



# Master Copy

DECEMBER 2020

WELLINGTON MASTERS ATHLETICS INC NEWSLETTER | VOLUME 19 – ISSUE 5

## Recent racing events at Newtown Park *Twilight event and the Agency Group 10k*



Twilight Event, Newtown  
Photo: Wellington Athletics  
Facebook

### Inside this issue:

- President's report .....2
- One hour track record attempt.....3
- The Athlete's Kitchen .....4
- Injury prevention
  - Five most common running injuries.....6
- Training
  - Five ways to become a better runner.....7
- Health
  - One Simple Move for a Full-Body Workout .....8
  - How to be SunSmart during the summer .....8
- 2020 Athlete of the year .....9
- Upcoming events ..... 10
- Payment notice ..... 10
- Registration Form..... 11
- Wellington Masters Athletics Inc..... 12
- Master Copy contributors ..... 12



Michele Allison in action.  
Michele set a new W65 age  
grade record of 44.41 at the  
recent Agency Group 10k  
Photo: Rowan Greig

## President's report *Michael Wray*



Nick Horspool | Photo: Rowan Greig

### Well 2020 is just about over...

if there was ever a year people are glad to see the back of, this is it. No-one wants to hear the phrase "virtual challenge" or "event cancelled" again for a very long time; we want to get back to competing in person, so here's to 2021. May it bring us a full calendar of racing, championships and a return to normality.

The vaccine approvals occurring around the world is welcome news. It's amazing how quickly developments can proceed when you remove the downtime spent pursuing funding applications or having to convince corporations a product is potentially profitable enough to justify investment.

Given how well we're placed in this part of the world, relative to elsewhere, I suspect we may be nearer the back of the queue than the front for getting

access. Nevertheless, it does give us renewed hope that the Oceania Masters Championships in Norfolk Island will be able to go ahead in January 2022.

With regards to World Masters Championships, the WMA are going to announce on 15 January 2021 whether the WMA Outdoor Championships will go ahead next year. Originally scheduled to be held in Toronto 2020, World Masters had arranged for the European Masters to be held in Tampere in July 2021 to be upgraded. In order to give both organisers and athletes as much notice as possible, the global situation will be re-assessed in January. One assumes World Masters will at the same time confirm whether the Edmonton 2021 World Indoor Champs remain re-scheduled for 2022 and the Gothenburg Outdoor Champs in 2023.

Personally, even with the vaccines being released, I think it will be too soon for WMA to have enough confidence to commit to a yes vote for Tampere. This raises the possibility that we will be facing a period of five years without having had a General Assembly. There are World Athletics rule changes to be ratified/exempted – unlike Athletics NZ, who adopt WA rule changes automatically, World Masters use the General Assembly to determine their applicability to Masters – and officers to appoint. Surely World Masters can set-up a remote General Assembly, as other organisations have done in similar circumstances?

We will see.

In domestic news, Wellington hosted the 2020/21 NZMA 10000m Champs as part of The Agency Group 10000m Festival. 53 NZMA members entered, with 46 starting, making it the best attended 10000m Champs for a long time, if not ever. Nick Horspool ran 31:37.32, the fastest NZMA 10000m time since 1992. Victoria Humphries ran a new W55 Championship Record, while Michele Allison finished in 44:41.87 to set a new W65 NZ Record.

Michele has now set five NZ age group records in the last quarter of 2020. Prior to the 10000m, she also set records for the 2000m Steeplechase while in Masterton. Before that she had a productive visit to Christchurch's Nga Puna Wai track, where she claimed records for both the 3000m and 5000m.

One week after the 10000m, Michele went to Whanganui and set a new W65 Half Marathon record. Her half marathon time of 1:38 more than suggests the W65 marathon record, currently 3:52, would be a relatively modest target.

The next major championship is the NZMA Track & Field Champs in Inglewood at the end of February. Entries for this will open very shortly – I expect by the time this edition of Master Copy is released, entries will be open. It's not that long ago we were last in Inglewood for a NZMA Championship; Taranaki hosted North Islands in 2017 and put on an enjoyable weekend.

**Michael Wray | President**

## New Zealand one hour track record attempt *10 October 2020*



Hayden Wilde | Photo: Facebook

*In a valiant attempt Hayden Wilde, thwarted by strong winds, came up short in his attempt to break Bill Baillie's 1963 New Zealand one-hour record.*

In blustery conditions at Mt Smart Stadium Wilde covered 19,834m in the one-hour, short of the 20,190m that Baillie achieved at the Lovelock Track 57 years ago.

With pacing help from Aaron Pulford, Cameron Graves and Sam Tanner, Wilde was able to maintain laps of just over 71 seconds.

Pulford had them through to the 5km in 15 minutes before withdrawing. Graves pulled out as 7km passed in 20:56, leaving Tanner to provide the perfect pace for Wilde for the next ten laps. Tanner eventually succumbed to the tremendous effort he'd provided and withdrew at the end of lap 27.

With no one to shield him it was a tough ask for Wilde, having to battle a strong headwind down the main straight for the remaining 20 minutes of running.

Bill Baillie, from the pioneering Arthur Lydiard stable was a man ahead of his time. His one hour distance of 20,190m would have had him roughly around 62.30 for the half marathon! Amazing running at any time, let alone in 1963.

Just a year earlier on 3/2/1962 on Lancaster Park, Christchurch his good friend Sir Peter Snell set a new 800m record that has stood for longer. The longest standing Track record is Sir Peter Snell's resident and 800m record of 1.44.3.

Historically you have to go back to 1951 to Emil Zátopek of the Czech Republic who became the first man to run more than 20 kilometres (20.052m) in an hour.

A significant point being Bill Baillie of New Zealand became the first non-European to take the world record. Two years later the record moved west across the Tasman Sea as our antipodean neighbour, Australian distance running legend, Ron Clarke, seized the mark. Clarke set a prodigious 17 world records in his career and added the one-hour mark to his dazzling array of global records, completing 20,232m in Geelong.

By 2007, Ethiopian great and two-time Olympic 10,000m champion Haile Gebrselassie became the 11th record holder 21.285m.

Just in September, 2020 Mo Farah of Great Britain at the Wanda Diamond League in Brussels became the 12th one-hour standard bearer with 21,330m. Earlier at the same meeting Sifan Hassan of the Netherlands set a new Women's record of 18.930m.

On March 22, 1981 in Christchurch Japanese runner Toshihiko Seko set and holds the New Zealand all-comers (track) one-hour record of 20,280m.

Bill Baillie was a master at setting out at the exact pace he wanted/needed to do. In 1963 in Auckland he literally ran that 20k/1 hour to the exact pace. There were also some classy Japanese runners in there with him. Bill went through the 10 mile mark in 48:09, Ray Puckett 48:16 and Barry Magee 48:49. He ran the 20,000m in 59:28.6. Second was the Japanese runner Kokichi Tsuburaya who ran 59:51.8. One year later he was third in the 1964 Olympic Marathon in Tokyo.

Only the great Abebe Bikila of Ethiopia and Basil Heatley of Great Britain were ahead of him. What makes Abebe Bikila the most naturally talented distance runner of them all, is he didn't need the right conditions to do wonders. He could win in a world record time barefoot on cobblestone, or under an unbelievable combination of heat and humidity.

At 1 hour Bill Baillie was 12 miles 960 yards, Tsuburaya 12 miles 843 yards, Ray Puckett 12miles 630 yards, Watanabe (Japan) 12 miles 513 yards and Barry Magee 12 miles 318 yards.

As an aside he ran the last four laps in exactly 70 secs each, and has been mentioned, Lovelock in Mt Roskill was a Tarmac track and the shoes he wore were Leather Don Bergin shoes that were **very** heavy compared to today's light weights.

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



# The Athlete's Kitchen

## Runners, injuries and nutrition

© Nancy Clark MS RD CSSD | November 2020



Runners get injured. Seems like its part of the deal. Be it a torn ACL, Achilles tendonitis, or a pulled muscle.

The questions arise:

- What can I eat to recover faster?
- Would more vitamins be helpful?
- What about collagen supplements?

At this year's virtual Food and Nutrition Conference and Expo (FNCE) of the Academy of Nutrition and Dietetics (and the nation's largest group of nutrition professionals), several presentations offered updates on nutrition for injuries.

### Pre-injury diet

You never know when you will fall and break a bone that requires a surgical fix, get hurt in a car accident, or end up with COVID. That's why you want to prepare your body for the worst by eating wisely on a daily basis. While you need not eat a perfect diet, you certainly want your meals and snacks to include at least 90% quality calories. Ten-percent **fun foods** are still allowed!

If you know you'll be having surgery for, let's say, an ACL injury, you certainly want to enter into the surgery being well nourished, with your liver stockpiled with the vitamins and minerals needed for healing. (A well-nourished person's liver stores enough vitamin C to last for about six weeks.) Well-nourished patients have shorter hospital stays and faster recoveries. A runner suffering with anorexia though who routinely restricts food intake could easily be under-nourished.

- Be proactive; eat well every day. **Pre-habilitation** does make (unexpected) rehabilitation easier!

By focusing two-thirds of your plate on wholesome grains, fruits and vegetables, you'll not only optimise your intake of vitamins and minerals, but also fibre. Fibre feeds the microbes in your gut; these microbes influence the strength of your immune system. Foods that boost microbiome health include kefir, yoghurt, blue and other *mouldy* cheeses. Low-fibre ultra-processed foods do little to enhance gut health and immune power. Keto- athletes, take note: some (but not all) studies suggest low fibre keto diets may be detrimental to the microbiome.

### Post-injury diet

Injured runners may be tempted to over-restrict calories, believing they 'don't deserve to eat' because they are not exercising. Wrong. Even when you are on bedrest, your body burns about 10 calories per half kg of body weight – just for your resting metabolic rate (the energy used to fuel organs such as heart, lungs, liver, brain – and just to be alive). That means, if you weigh 68 kgs pounds, you likely need about 1,500 calories for your resting metabolic rate alone, with more fuel for your (limited) daily activity (getting dressed and so on), plus an **additional** 10% to 20% of calories to heal the injury.

- *When healing injuries, you do not want to restrict your intake of valuable nutrients!*

You also don't want to over-indulge and smother injury-related grief and/or boredom with ice cream. Rather, add structure to your day with scheduled meals and snacks. A sports dietitian (RD CSSD) can offer a nutrition rehabilitation plan that identifies the amount of protein needed to prevent loss of lean muscle, an appropriate calorie intake to optimise healing without undesired fat gain, offer suggestions for ways to boost your intake of iron and zinc (to optimise healing), and identify anti-inflammatory foods such as berries, leafy greens (spinach, arugula, kale), cruciferous vegetables (Brussels sprouts, broccoli), and anti-inflammatory fats (extra virgin olive oil, salmon, nuts).

### Ruptured tendons, torn ligaments, and muscle pulls

Soft tissue injuries such as ruptured tendons, torn ligaments, and muscle pulls (muscle torn off tendons) can be season-ending injuries. Preventing them from happening in the first place could save a lot of angst. Research suggests strength training (more so than stretching) reduces the incidence of these injuries.

Speaking at FNCE, Keith Barr PhD, a researcher at University of California at Davis, explained tendons and ligaments have a collagen-filled matrix.

To heal tendon and ligament injuries, Baar reports loading (stressing) them helps to increase collagen synthesis and make them stronger. For example, the ACL gets thicker (stronger) during a training season. Unlike muscles, tendons and ligaments are nourished with little blood flow to provide nutrients. Rather, fluid in connective tissue is squeezed out when the muscle stretches during exercise; nourishing fluid then gets sucked in when the muscle relaxes. Consuming a collagen supplement 30 to 60 minutes before exercise assures having collagen- building amino acids circulating around the damaged tissue. **This has been shown to enhance healing.**

To create tissues that are more injury-resistant, athletes in sports that include explosive movements (sprinting, basketball, soccer) might want to take collagen supplements prophylactically. One study suggested hydrolysed collagen during training also improve explosive performance compared to a placebo.

Could this enhance sprint performance? While research is limited (and commercial collagen products are exploding), hydrolysed collagen, collagen peptides, and yes, Knox gelatin all offer the amino acid **glycine**, needed to heal these tissues. Dana Lis PhD RD, researcher with Baar at UC-Davis, reports not all collagen supplements are created equally. Bone broth, for example, has low levels of glycine. Hydrolysed collagen seems to be absorbed better than gelatin and tends to be more palatable.

Lis notes vitamin C is a cofactor needed to repair damaged tissue. Athletes should consume 50 mg vitamin C with the collagen supplement. To date, research has not been done to determine if glycine-rich foods (meat, fish, and poultry, or less amounts in soy, nuts and plant-proteins) are as effective as supplements. So does eating pre-exercise chicken and orange juice do the same job? Stay tuned!

### Words of wisdom

The bottom line: don't underestimate the power of nutrition in preventing and healing injuries!

Sports nutritionist Nancy Clark, MS, RD counsels both casual and competitive athletes in the Boston-area (Newton, 617-795-1875). Her best-selling Nancy Clark's Sports Nutrition Guidebook can help you eat to win. Visit [NancyClarkRD.com](http://NancyClarkRD.com) for more information.

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 – Summer Linguine



### Ingredients

- 1 cup reduced-salt chicken stock
- 1 garlic clove
- 50g spaghetti
- 1 medium zucchini, shaved into ribbons
- ½ cup baby spinach, roughly chopped
- 50g lean ham, finely chopped
- 1 egg yolk
- 1 tbs grated parmesan
- 1 tbs shredded basil, plus extra leaves, to garnish

### Method

- 1 Place the stock into a medium saucepan with 1 cup of water. Set over medium-high heat and bring to the boil. Add garlic clove and pasta. Cook for 8-10 minutes or until al dente. Add the zucchini and cook for 30 seconds.
- 2 Reserve 1 tablespoon of the cooking liquid and drain the pasta and zucchini; return to pan. Discard the garlic. Return to the pan to low heat. Add the spinach and ham, and stir gently until spinach begins to wilt.
- 3 Whisk the egg yolk, reserved cooking liquid and parmesan together. Add to the pan and stir to combine. Cook for 30 seconds. Add the basil and season with cracked black pepper. Transfer to a serving bowl and garnish with extra basil leaves.

Ed – This article has been reproduced with the kind permission of Ray Boardman PGDipSportMed, PGDipRehab, PGCertSc, BSc, DipSptSt.

Coach Ray is the Head Coach & Director of Qwik Kiwi – Endurance Sports Consultant. Contact: 021 FIT-RAY (021 348-729); or ray@qwikkiwi.com; www.quickkiwi.com; or visit his blog: www.coachray.nz.

## Injury prevention

### The five most common running injuries

#### Patellofemoral pain

Commonly known as 'runner's knee', patellofemoral pain is a relentless pain that is usually found around the front of the kneecap. It's caused from weak hips and core stabilisers.

It generally occurs from tight or weak leg and abdominal muscles, as well as poor alignment and poor running form. Runners who over train will increase their risk of suffering from knee pain – because overtraining creates fatigue and will promote the loss of form that makes knee pain more common.

#### What can help?

A good strengthening programme to ensure your alignment is supported and you have the correct running technique to maintain it is crucial.

Since shoes are your primary interface with the ground, it's also important to invest in a pair that help protect your knees and lower limbs.

#### Heel and arch pain

Heel and arch pain affects runners through lack of correct support. It can affect the ball or heel of your feet – causing pain before and after, and during running.

While tight calves/unsupportive footwear can cause heel and arch pain, other common causes are anatomy-related such as flat feet or high arches.

#### What can help?

Stretching the calf is extremely important to overcome the injury, and you can also assist the pain by using ice massage and taping to support your arch.

Heel and arch pain is largely affected by your foot's anatomy, so make sure you're wearing shoes that give your feet the support they need (such as arch support or more cushioning).

#### Stress fractures

Stress fractures occur in runners as a direct result of over-training, and most commonly occur in the shins and metatarsal bones. Fatigue when running can result in poor form and technique, which increases the strain and stress to the bones.

#### What can help?

Identifying when your body is feeling strained is crucial in preventing a stress fracture, so you know when to stop and rest. If you do injure yourself with a stress fracture, it's inevitable that you'll have to take time off running to recover, and 6 - 8 weeks is generally recommended.

Remember, it's crucial to seek a medical professional to properly diagnose the injury. They can also assist your stress fracture with a programme for your return to running, and advice on correct footwear and running technique to prevent it from occurring again.

#### Ankle pain

Ankle pain in runners can come in many different forms; often from unaddressed ankle sprains. Also from repetitive movement. Other common causes include:

- Strain to Achilles, and other tendons surrounding the ankle
- Loose ankle ligaments
- Poor footwear selection
- Excessive inward or outward rotation of the foot.

#### What can help?

Since ankles are connected to a wealth of muscles, tendons and ligaments, it's important to care for the surrounding region with stretching and strengthening to ensure the ankle can combat the repetitive impacts of running. A podiatrist, biomechanist, or sports physio can help you to alter your running technique, strengthen, and mobilise your ankle.

While it's important to get medical advice on your ankle pain, you should also be consulting a podiatrist to get the right support in your footwear; in some cases they may recommend using orthopedic insoles for your shoes.

#### Shin pain

Shin pain occurs from too much load placed on tissues surrounding the bone. It's commonly seen from poor form, over striding, weak hip or abdominal muscles, and incorrect footwear for the surface you're running on.

The shin is usually tender and sensitive to touch. The pain starts off after exercise, but can gradually worsen over time to become a very painful injury both during and after your run.

#### What can help?

It's crucial to understand the cause of shin pain in order to receive the correct treatment and create a programme for your return to running – so make sure you consult a professional and provide a detailed medical history.

Physiotherapy to mobilise your muscles, a revised running technique programme, cross training, and a footwear prescription are all recommended to help overcome shin pain.

## Training

### Five ways to become a better runner

#### Avoid hitting the wall with your

training! Learn more about the most common issues runners face, and how to overcome a set back.

#### Too much, too often

If you find yourself out of breath or completely drained after every run, you could be pushing your running training too hard.

It's something known as overtraining and it happens when your body is pushed beyond its capability to recover.

If you run too fast you can push your body too hard, going beyond the body's capacity to deliver oxygen to your muscles. And if you're putting in too many kilometres your body can tire, meaning you need more time to recover for your next run.

The result - Your performance can plateau or even worsen. In more extreme cases, overtraining can cause injury, sleep disturbance and even depression.

#### Solution – step-by-step approach

The first step is to know your pace. You can do this with a simple stopwatch and it helps you to identify a comfortable level for your training and then factor it into your training schedule.

You also need to manage your distance. If you're looking to run a long distance, you need to build up gradually over time. Having a running plan with a phased approach can really help – it sets milestones and gradually increases the distance to help you reach your goal without overtraining.

#### Get your fuel right

Diet is essential in helping you to recover and build muscle.

Complex carbohydrates help your body produce glycogen which delivers energy to your muscles while proteins are essential to help repair and build muscles as well as produce hormones. There are also fats, vitamins and minerals to factor in.

#### Solution – balance your diet

Think carefully about what you're eating. As well as vitamins and minerals, your diet should be made up of:

- 60-65% carbohydrates;
- 10-20% protein;
- 10% saturated fats;
- 10-15% unsaturated fats.

#### Too much strain when not running

If you're working hard, stressed or playing lots of other sports, the body still needs time to recover if you are going to run at your best.

#### Solution – take it easy

It might sound obvious, but you need some rest and relaxation. It gives your body time to repair itself and recover in order to build up your strength and be ready for your next run. Be sure to factor at least one rest day into your schedule.

#### Not progressing in your training

Have you hit a performance plateau? If you're not seeing progress in the speed you're trying to achieve or feeling too tired to hit the distance you've set for yourself it may be because your muscles are lacking strength.

#### Solution – strength training

One of the most essential supplements to a running training programme is strength training. Strong muscles make propelling yourself forward easier, keep you aligned and upright while running, assist in lowering fatigue and help boost endurance levels. Adding regular strength workouts to your routine will aid in injury prevention. Make it a goal to incorporate 20 minutes of strength workouts a few times a week.

#### Not enough sleep

Tiredness is another factor that can affect your performance. Again, it's all down to recovery – if you're not sleeping properly your body doesn't have enough time to recover.

#### Solution – wind down before bed

Take a warm bath just before bed and try to relax. Another great way to wind down before sleep is to read a book or listen to some relaxing music.

If you suffer severe sleep problems, consult your doctor to help get the rest you need.



## Health

### One Simple Move for a Full-Body Workout



IMAGE © MANDAVI / 90303638 / 123RF.COM

Sometimes there isn't enough time in the day to get a long workout in.

Good thing there's the reverse lunge twist to give you a full-body workout in just a few simple steps.

Do both sides – that's one rep, then complete three to four sets of 15 – 20 reps.

- Step 1 – Stand with feet hips width apart keeping your spine straight and tailbone slightly tucked.
- Step 2 – Hold a rolled towel out in front of you with both hands at shoulder level, as if you're pulling it apart. Inhale.
- Step 3 – On the exhale, step your right foot back into a reverse lunge. Left knee should be bent at a 90-degree angle.
- Step 4 – Twist to the left, using the towel to leverage the twist. Keep your legs and hips square as you twist.
- Step 5 – On the inhale, untwist back to the reverse lunge, and then step back to standing.

*Ed – This article has been reproduced with the kind permission of Dr Louise Blair, Back to Living Chiropractic, Level 1, 50 The Terrace, Wellington 6011, phone 04 499 7755 or visit their website [www.chiro.co.nz](http://www.chiro.co.nz)*

## Health

### How to be SunSmart during the summer

In summer when ultraviolet (UV) radiation levels are particularly high in New Zealand, it's especially important to be SunSmart.

It is possible to get sunburnt in a very short time, so if you are down at the beach, out in the garden, or just popping down to the shop, whenever you are outdoors, Slip, Slop, Slap and Wrap to protect your skin and eyes.

#### Slip

- Slip on a shirt with long sleeves. Fabrics with a tighter weave and darker colours will give you better protection from the sun. Slip into the shade of an umbrella or a leafy tree.

#### Slop

- Slop on plenty of sunscreen of at least SPF 30. Apply 20 minutes before going outside and reapply every two hours and especially after being in water or sweating.

#### Slap

- Slap on a hat with a wide brim or a cap with flaps. More people are sunburnt on the face and neck than any other part of the body.



IMAGE © MANDAVI / 13833341 / 123RF.COM

#### Wrap

- Wrap on some sunglasses. Choose close fitting, wrap around style sunglasses. Not all protect against UV radiation, so always check the label for the sun protection rating.

Sunburn at any age should be avoided. Around 70% of melanoma cases occur in people aged 50 years and older and UV damage adds up over our lifetime, but it's never too late to start being SunSmart to prevent further damage.

For more information go to the [SunSmart website](http://SunSmart website).

## CALLING NOMINATIONS FOR THE WELLINGTON MASTERS ATHLETE OF THE YEAR AWARDS



## 2020 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 2020

**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 2019 were awarded to Jackie Wilson and Jim Blair.

**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](mailto: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.

## 2021 UPCOMING EVENTS

February		
13	Buller Gorge Full Marathon, ½ Marathon, Marathon Relay & 10km	Westport
21	Wellington Round the Bays – ½ Marathon, 10km & 6.5km	Frank Kitts Park
28	Kapiti Women's Triathlon	Raumati Beach
March		
6	Multi-Grain Ironman NZ and Ironman 70.3	Taupo
April		
10	Great Forest Run – Full Marathon, ½ Marathon & 10km	Waitarere
11	<b>New Date</b> – 40th ASB Christchurch Marathon, ½ Marathon & 10km	Christchurch
May		
1	57th Rotorua Marathon, ½ Marathon, 10km & 5.5km	Rotorua
June		
27	35th Gazley Volkswagen Full Marathon, ½ Marathon & 10km	Westpac
July		
3-4	42nd Gold Coast Marathon & Associated races	Gold Coast
September		
3-12	Challenge Almere World Triathlon Multi Sport Championships	Amsterdam
20-26	Round Rarotonga Road Race, 31km & 10km	Rarotonga

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.

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

## Payment notice

### Cheques no longer supported

ANZ Bank New Zealand Limited  
188 Lambton Quay Branch  
188 Lambton Quay, Wellington

Date \_\_\_\_\_

Pay \_\_\_\_\_ or Bearer \$ \_\_\_\_\_

The sum of \_\_\_\_\_

THE WELLINGTON MASTERS ATHLETICS  
INCORPORATED

⑆ 101234 06012340:00884477=00 ⑈

As from 31 May 2021 the ANZ bank (who Wellington Masters bank with) will not be accepting cheques.

This is a heads up for those Masters members who still use cheques as a form of payment for their subscription and entry into events.



## Registration Form

2020/2021 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 2020/2021 year (Please select the option that better suits your needs):			
<b>OPTION 1:</b>	ANZ Competitive Members (ANZ club members must be financial for the 2020/2021 season). <b>N.B.</b> All fees are paid to ANZ online or via your club registration process		
\$0.00	NZMA Fee (ANZ club athlete DO NOT pay a fee to NZMA as per the MoU)		
\$0.00	Local Master's Centre Fee		
\$25.00 (CIRCLE)	Vetline Subscription (3 issues starting from January 2021) Please pay this fee to your local Masters' Centre		
	Note: ANZ Social Members are required to be a Competitive member of either ANZ or NZMA if they intend to compete at local, NI, SI, NZMA, OMA or WMA Championship events		
<b>OPTION 2:</b>	NZMA Members (non-club members) <b>N.B.</b> All fees are paid to your Local Masters Centre as per previous years		
\$60.00 (CIRCLE)	NZMA Competitive Member (including Vetline subscription). Eligible to compete at local, NI, SI, NZMA, OMA or WMA Championship events.		
\$45.00 (CIRCLE)	NZMA Social Member (including Vetline subscription). Eligible to compete at local Masters' events only.		
\$0.00 (CIRCLE)	Local Masters Centre Fee (optional)		
<b>Total Fee to pay \$</b>			
Payment Options:	Post, e-mail or hand completed registration forms to <b>Veronica Gould</b> .		
Online Banking:	Wellington Masters Athletics Inc., ANZ, The Terrace: 06 0565 0064415 00. (Please insert your name in the reference box)		
Please make cheque payable to <b>Wellington Masters Athletics</b>			
Postal Address:	Wellington Masters Athletics Inc. PO Box 5887, Wellington 6140	Telephone:	04 973 6741
		E-mail:	gvgould@xtra.co.nz
<b>OFFICIAL USE:</b>			
Verified by:		2020/2021 NZMA Reg No	

*Season's greetings.*

*Wishing all members*

*a very Merry Christmas*

*and a Happy New Year*



IMAGE © RAFAEL BERNANI / 123RF.COM

## Wellington Masters Athletics Incorporated

### 2020–2021 COMMITTEE MEMBERS

Patron	Bruce Perry	04 473 0877
President	Michael Wray	027 648 8502
Imm. Past pres	Brian Watson	06 368 7380
Vice president	Liz Bentley	021 030 2384
Secretary	Albert van Veen	04 563 8450
Treasurer	Graham Gould	04 973 6741
Committee	Sean Lake	04 389 5912
	John Palmer	04 479 2130
	Sharon Wray	04 234 7972
Subscriptions	Veronica Gould	04 973 6741
Editor	John Palmer	04 479 2130
Newsletter design	Liz Bentley	021 03 02384
Masters records	Peter Hanson	04 237 0958

### LIFE MEMBERS

Jim Blair 2004	Bruce Perry 2008	John Palmer 2010
----------------	------------------	------------------

*Committee Meetings are held on the first Thursday of each month at 89 Amesbury Drive, Churton Park, commencing 7.00 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

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

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

*Design and production, Liz Bentley*

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

*with Kudos*<sup>®</sup>