

## A Blast from the Past – Newtown Park, 26th January 1997 Centre 10,000m and 20,000m Race Walking Championships



David Lonsdale, late Robert Bennett, David Smyth now living in Australia, Peter Tearle, and the late Noeleen Perry | Photo supplied by Jackie Wilson

### Inside this issue:

President's report .....	2
Health	
– Thinking of others .....	3
– How to boost your immune system ....	4
– Internal inflammation .....	5
The Athlete's Kitchen .....	6
Training	
– Hacks for the Masters Athlete .....	8
– At home .....	9
We need you! .....	10
Time out .....	11
Wellington Masters Athletics Inc.....	12
Master Copy contributors .....	12

### The Golden Rules for everyone at Alert Level 1

- If you're sick, stay home. Don't go to work or school. Don't socialise.
- If you have cold or flu symptoms call your doctor or Healthline and get tested.
- Wash your hands. Wash your hands. Wash your hands.
- Sneeze and cough into your elbow, and regularly disinfect shared surfaces.
- If you are told by health authorities to self-isolate you must do so immediately.
- If you're concerned about your wellbeing or have underlying health conditions, work with your GP to understand how best to stay healthy.
- Keep track of where you've been and who you've seen to help contact tracing if needed. Use the NZ COVID Tracer app as a handy way of doing this.
- Businesses should help people keep track of their movements by displaying the Ministry of Health QR Code for contact tracing.
- Stay vigilant. There is still a global pandemic going on. People and businesses should be prepared to act fast to step up Alert Levels if we have to.
- People will have had different experiences over the last couple of months. Whatever you're feeling — it's okay. Be kind to others. Be kind to yourself.

## President's report

*Michael Wray*

We've seen the athletics timetable change a lot over the time of the COVID outbreak but now we're in Alert Level One we have confirmation on the changes to the Athletics Wellington and Athletics NZ Calendar. We're working on what this means to our Wellington Masters events and will announce the outcome of that review as soon as we can.

During the interim lockdown period, many of our members were involved in the Virtual Races put on by Athletics NZ. These were supplemented by some creative virtual challenges by some clubs, particularly from Olympic and Scottish.

Kudos to Athletics Wellington for waiving the Centre levy this season. Hopefully this will see clubs respond in a positive manner and offer an attractive membership rate to their base so we can keep our membership base current and active. As Wellington Masters, we have a keen interest in this because under the MOU between ANZ and NZMA, only club members who take out a competitive membership with their Athletics Wellington club receive membership of us automatically. Social members of ANZ clubs must also pay the NZMA levy should they wish to join us. Given the NZMA levy is higher than the difference between an ANZ social and ANZ competitive membership, I expect our ANZ membership base should remain with us as ANZ club members this season.

Athletics Wellington have confirmed the plan for resuming the programme. The programme is not as truncated as we originally feared. The Uni Relays will still take place, albeit somewhat later than planned. A handful of events have been lost for the year: the Mountain Running Champs, Shaw Baton Relays, Vosseler and Dorne Cup. All the other events have been assigned new dates. Note the Bays Relay is replaced by the Needle Relay, which was a planned change not related to the pandemic.

Athletics New Zealand have accepted there will be no 2020 NZ Mountain Running Champs or Half Marathon Champs. The Marathon has been deferred to September, while

Cross Country is now at the end of August instead of the beginning. The Road Relays and Trail Champs remain as scheduled but the Road Champs go out to November to keep reasonable spacing.

World Masters Athletics had to cancel the Toronto 2020 Championships. Toronto tried to keep the event open for a future date but have now confirmed it is formally cancelled. This means that Tampere, in Finland who were hosting the 2021 European Masters Championships will now host the next World Masters Championships, probably in July 2021. The Indoor Championships, scheduled for Edmonton in March 2021 are delayed by a year, as is the outdoor Championships that Gothenburg were going to host in 2022. It remains to be seen what will happen with scheduling for 2024 onwards, as World Masters do prefer outdoors in an even year and indoors in an odd year to better align with other international events.

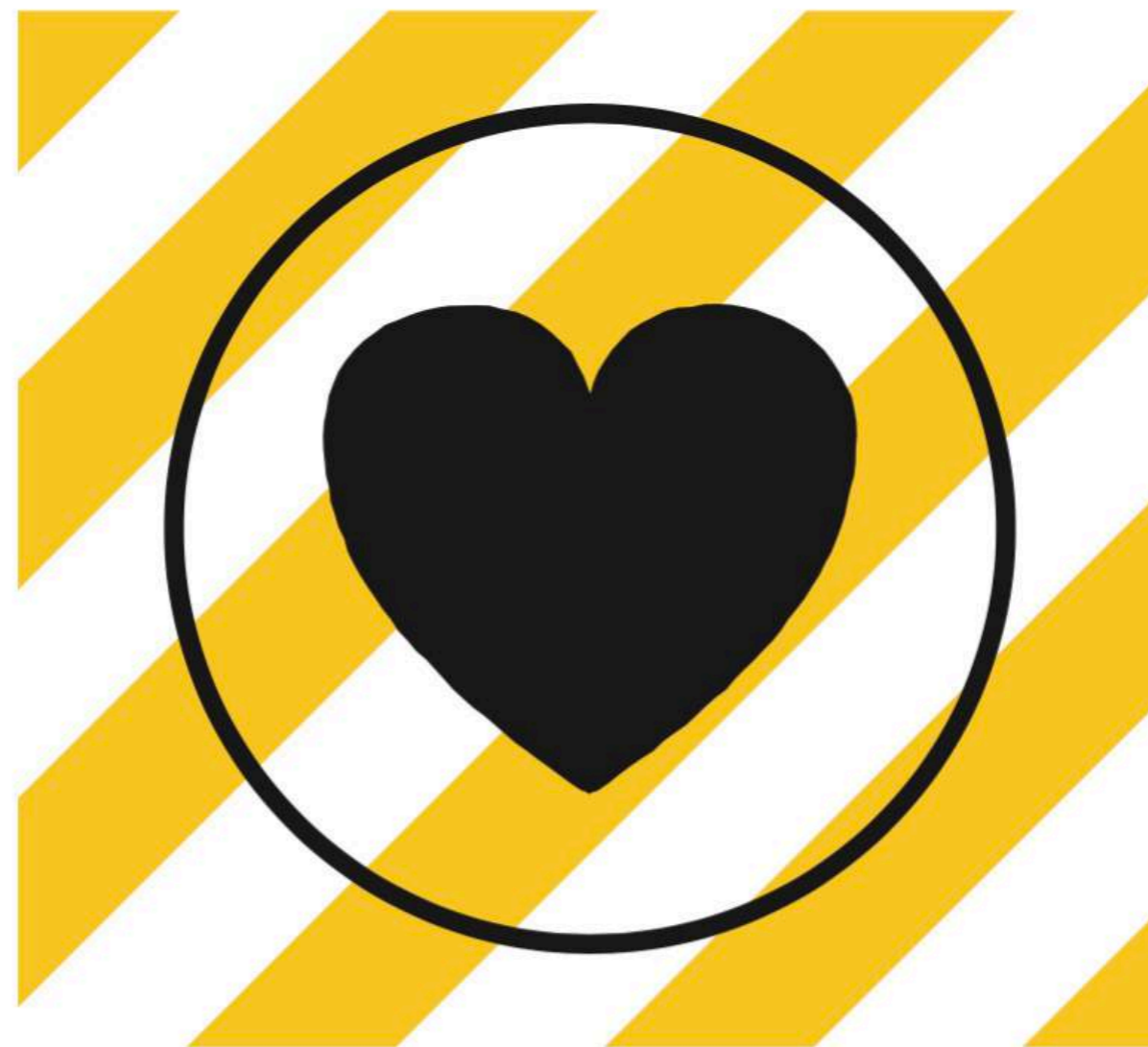
The World Masters Mountain running champs are currently still scheduled to go ahead as planned but I would be surprised if they actually take place given Europe is likely to have travel restrictions.

For us, the immediate question has to be on whether Oceania Masters Champs in January 2021 will be held in Norfolk Island as scheduled. To go ahead, the LOC need to have confidence that a trans-Tasman-Pacific travel bubble will be in place. The OMA Council will meet in early July to decide whether to postpone to January 2022 or stick to the original date. As things stand, there are only seven entries as athletes are not willing to commit during a time of uncertainty. My personal opinion is they will have to delay to 2022; I just can't see the region being able to rely on an inter-country travel bubble in time for the LOC to proceed without huge financial risk for the 2021 date and I suggest you plan on the basis of 2022. We'll let you know as soon as we can what decision has been made.

**Michael Wray | President**

## Health

*Thinking of others who may be affected by COVID-19*



# Be kind. Check-in on the elderly or vulnerable.

**Make a difference by:**

- checking-in on any elderly or vulnerable people you know
- dropping supplies to those at home sick.

Find out more at **Covid19.govt.nz**

New Zealand Government

**Unite  
against  
COVID-19**



# Health

## How to boost your immune system

By Kaytee Boyd

Our amazing immune system protects us from infections like viruses, bacteria, and fungi through highly complex and adaptive processes. We build immunity throughout our lifetime – so when we encounter certain invading germs again, we can fight them faster the next time around. A healthy immune system responds quickly and appropriately to threats like infections.

### How can we build up our immunity in the long term?

There's a close relationship between nutrition and the immune system. We know, for example, that zinc directly supports white blood function – critical to fighting off pathogens and slowing viral replication. And zinc deficiency can lengthen the time people are sick with infection. When you get sick your white blood cells chew through zinc, which is why sometimes you may need to supplement dietary sources. This is especially the case for vegans, since copper competes with zinc and a raw or vegan diet is usually high in copper.

### Eat a well-balanced, in-season diet

Try to eat plenty of plants, and heaps of variety. This means getting at least two fistfuls of vegetables per meal, incorporating high quality supplements if levels are low. Focus on nutrient-rich vegetables and some fruit, healthy fats like olive and avocado, and proteins. Grass fed bone broth, and certain herbs like echinacea, olive leaf extract, garlic and ginger may also help. And cut back on inflammatory sugar, as it triggers low-grade inflammation which isn't helpful if you are fighting off a virus or a cold.

### Move Every Day

Just like a healthy diet, regular exercise is fundamental to good health and a strong immune system. Exercise encourages circulation, which helps the cells and components of the immune system move through the body freely and do their job efficiently. There are many ways to get exercise at home, such as:

- Workout apps, DVDs (search your archives!) or YouTube videos for cardio or strength training;
- Calisthenics and body weight-based exercises (like push-ups or planks);
- Going for a walk or run.

### Take time to rest, relax and de-stress

Stress drives the production of the hormones cortisol and epinephrine, which are known to diminish Th1 and natural killer cells – suppressing the immune response. Stress also reduces the protective 'coating' of mucus in the gut that's vital in preventing pathogens from entering the blood. A big part of managing stress is getting enough sleep and rest. Consider incorporating the below:

- Practice mindful meditation and yoga;
- Take a break from screens and noise, especially in the evenings if you can;
- Listen to soothing music;



© MADIM GUZHYVA/IMAGE ID: 74490207/123RF.COM

- Enjoy a warm caffeine-free drink such as herbal tea with adaptogens or warm golden turmeric milk;
- Stick to a sleep schedule;
- Avoid caffeine or eating a large meal before going to bed;
- Allow time to relax and wind down before bedtime;
- Consider melatonin for more restful sleep.

### Look after your gut health

A varied, high-fibre diet with complex carbs is good for the bacteria living in your gut and encourages a diverse ecosystem. Gut microbes feed off what YOU eat. They love fibre! Think black currants and blueberries, beetroot, legumes, pulses, onions, broccoli... Literally if you 'eat the rainbow' you'll feed your gut microbes.

Eating naturally fermented foods helps too. Foods such as sauerkraut, pickles, miso, plain yogurt, and kefir (a yogurt-based drink) are full of probiotics (live bacteria), which love to eat fibre. When bacteria consumer fibre they produce short chain fatty acids. These feed the cells that live along the lining of the gut, which use that fuel to produce mucus which acts like a barrier. It's also important to get outside as much as possible and resist the urge to sanitise your home, beyond Covid-19 precautions.

### Back to basics

Make clean air, water and food your top priority and the rest will follow.

- Get plenty of sleep. Go to bed early, to support melatonin production
- Eat colourful, nutrient-rich meals full of veges and fruit, drink lots of water
- Move and exercise every day to help the lymph system function effectively
- Get a few minutes of sunshine daily, so your body can make vitamin D

- Reduce processed foods
- Manage stress levels; stress has been shown to reduce immune function
- Reduce exposure to known allergens and chemicals, everything adds up.

Kaytee Boyd has been involved in the Health and Wellness industry for more than 25 years. With a double degree from Otago University in Human Nutrition and Sports Science, Kaytee is a member of the Nutrition Society of NZ and an MINND foundation practitioner (specialising in Autism), as well as a previous advisor on the Breast Cancer Network Foundation board.

Kaytee splits her time across two busy Auckland clinics, as well as heading weekend cancer masterclass workshops.

# Health

## Internal inflammation

*It might seem tasty, but fast, highly processed food is a known cause of inflammation.*

Inflammation is your immune system's response to an infection, injury or irritation. It's how our body's white blood cells protect us from bacteria and viruses.

An infected cut shows signs of inflammation with swelling, redness and pain. A similar response can occur inside our body from the foods we eat.

We usually think of inflammation as something outside the body. But it can occur inside the body to which can lead to stroke, heart disease and other ailments. Author Nicholas Perricone, MD, proposes that inflammation may well be the force behind premature aging.

He and other researchers believe that widespread inflammation is due to our diet. It may be the main factor in the increase of degenerative diseases. These are the most costly to treat and can take years to develop. These include diabetes, cancer, arthritis and Alzheimer's.

Does your diet include a lot of refined sugar? Does your diet consist mostly of foods cooked at high temperatures? Such as most "fast food?" Do you consume hydrogenated or refined oils? This includes potato chips, margarine and most baked goods.

If so, you are more likely to be experiencing inflammation.

### Alternatives

Instead, add more of these types of foods to your diet:

- Fruits, such as apples, berries, fresh pineapple, lemons, limes;
- Vegetables, such as onions, tomatoes, greens (spinach, broccoli, kale), peppers, garlic;
- Spices, such as cinnamon, ginger, basil, mint, parsley, rosemary;
- Nuts and seeds, such as sunflower seeds, walnuts, almonds;
- Fish, such as halibut, salmon, sardines, oysters;
- Olive oil;
- Beverages, such as green tea, black tea, red wine and lots of water; and
- Dark Chocolate, but not the sugary milk chocolate.

### Be mindful about food choices

Fortunately, we can control inflammation by being more mindful the foods we eat. ry to introduce at least one anti-inflammatory food into every meal. Many quickly notice relief from some of the symptoms that have been bothering them. Plus, as an added bonus, they're better able to maintain a healthier weight.

*Ed: This article has been reproduced with the kind permission of Dr Louise Blair, Back to Living Chiropractic, 50 The Terrace, Wellington 6011, call 04 499 7755 or visit their website [www.chiro.co.nz](http://www.chiro.co.nz)*

# The Athlete's Kitchen

## Food, anxiety and runners – a troublesome trio

© Nancy Clark MS RD CSSD | April 2020



As I write this column, the date is April 10th, 2020, three weeks into the coronavirus shutdown here in Boston. I continue to counsel clients from my virtual office. I am talking with runners and other athletes who are stuck at home hating what they see when staring at themselves during Zoom meet-ups, and are spending too much time fighting with food (Do I eat? Don't I eat? Am I hungry – or just bored?). They are feeling anxious and self-critical.

When life feels out of control, runners commonly end up trying to control other things, such as food, exercise, and weight. Some may be striving to chisel themselves into a perfect body (no excess body fat) and eat a perfect diet (no fun foods). Unfortunately, the same dedication and discipline that help them be good runners are the same traits that foster eating disorders. For example, perfectionism is common to both elite runners and people with anorexia. How else could they rise to the elite level without demanding perfection from themselves?

Yes, discipline, dedication, and perfectionism are driving forces that help good athletes become great. But genetics is fundamental, as is adequate – but not necessarily perfect fueling. That is, eating a cookie will not contaminate a runner's health nor ruin his or her ability to perform well.

If you are relentlessly pushing yourself hard right now out of fear of getting fat and losing fitness, please consider being gentler on yourself. This is a difficult time for many folks. Little is wrong with a bit of comfort food in the midst of chaos and crisis. Perhaps you can allow yourself to be "bad" and do something out of character, like bake cookies and enjoy some for an afternoon snack.

Giving yourself permission to enjoy some fun food is a part of normal eating, assuming you also have other coping skills such as writing in a journal and relaxing yourself with yoga.

### When food has power over you

If you are spending too much time trying not to eat (cookies, cheese, ice cream, chips?) because you can't eat just one serving, think again. Depriving yourself of your favorite foods makes them even more enticing. They can needlessly become too powerful. To take the power away from a "binge food," you need to eat it more often. (Trust me!) Here's the analogy:

Pretend you are caring for a four-year-old boy. You take him into a room filled with toys and tell him he can play with all of the toys except for the green truck. You leave the room and then look through the two-way mirror. What is he playing with? The green truck, of course! The same analogy holds true with food.

If you give yourself permission to eat, let's say, some Oreos every day, after a few days, you'll either have little interest in yet-another Oreo (because other foods actually make you feel better) or you will be able to eat just one Oreo; it will no longer have power over you. Yes, to gain control over foods that have power over you, you have to allow the food back into your life and eat it more often. Be curious; give it a try?

### When the mirror makes you feel sad

Are you spending too much time these days critically evaluating your body in the mirror? Or hating what you see in the Zoom meet-up? Please, just, stop the body-hatred talk. Few humans have a perfect body. The imperfections you see are perfectly beautiful and acceptable.

Instead of being self-critical, be grateful that you are healthy. Grateful that you have two strong legs that help you to be a good runner. Grateful that you have a body that produced healthy babies that are now your beloved children. Grateful for your muscular thighs that help you surge up hills. You could even apologise to your body for having tortured it with skimpy diets and excessive exercise in your efforts to control how it looks.

Rather than focus on how your body looks, turn your attention to how your body feels throughout the day, particularly before, during and after you exercise. Does your body feel hungry? Tired? Sore? Respond appropriately to that feeling by nourishing it with food, rest, a warm bath. Daily killer workouts that feel like

punishment for having excess body fat inevitably end up with the athlete being injured and depressed.

Now is a good time to practice looking in the mirror (or the Zoom screen) and saying nice things about your body, such as, "I have pretty blue eyes." "I like my silky hair." "I have strong legs." You can intentionally pay less attention to the crooked teeth, pointy ears, and "too big" tummy. Do you really think others care about that stuff?

Note: For more information on making peace with your body, visit [RealFoodWholeLife.com](http://RealFoodWholeLife.com), [JessieHaggerty.com](http://JessieHaggerty.com), and Julie Duffy Dillion's podcast Love, Food.

### When mindless eating gets out of control

If you find yourself grazing on snacks incessantly throughout the day and have fears about getting fat, try scheduling regular meals and snacks. Also give yourself permission to eat enough breakfast and lunch, so that you are fully satiated. Don't stop eating those meals just because you think you should but rather because you actually have had enough to eat. Runners who graze all day rarely feel fully fed.

Hunger is a physiological request for fuel. Hunger does not mean "Oh no, I'm going to eat and get fat. Rather, hunger is your body's way of saying it has burned off what you fed it and now needs more fuel. Yes, food is fuel, not the fattening enemy. Honor hunger.

Another way to bring control to your eating is to eat only when 1) you are sitting in a specific place (kitchen table?), 2) the food is on a plate, and 3) you are tasting it mindfully. (I.e. you are not standing in front of the open cupboard, wolfing down handfuls of chocolate chips.)

My hope is the above tips will help you find peace with food and your body. Enjoy food for nourishment and survive the coronavirus shut-down with sanity. The day will soon come when you can run free again.

Boston-area sports nutritionist Nancy Clark, MS, RD CSSD counsels both casual and competitive athletes, helping them eat to win. The new sixth edition of her Sports Nutrition Guidebook is a best-selling resource. For more information, visit [NancyClarkRD.com](http://NancyClarkRD.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 website listed above.

## Recipe

### Deluxe Scrambled Egg



A delicious and healthy meal that works as a great breakfast or a light lunch (or even dinner). From: Niki Bezzant; Single Serve in (March 17) Healthy Food Guide.

#### Ingredients

- oil spray
- 1 spring onion, finely sliced
- 1 small clove garlic, finely chopped or minced
- 2 cups chopped spinach or silver beet leaves
- 2 eggs
- ¼ cup trim milk and ¼ cup creamed corn
- 1 tablespoon grated parmesan
- 50g sliced smoked salmon
- 1 tablespoon Greek-style yoghurt
- 1 tablespoon chopped chives
- 1 slice grainy bread, toasted, optional.

#### Preparation

1. Heat a pan over a medium-low heat and spray with oil. Add spring onion and garlic. Cook. Stirring, for 1 minute. Add spinach, stirring, for 2 minutes until wilted and tender. Remove spinach from pan and set aside; keep warm.
2. Combine eggs, milk and creamed corn in a jug and mix together well. Spray pan with a little more oil and add egg mixture. Cook, stirring gently, until egg is just set. Add parmesan and mix gently. Season with pepper.
3. Serve eggs with smoked salmon, spinach, yoghurt and chives. Serve with toast and add black pepper if desired. Serves 1.

Ed – This article has been reproduced with the kind permission of Ray Boardman PGDipSportMed, PGDipRehab, PGCertSc, BSc, DipSptSt. Contact: Mobile 021 FIT-RAY (021 348-729), email: [ray@qwikkiwi.com](mailto:ray@qwikkiwi.com), [www.quickkiwi.com](http://www.quickkiwi.com). Visit Ray's blog [www.coachray.nz](http://www.coachray.nz). Coach Ray is the Head Coach & Director of Qwik Kiwi – Endurance Sports Consultant.



# Training

## Training hacks for the Masters Athlete



By Simon Ward

Ageing is inevitable, but it doesn't have to be the end of your athletic career.

There aren't many things that you can predict with absolute certainty, but aging is one of them. It might not be something you are looking forward to, but it's better than the alternative! Fortunately, triathletes are probably the most optimistic bunch of agers out there; I know of no other group that actually looks forward to getting older, especially when it means changing an age group.

Some of the physical changes we can expect with age include:

- Loss of muscle size and strength;
- Reduced power;
- Lower Vo2 Max; and
- Increased body fat.

Just because we generally have active lifestyles does not mean that we should ignore the changes we see happening with age. There is an awful lot that we can do in both training and lifestyle to slow down the process.

### Lift Heavy

Muscle mass starts to decline in the mid to late thirties. It occurs at a rate of around 3-5% per decade and speeds up once one we hit the mid to late 50's, to about 7-8% per decade. This mainly affects the fast-twitch fibers, which is the reason why an athlete tends to lose power and speed rather than endurance.

Sadly, no amount of swimming, cycling or running will help preserve fast-twitch fibers, because endurance activities generally don't provide sufficient load for that type of muscle adaptation. Instead of doubling down on the long slow distance (LSD), Dr. Stacy Sims suggests LHS ("lifting heavy sh\*\*t") as you age to preserve muscle mass. This means exercises like deadlift, squats, leg press, seated or bent-over rows, with a heavy (for you) load and a low number of repetitions. Dr. Sims' work (and her excellent book ROAR) focuses on female athletes of all ages, but the concepts apply to men as well.

Many aging athletes feel that lifting in such a way may actually cause them injury, and of course, if you have a poor lifting technique then that might happen.

But if you have good technique, then heavy work in the gym can have a number of wonderful benefits. Maximal strength can improve, and with it, power. Heavy weights can also lead to improved resilience in connective tissues, which will be a big help in the battle to stay injury-free. At the very least, one can slow down that loss of muscle mass — and in some circumstances you may even gain new muscle.

### Maintain Range of Motion

With age, our joints tighten up and the range of movement (ROM) around a joint or series of joints can be reduced. This has implications for all three triathlon disciplines but especially swimming and running. If velocity is measured by limb frequency and length of stroke or stride, a loss of ROM (coupled with that loss of speed/power mentioned earlier) ultimately results in a slowdown.

Decreased mobility also increases your risk of injury. Any athlete should aim to avoid an injury, but it's even more important in your older years, as any lost fitness is harder to regain. To increase your mobility, Dr. Kelly Starrett recommends doing at least 15 minutes of mobility work for every 60 minutes of training each week. For example, if you aim for 10 hours of swimming, cycling, and running then your minimum would be 2.5 hours.

### Don't Skimp on Intensity

As you age, long slow distance (even for long-distance triathletes) should become less of a priority, and high-intensity training must occupy the forefront of your mind.

Like with heavy lifting, this can seem counter-intuitive to older athletes but trust me, it does work and if you are healthy and injury-free then you have absolutely nothing to fear.

To retain or build in regular high-intensity interval workouts, aim to work at an RPE of 9-10 for around 10% of your total weekly duration. This, of course, will depend upon your training history and attention to other recovery factors.

You may want to be cautious about fast running, especially if you have a history of calf or achilles problems, but on the bike and in the pool there should be nothing to hold you back. Work at the same percentage above FTP or CSS that a younger athlete might. Quality is the key, so don't be shy about taking a longer recovery interval between repetitions if you feel you need it.

### Listen to Your Body

You have gained some athletic wisdom over the years, so you should use it!

The bottom line is that you have to be more compassionate to your body. You've been using it hard for 30, 40, or even 50 years and it has served you well. Now is the time to repay that service with some kindness. Look after those aching joints, tired muscles and well-used heart.

Listen to your body and if you're ever in doubt about a workout or your health on that day, take it easy, or rest.

As an older, wiser athlete you have hopefully learned to control your ego a bit and can be comfortable finding the path for long-term consistency.

At some point, we all must accept that we are no longer going to get faster or more powerful — but avoiding the slow down as much as possible can be just as exciting a goal!

By lifting heavy weights, maintaining intensity, and looking after your mobility and recovery, you'll be healthy and performing well into your later years.

## Training at home

For athletes over 60



### IT Band Rolling

Loosen up your IT Band so it doesn't bother you when you're running. Though it can hurt the first couple of times you do it, using the foam roller to specifically target and loosen the IT Band will do wonders toward preventing the pain that an aggravated IT Band can cause.

Roll for one minute per leg.

### Innovative weight training at home

Stand on a comfortable surface where you have plenty of room at each side.

- Begin by standing on a comfortable surface where you have plenty of room at each side.
- With a 5lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.
- Each day you'll find that you can hold this position for just a bit longer.
- After a couple of weeks, move up to 10lb potato bags. Then try 50lb potato bags and eventually try to get to where you can lift a 100lb potato bag in each hand and hold your arms straight for more than a full minute.

After you feel confident at that level, put a potato in each bag!

**2020 UPCOMING EVENTS**

July	25	Needle Relay	Kilbirnie
August	2	Johnsonville 8km Road Race and Walk	Johnsonville
	8	University XC Relays	Mackays Crossing
	16	Wellington XC Championships	Harcourt Park
	30	<b>New Date</b> – Gazley Motors Wellington Marathon, 1/2 Marathon and 10km (incl 1/2 Marathon Champs)	Sky Stadium
Sept	17-23	43rd Round Rarotonga Road Race – 31km	Cook Islands
	19	Wellington Road Championships	Wainuiomata
	19	<b>New Date</b> – Hawkes Bay International Marathon, 1/2 Marathon and 10km	Hawkes Bay
	26	<b>New Date</b> – 56th Rotorua Marathon, 1/2 Marathon, 10km and 5.5km	Rotorua
Oct	11	Masterton Full Marathon, 1/2 Marathon and 10km (incl Full Marathon Champs)	Masterton
	24	<b>New Date</b> – We Run the Forest, 42km, 21km, 12km & 7km	Rotorua
Nov	1	Nelson festival of running, half marathon, 10 km, 5 km and kids 2.5 km	Saxton Field, Stoke
	1	Run the city Auckland marathon (5 distances)	Devonport
	14	BDO Lake Taupo Cycle Challenge	Taupo
	28-29	<b>Postponed to 2021</b> – Ironman 70.3 World Championships	Taupo

**2021 UPCOMING EVENTS**

Feb	13	Buller Gorge Full Marathon, 1/2 Marathon and Marathon Relay	Westport
March	6	Multi-Grain Ironman NZ and Ironman 70.3	Taupo
April	11	<b>New Date</b> – ASB Christchurch Marathon, 1/2 Marathon and 10km	Christchurch
July	3-4	42nd Gold Coast Marathon & Associated races	Gold Coast

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 of Athletics Officials!

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

Contact Stacey Taylor, email [staceyanntaylor30@gmail.com](mailto:staceyanntaylor30@gmail.com) for more information

## Consider athletics officiating

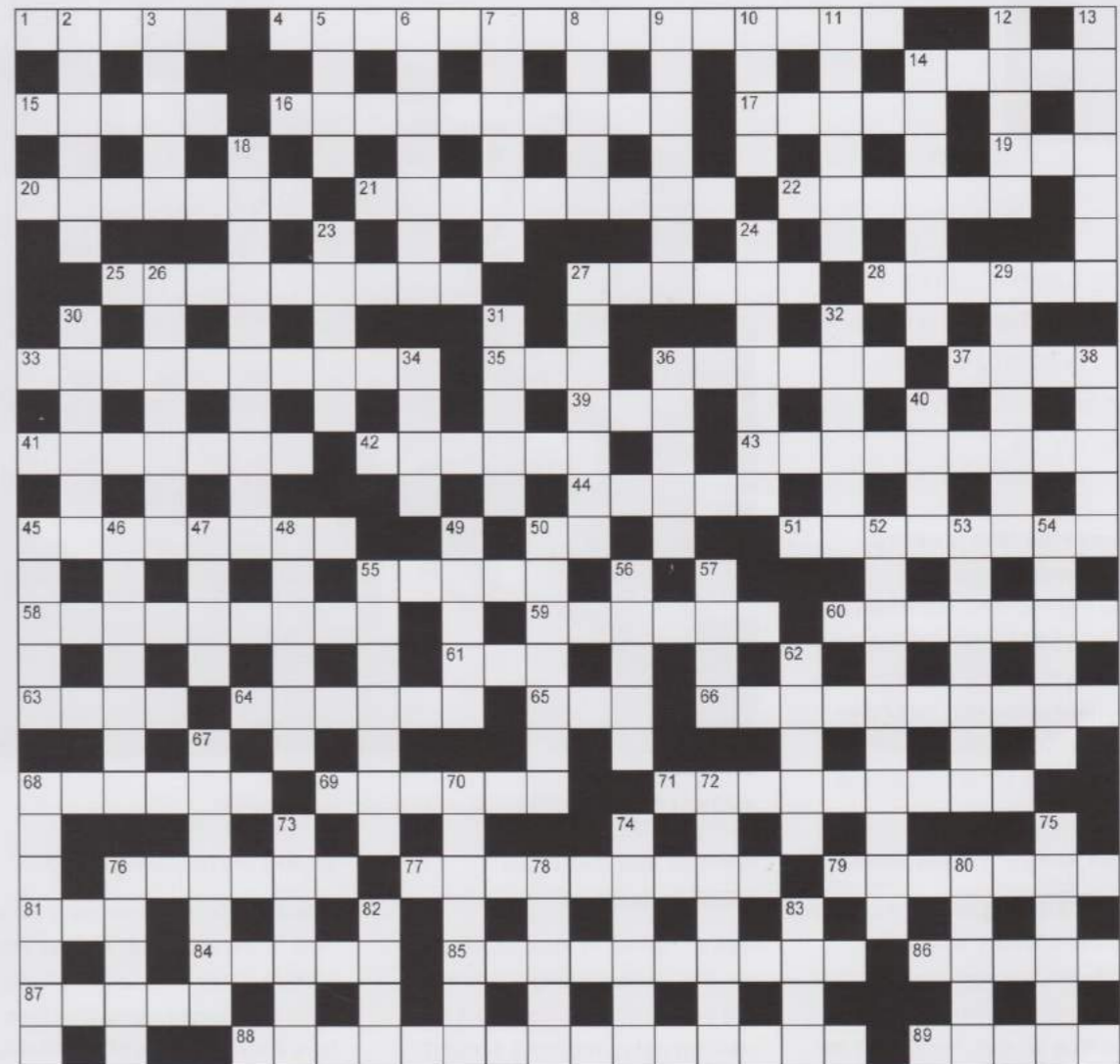
When racing resumes, we will need Measurers, Checkers, Result Recorders. Becoming an official means:

- you get the best seat in the house to watch and support fellow athletes
- opportunities to travel, meet new friends, and enjoy camaraderie
- sharing the pleasure of seeing athletes compete, and improve.

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.

## Time out Brain training



**ACROSS**

- 1 Take place (5)
- 4 Making minimal noise (2,5,2,1,5)
- 14 Snares (5)
- 15 Cleave (5)
- 16 Replacement (10)
- 17 Leg bone (5)
- 19 Long fish (3)
- 20 Greenhouse (7)
- 21 Eating place (9)
- 22 Tracked down (6)
- 25 Hot and bothered (9)
- 27 Praises highly (6)
- 28 Twofold (6)
- 33 Husky, of voice (10)
- 35 Steal from (3)
- 36 Written dissertation (6)
- 37 Porcelain square (4)
- 39 Mimic (3)
- 41 Lap (7)
- 42 Spectator (6)
- 43 Woodworker (9)
- 44 Circumference (5)
- 45 Hired hand (8)
- 50 Negative (2)
- 51 Shivered (8)

**DOWN**

- 55 Populous country (5)
- 58 Getting (9)
- 59 Strand (6)
- 60 Heavy (7)
- 61 Wildebeest (3)
- 63 Practical joke (4)
- 64 Overthrow (6)
- 65 Argument (3)
- 66 Slight adjustments (4,6)
- 68 In a sedate manner (6)
- 69 Small mustelid (6)
- 71 Twin-hulled vessel (9)
- 76 Revolutions (6)
- 77 Ceremonial robes of clergy, choristers (9)
- 79 Level (7)
- 81 Ocean (3)
- 84 Uncanny (5)
- 85 Immunised (10)
- 86 Blocks (5)
- 87 Shockingly vivid (5)
- 88 Predisposed to a tippie (4,2,3,6)
- 89 Actor's whisper (5)

- 2 Mediterranean island (6)
- 3 Single-digit numbers (5)
- 5 Liquid food (4)
- 6 Steal attention from (7)
- 7 Banished (6)
- 8 Maltreat (5)
- 9 Air came (anag)(7)
- 10 Dolts (4)
- 11 Gloomy, melancholy (6)
- 12 Stunned (5)
- 13 Quarantine (7)
- 14 Farm vehicle (7)
- 18 Affluence (10)
- 23 Prize (5)
- 24 Pull longer (7)
- 26 Poetic (7)
- 27 Trade ban (7)
- 29 City in England (7)
- 30 Element with symbol Na (6)
- 31 Progress very slowly (5)
- 32 Reflect (6)
- 34 Narrow aperture (4)
- 36 Rips (5)
- 38 Went astray (5)
- 40 Microbe (4)

- 45 Era (5)
- 46 Unforeseen danger (7)
- 47 Leave out (4)
- 48 Checked and corrected (6)
- 49 Saying (5)
- 50 Not artificial (7)
- 52 Sooner or later (10)
- 53 Waxy-flowered plant (7)
- 54 Degree (6)
- 55 Disregarded (7)
- 56 Sovereign (5)
- 57 Fifty percent (4)
- 62 Go furtively (5)
- 67 Plugged (7)
- 68 Comfort in grief (7)
- 70 Star-wearing law officer (7)
- 72 Lure (7)
- 73 Oddball (6)
- 74 Deaden (6)
- 75 Stick up for (6)
- 76 Memorial stone mound (5)
- 78 Pledge of fidelity (5)
- 80 Bind (5)
- 82 Bitter prolonged quarrel (4)
- 83 Rind (4)





Solo run during lockdown | Photo: Liz Bentley

## 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
----------------	------------------	------------------

*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

## Master Copy contributors

John Palmer      Email      [palmer.palace@xtra.co.nz](mailto:palmer.palace@xtra.co.nz)

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.*

*Design and production, Liz Bentley*

[www.withkudos.com](http://www.withkudos.com)

*with Kudos*<sup>®</sup>