Mark Macfarlane	4.11 2.2
M50-54	Michael Wray	5:02.47		■ Triple Jump		
M55-59	David Creamer	5:09.10		M55-59	Mark Macfarlane	9.09 1.6
	Bruce Atmore	5:23.00		M65-69	Peter Orman	6.89 1.1
M60-64	Todd Kriebble	5:08.51		■ Pole Vault		
				M60-64	Gary Rawson	2.10

The Athlete's Kitchen

Eating clean: unintended consequences

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- *I've started eating clean; quinoa and brown rice. No more white rice.*
- *I haven't had cookies for ages. I'm eating clean – no added sugar.*
- *When I visit my parents, I bring my own food. It's healthier....*

The **clean eating** movement has raised a lot of questions about what you should and should not be eating. I hear runners chatter a lot about **good** (nutrient dense) foods, **bad** (nutrient poor) foods, and **clean** foods. Hence, if you are feeling confused about what's best for you to eat for health and performance, you are not alone.

Clean foods are generally defined as being unprocessed, all-natural, and free of GMOs, added sugar, high fructose corn syrup, refined grains, and perhaps gluten. **Clean foods** are also free of antibiotics, hard to pronounce ingredients, and wrappers. Some runners talk about avoiding **un-clean** food with an air of superiority: *I don't do sugar or white flour anymore*. This often includes denying themselves of some fun and special foods (*birthday cake, dessert with friends, pasta dinners*). Clean eaters can easily instill guilt in a friend or relative who eats, let's say, warm rolls from the restaurant's breadbasket, as if that person is sinning. (Note: Eating is not a sin!)

Please understand there is no such thing as a **good, bad, clean, un-clean, or junk** food. An apple, for example, is commonly considered to be a **good, clean** (health-promoting) food, but a diet of all apples is a **bad** diet.

I encourage you to stop labeling specific foods (white bread, red meat) or ingredients (sugar, salt) as being good or bad. Instead, you want to look at how the food fits into your sport menu for the entire week, month, and year, and evaluate a food in context of a **balanced** or **unbalanced** diet. Even so-called **bad** foods with little nutritional value can be balanced into an overall wholesome sport diet. (Note: the only **bad** foods — that you really don't want to eat — are moldy, poisonous, or cause an allergic reaction.)

The dirt on clean eating

Clean eating often comes with unintended consequences. Please keep the following dirt in mind if you have stopped eating salt, red meat, refined grains, and added sugar.

- Eliminating **table salt** when cooking and at the dinner table reduces your intake of iodine. This mineral was added to table salt in the 1920s to eradicate goiter (a thyroid disorder). Iodine is in dairy milk, saltwater fish, and seaweed. If you rarely eat those items, and add no salt to your food, your iodine intake could be quite low. Iodine deficiency is associated with infertility, poor brain development in infants, low metabolism, and chronic fatigue syndrome.
- **Pink Himalayan salt, sea salt, or other specialty salts are not iodized. Nor is the salt used in commercial foods. If you are a runner who sweats heavily and craves salt, don't hesitate to enjoy a sprinkling of iodized salt.**

- Cutting out **red meat** reduces your intake of iron, a mineral needed to prevent anemia and needless fatigue. Anemia is prevalent among females who lose iron via menstrual bleeding. Studies suggest 20 to 50 per cent of collegiate female athletes experience anemia. Male athletes are also not immune from becoming anemic. A study with collegiate male runners suggests about 20 per cent were iron-deficient.

If you choose to abstain from eating iron-rich red meat, be sure to consume alternate sources of iron, such as chicken thighs, tuna fish, dried beans, and iron-enriched breakfast cereals. Note that all natural cereals, like granola or Puffins, have no additives. That means they have no added iron. For runners who eat no red meat, this further reduces their chances of consuming adequate iron.

- Eliminating enriched white bread and other refined grains also reduces the intake of iron, as well as B-vitamins such as folic acid. These nutrients are added to help prevent deficiencies. Folic acid is of particular importance for women who might become pregnant; it helps reduce the risk of birth defects. A diet with some enriched and fortified refined grain foods boosts intake of this important nutrient. Given US Dietary Guidelines recommend half of the grains you eat should be whole grains, the other half can be enriched grains. Yes, white pasta and breads do offer nutritional value! Mix 'n match your grains.

- Eliminating "carbs" (starchy foods, such as bread, bagels, pasta, rice, etc.) can easily lead to "dead legs" and poorly fueled muscles. I counsel far too many runners who train hard and eat just protein and veggies for dinner, with no "carby foods." Even runners who eat a lot of veggies with a meal will unlikely consume the recommended 3 to 5 grams of carbohydrate per pound of body weight that optimally replenishes the muscle glycogen stores of competitive athletes. This comes to at least 1,200 calories of carbohydrate a day for the 150-pound runner who trains 1 to 2 hours a day. This is far more carbs than found in a large salad doused with 500 calories of dressing! No wonder I hear so many complaints about fatigue, dead legs, and poor workouts from athletes who have "knocked off the carbs." Eating a grain food as the foundation of each meal resolves the problem.
 - Eliminating foods with **added sugar** eliminates a lot of (fun) foods. Do you really want to never enjoy cookies or birthday cake ever again – without feeling guilty, that is? Is something wrong with enjoying a sweet treat in moderation? No! US Dietary Guidelines state 10 per cent of total calories can come from refined sugar. For most runners, that's 200 to 300 calories of added sugar a day (50-75g) to help fuel muscles.
- Runners who avoid sugar (with hopes of curbing their so-called sugar "addiction") commonly end up binge-eating sugary foods. Denying sugar is not the solution. Rather, routinely balancing in a sweet such as a daily cookie, can help keep cookies from become an all-or-nothing food.**

The bottom line

Instead of aspiring to **eat clean**, how about focusing on eating a **variety** of foods that offer 85 to 90 per cent quality calories? Balance in unclean foods, if desired, with the remaining 10-15 per cent of your calories. No need to suffer through a **perfectly clean** sports diet, because an excellent diet is good enough. Despite popular belief, a little bit of "dirty food" will not ruin your health forever.

Nancy Clark, MS, RD counsels both competitive and casual athletes in the Boston area (Newton, MA (617-795-1875). Her Sports Nutrition Guidebook (2019) can help you eat wisely and well. Online workshops, see: NutritionSportsExerciseCEUs.com or general enquiries, visit NancyClarkRD.com

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Recipe

Mediterranean Baked Fish



You can cook any fish fillets in this way – to serve more people simply use about 200g of fish per person and increase the quantities of flavourings. To check whether the fish is done, test it with a fork at the thickest part. If it flakes easily it is cooked.

Preparation time: 10 minutes

Cooking time: 10-12 minutes

Ingredients

- 1.2 kg white fish fillets
- 90 g butter, sliced or cut into small cubes
- 2 tomatoes, very thinly sliced
- ¾ cup white wine
- Finely grated zest of 1 lemon
- Salt and ground black pepper
- Sprigs of dill, parsley or chives

Preparation

- 1 Preheat oven to 180°C and line a baking tray with baking paper for easy clean-up.
- 2 Place fish on prepared baking tray. If fillets are small, overlap 2-3 together, tucking in any thin ends. Sprinkle with lemon zest and season with a little salt and pepper. Top each fillet with a small knob of butter then place 2-3 overlapping slices of tomato on top. Drizzle with wine and top each with a sprig of dill, parsley or chives and a little extra pepper. Arrange remaining butter around fish.
- 3 Bake until fish is just cooked through and begins to flake at the thickest part (about 10-12 minutes). Transfer to warmed plates, spooning any remaining juices from the tray over the top.
- 4 Serve with parsley mashed potatoes (use olive oil when mashing) and a crisp green salad.

Serves 6

Health

Benefits of the Mediterranean Diet



Did you know Olive oil is a big part of the Mediterranean diet?

Interested in improving your nutrition and overall health? Great! Here are some popular choices. You've probably heard of most of them by now:

- South Beach
- Atkins
- Weight Watchers
- Jenny Craig
- Scarsdale
- Pritikin
- Keto
- Paleo.

And the list goes on. So which one is best?

While many of these nutritional plans have been around for a mere decade or less, there's a proven eating plan with healthful benefits that has been around for centuries.

It's a style of eating popular in the southern Mediterranean area. You'll find it in Greece, Portugal, southern Italy, southern France and Spain. No wonder it's called the "Mediterranean Diet."

Interest in the Mediterranean diet began over 50 years ago. That's when it was observed that coronary heart disease caused fewer deaths in Mediterranean countries. Subsequent studies determined that the Mediterranean diet is linked with reduced risk factors for cardiovascular disease. This finding is significant since cardiovascular disease is the number one cause of death in our country.

What's so special about the Mediterranean Diet?

Studies suggest those who follow this diet enjoy these health benefits:

- Decreased risk for cardiovascular disease
- Lower risk for Alzheimer's disease
- Higher life expectancy rate; and
- Decreased risk for certain types of cancer.

As much as 40% of the daily caloric intake of this diet comes from eating fats. In particular olive oil. It's a major source of antioxidants and a monounsaturated fat that doesn't raise cholesterol levels.

This plant-based diet is considered healthier than the typical meat-based diet that so many of us grew up with. That's because it relies heavily on the daily consumption of fruits, vegetables, nuts, grains, and cheese. Fish, a major source of omega-3 fatty acids, is consumed several times a week. Red meat is limited to only once or twice a month.

A related factor may be exercise levels. Many in the Mediterranean region do not rely on cars as their basic means to travel. Thus they are more apt to walk, getting sufficient exercise.

The Mediterranean diet is delicious and healthy. Many who switch say they'll never eat any other way.

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Health

COVID-19 – help protect yourself and others

COVID-19 is a new illness that can affect your lungs and airways. Symptoms of COVID-19 include: a cough; shortness of breath; a high temperature (at least 38°C). These symptoms do not necessarily mean you have COVID-19, these symptoms are similar to the common cold and flu.

How it spreads

COVID-19, like the flu, can be spread from person to person. When a person who has COVID-19 coughs, sneezes or talks, they may spread droplets containing the virus a short distance, which quickly settle on surrounding surfaces.

You may get infected by the virus if you touch those surfaces or objects and then touch your mouth, nose or eyes.

That's why it's really important to use good hygiene, regularly wash and thoroughly dry your hands, and use good cough etiquette.

Help prevent the spread

- Cough or sneeze into your elbow or by covering your mouth and nose with tissues
- Put used tissues in the bin or a bag immediately
- Wash hands with soap and water often (at least 20 seconds)
- Try to avoid close contact with people who are unwell
- Avoid personal contact, such as kissing, sharing cups or food
- Clean and disinfect frequently touched surfaces and objects, such as doorknobs
- Stay home if you feel unwell.

Call the Healthline on 0800 358 5453 if you have any symptoms and have been to any countries or territories of concern or have been in close contact with someone confirmed with COVID-19.

For more information about the virus, including travel, visit Ministry of Health's website: www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus

Health

How to be Sunsmart and get Vitamin D

Most of our vitamin D is produced in the skin through sun exposure, so being sunsmart is a balancing act.

We need vitamin D to maintain calcium and phosphorous levels and promote bone health. Studies show people who use sunscreen in summer still have adequate vitamin D levels, and even more if they exercise outdoors. We need only three minutes of sun on our hands, face and neck on an Auckland summer's day, but 60 minutes on a winter's day in Invercargill.

If you're over 50, dark skinned, immobile, do little outdoor activity or cover up for religious or other reasons, then you may be at risk of deficiency.

In this case, see your GP before taking supplements – too much vitamin D can lead to kidney damage and, paradoxically, thin bones.

Oily fish, such as tuna, salmon or mackerel, contains vitamin D, and liver, lamb, eggs, fortified milk and yoghurt have small amounts. But it is difficult to get enough vitamin D through diet alone.

Skin Cancer Red Flags

Contact your dermatologist or doctor promptly if you notice any of the following:

- Persistent small, red scaly patches. These may be examples of solar keratosis, which can be precursors to skin cancers. These can also manifest as a painless or tender lump.
- A scab or an ulcer that won't heal.
- A mole or lesion that has changed shape, size, colour, texture, sensation or feel, or stands out as being different from the rest of your moles.

Early treatment is more likely to result in a cure, and minimise scarring.

Training

Interval training



What is interval training?

Running intervals of fast short periods of effort alternated with slower recovery periods. Interval training is widely considered to be one of the most effective methods of boosting running performance. It helps you build fitness and improve your ability to sustain running at your target pace, which will ultimately enable you to run faster over your chosen distance.

You don't need to be an experienced runner, or running any particular 5k time to benefit from interval training.

Benefits of interval training

The beauty of interval training is that you can run for a longer total duration at your target pace during an interval session than you could do in a single effort. If you typically run a 5k parkrun in 30 minutes non-stop, finish with nothing in the tank, your pace would be 6 mins/k. But during an interval session, you can break down the distance into smaller chunks of shorter, repeated efforts, with a short recovery in between. For example, 6 x 1k with rest in between; doing this you will find you may be capable of running 6k in total at 6 min/k pace instead.

How to include it in your training

There are various types of interval sessions, but generally there are two main areas:

- A higher number of shorter intervals at higher intensity eg: 10–16 x 70 seconds
- A lower number of longer intervals at slightly lower intensity eg: 3–4 x 2k.

When you first start out interval training, it can be confusing knowing where to start.

A really good rule is to work to a recovery ratio of 1:2, so if you run fast for 2 minutes, take 4 minutes rest recovery. You don't need to start with the biggest, most intense workout that you can manage. It's far better to finish a workout with a little room for improvement than to hit a ceiling every time you try to run a fast workout.

When planning your week, always allow adequate recovery time between your hard days. Many runners will find that they can only manage one hard run per week at first. This could mean that if you're planning to run your interval session during the week, you may need to plan for a slightly easier parkrun effort at the weekend. As you develop, don't take unnecessary risks by running too hard, too often. Recover fully after each hard run to give your body the recovery it deserves, before you go hard again.

Interval session pace and effort

A common misconception is that interval training needs to be flat-out sprints run at the highest possible intensity. This is not true. You benefit more by running with good control, at a pace that is sustainable and comfortable enough to repeat after a short recovery period.

The easiest way to fail an interval session is to run too fast, for too long, without adequate recovery.

If you do this, you are not likely to make it to the end of the session.

If this does happen to you – don't panic! Training always involves a little trial and error, and even the most experienced runners get it wrong sometimes by getting a bit overexcited. Whenever this happens, you will learn from it and the lesson learned will help you plan successfully for future sessions.

All of the variables involved in your workout, need to be decided in line with your current level of fitness and your level of training experience.

The best advice for anybody attempting their first interval sessions is to run each effort slightly slower than your desired target pace, over a distance or duration that is shorter than you think you can handle, and with more recovery than you think you actually need.

It is always more beneficial to finish an interval session happy and in one piece, rather than having overdone the speed and had to stop and risked injury.

Parkrun interval training sessions

A typical high-intensity interval speed session for someone hoping to run a faster parkrun would be 6-8 x 800m:

- 10 minutes jogging warm-up
- 6 x 15 seconds at slightly faster than your parkrun pace
- 5 minutes walking, jogging or rest
- 6-8 x 800m at your target 5k pace, with 200m recovery in between, walking or jogging
- 3 minutes rest
- 6 x 15secs at slightly faster than parkrun pace
- 10 minutes jogging cool-down.

A more endurance-based interval session for someone hoping to run a faster parkrun would be 3 x 10 minutes:

- 10 minutes jogging warm-up;
- 6 x 15 seconds at slightly faster than your parkrun pace;
- 5 minutes walking, jogging or rest;
- 3 x 10 minutes at tempo pace (15-20 seconds per kilometre slower than your parkrun pace) with 2 minutes jogging or walking recovery in between;
- 10 minutes jogging cool-down.

Tips:

- Always warm up well before attempting any hard efforts. Do at least 10 minutes of easy running before attempting a session.
- During the session, a common mistake is to jog the recovery efforts too quickly, when your body is telling you that you need to walk in order to complete the next effort. Never be afraid to walk during the recovery between your faster efforts. Even world-class distance runners will walk their recovery sometimes.

- Never skip the cool-down afterwards as this is vital to help start your recovery process. You may be tired after the session, or possibly pushed for time, but better to reduce the number of efforts slightly in the session than skip the cool-down jog.

Consistency is the key to improvement, so plan ahead. Try to plan for successful sessions that will test you, not break you.

Remember, be patient. Whilst you may notice some improvement straight away, the first physical benefits will be noticed after 6-10 weeks.

Lifestyle

Seven simple habits to enhance your life

Rather than setting ourselves huge goals that can feel overwhelming, sometimes it's as simple as reminding ourselves of some basic habits to try every day.

Get enough sleep

- Getting enough sleep helps manage your appetite, supports immune system function, strengthens your memory and helps decrease disease risk.

Half an hour of exercise

- As well as improving your physical health, regular exercise helps improve your mood, provides social engagement and can improve your overall immune system.

Be thankful

- Think of 10 things you are grateful for. This is a great way to promote positivity and reduce stress.

Stay connected

- Humans are social creatures. Therefore, regular social connection plays an important role in mental, emotional and physical wellbeing.

Learn something new

- When we learn a new skill or activity, it helps to build new brain cells and strengthens the connections between them.
- This develops resilience which works as a preventive measure in developing dementia.

Drink more water

- Drinking more water has countless benefits, including enhancing physical activity, clearer skin, and better digestion.

Read a book

- Reading books is a great way to gain knowledge and stimulate creativity.

2020 UPCOMING EVENTS			
April	18	Cancelled (Great forest events, full marathon, half marathon, 10 km and 5 km)	Waitare
May	2	Cancelled (56th Rotorua marathon, half marathon, 10 km and 5 km fun run)	Rotorua
	16	Cancelled (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
July	4-5	42nd Gold Coast marathon and associated races	Gold Coast
	5	Gazley Motors Wellington Marathon, ½ Marathon & 10km	Sky Stadium
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
	27	BMW Berlin Marathon	Berlin
Oct	11	Bank of America Chicago Marathon	Chicago
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
2021 UPCOMING EVENTS			
Feb	13	Buller Gorge Full Marathon, ½ Marathon & Marathon Relay	Westport

Please note: Race information available and correct as time of print. Whist 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.

We will keep you informed when more race details come to hand. Remember to check the website for the most up to date information.

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.

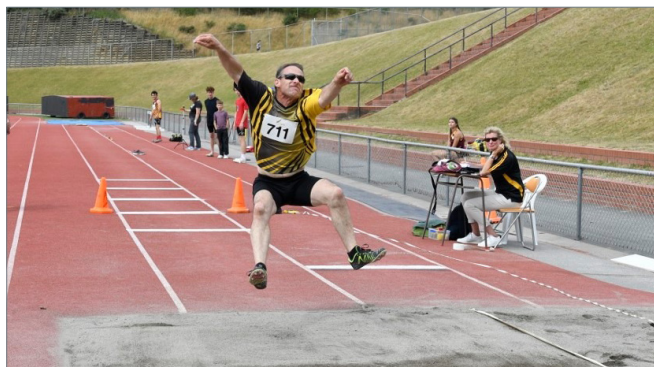
Become a track, road, cross country, walks, jumps, or throws judge – and see it all close up. Come on, Give it a Go!

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.



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: E-mail:	04 973 6741 gvgould@xtra.co.nz
OFFICIAL USE:			
Verified by:		2019/2020 NZMA Reg No	



Mark Macfarlane | Photo: Sharon Wray



Rob Homan, Peter Stevens | Photo: Sharon Wray

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	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

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

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