

THE

MASTER

COPY

Newsletter of the Wellington Masters Athletics Inc.

Volume 2 Issue 4

October 2003

Presidents Report

After the National Championships in 2002, this year has been a comparatively quite year. We started off the year requiring a President and Secretary. Kathryn Fraser kindly filled the position of Secretary, but the President's position was unfilled and I filled the role in an acting capacity. With my wife's ill health, I apologise for any shortcomings that may have occurred this year due to me not entirely having my mind on the job.

All the events that were run by the Wellington Masters went off smoothly although a few areas of concern need to be addressed by the incoming committee, one being to move the Classic Relay away from Mothers Day so we can ensure we have sufficient helpers and competitors on the day.

The Wellington Masters Track and Field Championships raised a few complaints from some of our dedicated marshals on the need to run the Championships over the two Sundays - are there alternatives? Perhaps the committee could also look at this one too.

Highlights of the year would be Jim Blair's Honorary Life Membership of the World Masters Athletics, Bruce Perry's appointment as Area Walking Judge and Bernie Portenski's world records on the track during the Wellington Track and Field Championships.

I would like to conclude by thanking everyone for their support and advice and it is my intention to take a year off from committees to help my wife's recovery but I will be available to take entries and prepare the programmes if required.

Peter Hanson
Acting President.

WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2003-04

PATRON:	Arthur May	24 Motuhara Road, Plimmerton, Porirua 6006	2339412
PRESIDENT:			
VICE PRESIDENT:	John Palmer	122 Onslow Road, Khandallah, Wellington 6004	4792130
SECRETARY:	Veronica Gould	95A Ellice Street, Mt Victoria, Wellington 6001	9736741
TREASURER:	Dick Harris	11 Whitu Street, Khandallah, Wellington 6004	9715993
SUBSCRIPTIONS:	Veronica Gould	95A Ellice Street, Mt Victoria, Wellington 6001	9736741
COMMITTEE:	Michael Clark	12B City View Grove, Lower Hutt 6009	5668755
	Paul Rodway	88 Pitt Street, Wadestown, Wellington	9731500
	Peter Wrigley	42 Judd Crescent, Naenae	
	Vic Marks	6 Blucher Avenue Newtown, Wellington 6002	3899993
	Kathryn Fraser	49 Dress Circle, Newlands, Wellington 6004	4774914
	Brian Watson	58 Bannister Avenue, Johnsonville	4786232
EDITOR:	John Palmer	122 Onslow Road, Khandallah, Wellington 6004	4792130
MASTERS RECORDS:	Melanie Watson	17 Larsen Crescent Tawa, Wellington 6006	2327392

CLUB CO-ORDINATORS

CAPITAL RUNNERS:	Ray Marten	68 Donald Street, Karori, Wellington	4768292
H V HARRIERS:	Ian Blyth	3 Chilton Grove, Lower Hutt	9349350
H V MARATHON:	Ray Venables	176 Stokes Valley Road, Lower Hutt	5638058
KAPITI:	John Hammond	148 Wellington Road, Paekakariki	04 2928030
KIWI:	Vic Marks	6 Blucher Avenue Newtown, Wellington	3899993
OLYMPIC:	Brian Watson	58 Bannister Avenue, Johnsonville	4786232
RIMUTAKA:	Mike Clark	12B City View Grove, Lower Hutt	5668755
TRENTHAM UNITED:	Diane Rogers	42 Elmslie Road, Pinehaven, Upper Hutt	5282316
SCOTTISH:	John Hines	Flat 88, Central Park Flats, 20 Naim St, Wellington	3843231
UNIVERSITY:	Colin Sasse	42 Naenae Road, Naenae, Lower Hutt	5679516
VALLEYS UNITED:	Don Brodie	30 Sunshine Crescent, Kelson, Lower Hutt	5650705
WAIRARAPA:	John Eccles	13 Keir Crescent, Masterton	06 3773479
WELLINGTON:	John Weatherley	8 Richmond Avenue, Karori, Wellington	4767223
WGTM MARATHON:	Bruce Perry	61A Clifford Road, Johnsonville, Wellington	4783641
WELLINGTON VETS:	Colleena Blair	43 Elmslie Road, Pinehaven, Upper Hutt	5282992

COMMITTEE MEETINGS USUALLY 1ST MONDAY OF MONTH AT NEWTOWN PARK at 5:30pm.

CLUB REPRESENTATIVES AND MEMBERS ARE ALWAYS WELCOME

WELLINGTON MASTERS ATHLETICS INC.

STATEMENT OF RECEIPTS & PAYMENTS FOR YEAR ENDED 31 JULY 2003

2002	<u>RECEIPTS</u>	2003
\$		\$
2,177.36	Bank Balance at 1/8/2002	3,216.48
14,157.39	Term Deposits at 1/8/2002	19,902.17
<u>16,334.75</u>		<u>23,118.65</u>
3,703.00	Subscriptions	3615.00
38.51	Interest - Cheque account	113.13
744.78	Interest - Term deposits	940.98
341.80	Race Fees	1,374.00
-	Uniforms sold	30.00
255.00	Track & Field Entries	414.00
14,185.35	Entries to National Champs etc	-
9,830.00	Sponsorship for National Champs	-
-	Grant 4 th Games Trust	1,000.00
<u>29,098.44</u>		<u>7,487.11</u>
45,433.19		30,605.76
	<u>PAYMENTS</u>	
3,175.00	Subscriptions to NZMA	3,355.00
851.74	Race Expenses	812.93
1,316.65	Telephone, Postage, Newsletter etc.	852.06
351.00	Advertising Vetline	-
1,300.00	Levies to NZAVA (National Championships)	-
-	Purchase of Computer	3,036.37
14,092.12	National Champs Expenses	-
68.10	Gear Purchased	210.00
1,000.00	Prizes for Track Records	-
159.93	T & F Champs Expenses	267.58
<u>22,314.54</u>		<u>8,533.94</u>
<u>\$23,118.65</u>	<u>Total Funds as at 31 July 2003</u>	<u>22,071.82</u>
	<u>Being:</u>	
3,216.48	Cheque Account	2,210.29
5,000.00	National Bank Term Deposit – Due 18/08/03	5,187.22
8,005.58	National Bank Term Deposit – Due 22/09/03	8,382.88
6,896.59	National Bank Term Deposit – Due 08/12/03	6,291.43
<u>\$23,118.65</u>		<u>\$22,071.82</u>

Statement of Accounting Policies:

The above statement is prepared on the basis of Receipts and Payments through the Centres banking accounts. No provision is made for accruals or amounts due at the end of the period. As the Centre is not GST registered the amounts in the Statement include GST.

Recipe

Delicious Milo Banana Smoothie

2 cups milk
1 banana, roughly chopped
2 tablespoons natural yoghurt
½ cup of Milo
Ice cubes

Combine all ingredients in blender until thick and creamy. Pour into serving glasses. If desired, sprinkle with Milo.

Serves 2.

So what's in a glass of Milo?

Calcium – for healthy teeth and bones.

Vitamin A – for healthy skin and eyes.

Vitamin B1 – releases energy and improves the functioning of the nervous system.

Vitamin C – for antioxidant function.

Essential minerals – to help children grow up healthy and strong.

Iron – transports oxygen in the body and helps prevent you from feeling tired.

Malt extract – for energy producing carbohydrates.

Reproduced from the booklet:

Nestle Good Food – Good Life or visit www.nestle.co.nz

Balance and Passion

"Sport is all about passion in my opinion. Sport is an inherently emotional experience; you can experience all the human emotions from excitement to worry, contentment to depression, pride to shame, satisfaction to dissatisfaction, boredom to anxiety, and frustration to fun!"

A quote from Ken Hodge in the preface of his book *Sport Motivation*

And yes, I must agree with Ken Hodge, however passion without balance leads to the negatives in Ken's quote; worry, depression, dissatisfaction, boredom, anxiety and frustration. And then we must add an athlete's worst nightmare – injury.

Balance is about the right training at the right time, and covers not only athletic specifics but also all those other areas within a person's daily life including family and work.

Families provide the basic support network for most athletes whether they are elite or less athletically challenged individuals. Surely this is the most important aspect of one's life? Family life requires much hard work and passion, however the long term rewards are well worth the efforts made.

Work is one of those necessary inconveniences in life. If you don't work you can't sustain either your family or athletic life. Even elite athletes have to work at their chosen "job" – it is just usually more specific to their sport than for the rest of us.

The third balancing act required, is in your training; primarily fitting it into the rest of your life and secondly having a balanced programme to help attain your athletic goals.

Your training schedule, whether prepared by your coach, collated in your head or communicated via your running friends, has to contain Endurance, Strength, and Speed sessions. Add to this Psychology, Nutrition and Cross Training and you have a totally balanced programme.

And one mustn't forget social activities – those pleasures that are derived from just doing exactly what you want, when you want! Like going out for a meal or the movies, bungy jumping, camel back riding, or even quality control on a wine trail.

All that is now required is the passion to begin, endure and finally complete one of the most satisfying choices one can make in life – to be an athlete.

Maryanne Palmer

THE PRIEST AND THE RABBI

A priest and a rabbi found themselves sharing a compartment on a train. After a while, the priest put down his book and opened a conversation by saying, "I know, in your religion, you're not supposed to eat pork... but have you really never even tasted it?"

The rabbi closed his newspaper and responded, "I must tell you the truth. Yes I have, on the odd occasion".

The rabbi had his turn of interrogation. He asked, "I know that in your religion, you're supposed to be celibate ... but..." The priest interjected, "Yes, I know what you are going to ask, and yes, I have succumbed to temptation once or twice." The two resumed their reading.

There was silence for a while. Then the rabbi peeked around his newspaper and said, "Better than pork, isn't it?"

WELLINGTON TRACK and FIELD PROGRAMME 2003/04

Date	Event	Venue
<u>2003</u>		
25 October	Super 8 Secondary Schools League + Open meet	Newtown Park
27-30 October	World Wheelchair Games (Athletics)	Christchurch
1 November	Rainbird Relays Meeting and Official Opening Day	Newtown Park
2 November	NZ Distance Walking Championships	New Plymouth
8 November	NTC – 1st Qualifier	Newtown Park
15 November	NTC – 2nd Qualifier	Hastings
15 November	Open Meeting – courtesy Wellington Masters Athletics	Newtown Park
22 November	Gold Programme	Newtown Park
25 November	Kiwi Milers Meeting (3000/2000)	Palmerston North
28-30 November	South Island Masters Championships	Nelson
29 November	NTC – 3rd Qualifier	Hastings
4 December	Zatopec Classic	Melbourne
5-7 December	North Island Masters Championships	Hastings
6 December	Black Programme	Newtown Park
13 December	Gold Programme	Newtown Park
20 December	Scottish Night of Miles – 6pm start	Newtown Park
<u>2004</u>		
3 January	Blackboard Programme	Newtown Park
10 January	Gold Programme	Newtown Park
14 January	Sylvia Potts Classic + NZ 3000m Champs (Junior)	Hastings
17 January	Cooks Garden Classic + Open Meet	Wanganui
18 January	NZ 10,000m Championships	Inglewood
24 January	Black Programme	Newtown Park
31 January	Gold Programme	Newtown Park
6-8 February	NTC Final	Newtown Park
12 February	Porritt Classic	Hamilton
14 February	Blackboard Programme	Newtown Park
14 February	North Shore Classic + NZ 3,000m Champs (Senior)	North Shore
21 February	Central Regional Championships	Palmerston Nth (TBC)
27 February	Blackboard Programme - Friday 6pm start	Newtown Park
28-29 February	Cancer Society Relay for Life (24 hours from midday Saturday)	Newtown Park
5-8 March	NZ Masters Athletics Championships	Hamilton
6 March	Gold Programme	Newtown Park
12-14 March	Adidas Athletics NZ National Championships	Newtown Park
21 March	Wellington Championships – Sunday all day	Newtown Park
3-4 April	Adidas NZ & NZMA Combined Events Championships	Hamilton

Black Programme

Time	Track	Field
1.30pm	3000m Track Walk	
2.00pm	80/100/110 hurdles on request	Long Jump/Shot/Pole Vault
2.10pm	800m	
2.25pm	100/60m sprints	
2.35pm	400m	Triple Jump
2.40pm	3000/5000m Men & Women	
3.00pm	200m	Discus

Gold Programme

Time	Track	Field
1.30pm	5000m Track Walk	
2.00pm	300/400m Hurdles on request	High/Triple Jumps/Hammer
2.15pm	100/60m Sprints	
2.25pm	1500m/1 mile/2000m	
2.45pm	200m	Long Jump
2.50pm	3000m/1500m/2000m steeplechase or other dist event on request	
3.00pm	400m (if no steeplechase on completion of 200m)	Javelin

Notes

Only two throws per meeting have been programmed due to lack of sufficient officials to run the events. Athletes competing in any unscheduled throwing event are not entitled to any records that may be broken.

All field events will commence at set start time. Warm up 15 minutes prior to start times please.

Times for Black and Gold Programmes may be altered depending on attendances. Please do not assume that your favoured event will be run at the stated time.

SPIKES ON MONDO TRACK

The maximum length of spikes to be used on the track for sprinters and distance runners is 6mm. Recommended are Pyramid, Conical or Tree spikes. Extra long grass spikes **MUST NOT** be used. Needle spikes are not suitable. 9mm spikes may be used on the Javelin and Jumps runways.

Spike checks will be carried out by WCC staff and Wellington Track and Field Committee members.

Your co-operation is requested to protect the Mondo track at Newtown Park.

HELPERS NEEDED

This summer is a big season for athletics in Wellington. To start off we are host to the Central Division of the National Track Competition on 8th November, and then will host the national final on Waitangi Weekend. At the end of the season we host the New Zealand Track and Field Championships for the first time in ten years. In between time there are a lot of other interesting meetings.

The centre **DESPERATELY** needs more people to help run the meetings. You do not have to be a qualified official to help. There are all kind of jobs to be done to ensure the success of the meeting. It is really quite a nice way to spend the afternoon, seeing the competition, and meeting people. It does not have to be a commitment for every week but getting started now would enable you to work your way into the scene before the bigger meetings come along. If you can help, just send a message to Virginia Falealili, telephone 04 970 7966 or 021 441 083 or email falealili@paradise.net.nz. There are training courses planned for officials in the near future if you want to take part in them.

BREAKING NEWS – Ferrari Modena, Italy:

The Ferrari Formula 1 Team fired their entire Pit Crew yesterday. The announcement followed Ferrari's decision to take advantage of the New Zealand Government's Work For the Dole Scheme and hire unemployed youths.

The decision to hire them was brought on by a recent documentary on how New Zealand unemployed youths were able to remove a set of car wheels in less than 6 seconds without proper equipment, whereas Ferrari's existing crew can only do it in 8 seconds with millions of dollars worth of high-tech gear.

This was thought to be an excellent yet bold move by Ferrari management.

As most races are won and lost in the pits, Ferrari would have an advantage over every team.

However Ferrari got more than they bargained for as, during the New Zealand youth crew's first practice session, not only were they able to change the tyres in under 6 seconds, but within 12 seconds they had resprayed, re-badged, and had sold the vehicle over to the McLaren Team for four dozen cans of DB, a gram of Coke and a quick glimpse at Coulthard's bird in the shower.

WELLINGTON VETERANS TRACK AND FIELD RECORDS

15 September 2003

100m

M35 R Ward	11.7	M40 W Sharp	11.8	M45 W Sharp	12.24	M50 J Kearns	12.68
M55 J Kearns	13.33	M60 W MacIntyre	14.02	M65 W Nicholson	14.9	M70 H Robinson	15.6
M75 B Kaiser	15.01	M80 B Kaiser	15.8	M85 B Kaiser	19.2		
W30 P Hunt	12.45	W35 P Hunt	12.7	W40 P Hunt	13.2	W45 P Hunt	13.56
W50 V Gould	14.3	W55 J Hammond	15.74	W60 C Blair	14.9	W65 C Blair	16.60
W70 C Blair	18.5						

200m

M35 R Ward	23.5	M40 W Sharp	25.32	M45 W Sharp	25.4	M50 A McLaughlin	26.19
M55 J Kearns	27.25	M60 I Williams	29.85	M65 T Bartlett	30.69	M70 W Nicholson	32.25
M75 B Kaiser	30.7	M80 B Kaiser	33.3	M85 B Kaiser	41.0	W30 P Hunt	25.61
W35 P Hunt	26.36	W40 P Hunt	27.36	W45 P Hunt	27.54	W50 V Gould	31.4
W55 J Hammond	33.12	W60 J Hammond	31.90	W65 C Blair	38.0		

400m

M35 R Ward	54.3	M40 B Turnbull	52.77	M45 A McLaughlin	55.4	M50 A McLaughlin	56.45
M55 R Aust	62.0	M60 J Powell	67.54	M65 T Bartlett	70.68	M70 W Nicholson	78.38
M75 B Kaiser	76.52	M80 B Kaiser	84.87				
W30 P Hunt	57.16	W35 P Graham	64.87	W40 P Graham	63.83	W45 J Hurdle	70.9
W50 P Scholes	74.06	W55 J Hammond	73.90	W60 J Hammond	74.3		

800m

M35 B Hyslop	2 08.69	M40 B Turnbull	2 00.19	M45 A McLaughlin	2 01.89	M50 A McLaughlin	2:09.41
M55 I Blythe	2 23.41	M60 J Eccles	2 32.80	M65 E Goodyear	2 44.05	M70 E Goodyear	2 51.28
M75 T Taylor	4 12.9	M80 T Taylor	6:00.00	W30 C Clegg	2 40.0	W35 A Hare	2 28.69
W40 P Graham	2 18.55	W45 P Graham	2 24.27	W50 J Hurdle	2 51.17	W55 T Brown	3 00.7
W60 P Fletcher	2 59.5	W65 P Fletcher	3 10.29	W70 B Meyers	5 30.39		

1500m

M35 B Newth	4 23.0	M40 E McLachlan	4 06	M45 G Blacklaws	4 14.4	M50 C MacLachlan	4 23.8
M55 R Jackson	4 49.69	M60 J Eccles	5 07.82	M65 J Eccles	5 13.71	M70 J Eccles	5 49.69
M75 C Green	7 42.1	M80 T Taylor	13:26.99	W30 Bowness	5 39.0	W35 J Stewart	4 51.15
W40 P Graham	4 43.14	W45 P Graham	4 49.28	W50 B Portenski	5 00.58	W55 D Rogers	6 03.42
W60 P Fletcher	5 58.04	W65 P Fletcher	6 25.63	W70 B Meyers	10 27.06		

3000m

M35 B Newth	9 38.0	M40 E McLachlan	8 39.3	M45 R Jackson	9 14.65	M50 C MacLachlan	9 29.31
M55 D Melrose	10 10.4	M60 D Melrose	10 36.28	M65 M Browne	12:37.01	W30 G O'Rourke	9:38.74
W35 V Humphries	10 14.87	W40 B Portenski	9 56.70	W45 J Cornish	13 19.0	W50 J Cornish	14 29.2
W55 J Dunn	14 15						

5000m

M35 M Wilkinson	16 59.5	M40 E McLachlan	14 43.89	M45 C MacLachlan	15 46.03	M50 J Weatherley	15 55.55
M55 D Melrose	17 31.8	M60 D Melrose	18 11	M65 J Eccles	18 45	M70 J Eccles	21 34.02
M75 J Eccles	25 36	M80 C Green	28 00.54	W30 G O'Rourke	16 31.72	W35 N Drake	16 47.63
W40 B Portenski	16 49.8	W45 B Portenski	17 32.13	W50 B Portenski	17 22.22	W55 D Rogers	20 47.1
W60 P Fletcher	21 13.78	W65 P Fletcher	23 31.00	W70 B Meyers	33 32.00		

10,000m

M35 J Skinnon	33 52.57	M40 E McLachlan	30 53.3	M45 B Everitt	32 49.8	M50 R Robinson	32 24.00
M55 D Melrose	36 15.84	M60 D Melrose	37 55.26	M65 J Eccles	39 15	M70 J Eccles	43 23.77
M80 C Green	56 04.67	W30 G O'Rourke	34:29 31	W35 N Drake	35 11.3	W40 B Portenski	34 48.95
W45 B Portenski	35 35.5	W50 P Fletcher	42 52.9	W55 D Rogers	44 29.47	W60 P Fletcher	44 59
W70 B Meyers	73 55.63						

MARATHON (Best known performances)

M40 K Jury	2 23 47	M45 J Weatherley	2 32 29	M50 J Weatherley	2 38 21	M55 B Goodyear	2:47.02
M60 E Goodyear	3:04:44	M65 W Childs	3:29:44	M70 W Childs	4:08:05	W30 G O'Rourke	2:38:47
W40 B Portenski	2:34:39	W45 B Portenski	2:43:38	W50 M Hewitson	3 59 26		

3km STEEPLES

M35 C Morris	9:46.5	M40 C Morris	10:13.38	M45 C Morris	10:39.47	M50 F Camplin	12 04.99
M55 F Camplin	12:03.04	M60 C Green	13:48.25	M65 T Bartlett	13:35.0		

2km STEEPLES

M60 J Eccles	7 54.29	M65 J Eccles	7 53.00	M70 J Eccles	8 39.20	M75 J Eccles	9 59
W40 J Stewart	8 07.42	W45 J Stewart	9 10.5	W50 M Hawkins	9 47.8	W55 T Brown	9 29.8

2km STEEPLES (2'6")

M70 J Eccles	8 44.65						
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110m HURDLES

M40 J Penny	18.70	M45 A Robinson	20.14	M50 J Blair	21.10		
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100m HURDLES

M40 R Whiteman	17.0	M45 R Ball	16.8	M50 J Penny	19.52	M55 M Keenan	20.82
M60 J Blair	21.13	W30 P Hunt	16.6	W35 P Hunt	15.40	W50 C Blair	21.3
W60 C Blair	22.3						

80m HURDLES (8m between hurdles)

M45 J Penny	14.26	M50 R Ball	13.6	M55 J Blair	16.37	M60 W MacIntyre	14.7
M65 L Frances	17.4	W40 P Hunt	13.2	W45 P Hunt	13.50	W50 C Blair	16.45
W55 C Blair	17.46	W60 C Blair	17.1				

80m HURDLES (7m between hurdles)

W60 C Blair	16.64	W65 C Blair	17.35	M70 W MacIntyre	15.73		
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200m HURDLES

M40 B Turnbull	34.10	M45 T Jones	31.7	M50 J Parker	35.58		
M55 J Powell	37.1	M60 J Powell	38.4	W40 P Hunt	31.0	W50 P Scholes	41.7

300m HURDLES

M50 J Penny	49.64	M55 J Powell	53.7	M60 J Powell	56.15	M65 L Frances	62.19
M75 W Nicholson	75.2	W40 E Teahan	63.3	W50 P Scholes	61.81	W60 J Hammond	65.9

400m HURDLES

M35 B Hyslop	64.64	M40 B Turnbull	60.56	M45 K Berryman	69.48		
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M50 F Campkin 75.02 M55 F Campkin 75.30

3000m WALK

M35 N Wilton 16 44.0 M40 N Wilton 15 52.3 M45 M Burkinshaw 15 59.3 M50 D Kirby 15 59.1
M55 M Burkinshaw 17 02.3 M60 P Tearle 16 49.2 M65 P Tearle 18 04.6 M70 P Tearle 19:04.67
M75 A Kefalas 20 10.7 W35 M Watson 22 45.00 W40 M Watson 21:50.17 W45 K Blyth 19:50.3
W50 J Cornish 18 02.8 W55 J Cornish 17 47.3 W60 F McCracken 19 02.5 W65 N Perry 19 57.1
W70 N Perry 21 49.37

5000m WALK

M40 R Bennett 27 46 M45 M Burkinshaw 28 53.2 M50 R Bennett 29 31.1 M55 M Burkinshaw 28:27.2
M60 P Tearle 28 55.3 M65 B Reid 35 22.4 M75 B Kaiser 40 38.5 W40 A de Lorenzo 27:08.10
W45 A Bowles 33 48 W50 J Cornish 30:47.9 W55 P McCracken 34 01.7 W60 F McCracken 32 56
W65 N Perry 33:24.63

1500m WALK

M40 K Watson 9 38.61 M45 M Lane 8 14.14 M50 I Blyth 9 56.49 M55 M Burkinshaw 8 21.51
M60 M Burkinshaw 8:58.69 M65 B Read 9 32.13 W35 K Fraser 9.35.18 W40 B Burke 9.35.71
W45 K Blyth 10:05.05 W50 M Rades 9 35.6 W65 N Perry 10 11.56 W70 N Perry 10 36.25

10km ROAD WALK (Best perf)

M40 N Wilton 56 53 M45 N Wilton 55 54 M50 D Kirby 57 48 M55 M Burkinshaw 64 03
M60 P Tearle 60 29 M65 P Tearle 63 57 M70 A Kefalas 69 09 M75 A Kefalas 72 34
W35 M Watson 75 32 W40 A de Lorenzo 57 00 W45 M Palmer 68.22 W50 B Tucker 63 28
W55 F McCracken 69 24 W60 N Perry 67 35 W65 N Perry 69.54 W70 F Meyers 85.38

10000m TRACK WALK

W60 N Perry 67:34.1 W65 N Perry 71:30.5

20km ROAD WALK (Best performances)

M40 R Bennett 2:22:47 M45 M Lane 2:00:41 M60 P Tearle 2:17:47

HIGH JUMP

M35 T Newport 1.90 M40 K Berryman 1.67 M45 K Berryman 1.69 M65 W MacIntyre/J Blair 1.35
M50 J Blair 1.52 M55 W MacIntyre 1.45 M60 W MacIntyre 1.45 W35 P Workman 1.32
M70 W MacIntyre 1.30 M75 W Nicholson 1.05 W30 C Clegg 1.44 W55 H May 1.13
W40 K Armitage 1.2 W45 G Dick 1.13 W50 G Dick 1.17
W60 H May 1.17 W65 C Blair 1.05

LONG JUMP

M35 MacFarlane 5.70 M40 K Berryman 5.38 M45 W Sharp 5.30 M50 J Kearns 5.03
M55 J Kearns 4.82 M60 W MacIntyre 4.57 M65 W MacIntyre 4.25 M70 W Nicholson 3.88
M75 W Nicholson 3.47 M80 B Kaiser 2.83 M85 S Hogg 2.10 W30 C Clegg 4.95
W35 P Workman 4.36 W40 P Hunt 4.35 W45 P Hunt 4.44 W50 C Blair 3.94
W55 C Blair 4.10 W60 C Blair 3.79 W65 C Blair 3.53 W70 C Blair 2.93

POLE VAULT

M35 M MacFarlane 2.70 M40 R Louis 2.75 M45 P Ball 3.60 M50 P Ball 3.81
M55 V Marks 2.04 M60 J Powell 2.05 M65 E Drummond 2.16 M70 W Nicholson 1.40
M75 W Nicholson 1.40

TRIPLE JUMP

M35 M MacFarlane 11.31 M40 K Berryman 11.13 M45 K Berryman 10.32 M50 H Keenan 9.48
M55 W MacIntyre 10.43 M60 W MacIntyre 10.17 M65 W MacIntyre 9.22 M70 W MacIntyre 8.59
M75 N Rodley 4.69 M80 B Kaiser 6.35 M85 S Hogg 4.88 W30 B Doherty 9.23
W35 P Workman 9.32 W40 E Teahan 6.80 W45 P Hunt 9.44 W50 P Scholes 7.43
W55 C Blair 8.06 W60 C Blair 7.76 W65 C Blair 7.30

DISCUS

M35 H Smith 47.24 M40 R Louis 39.32 M45 R Ball 39.75 M50 R Ball 44.84
M55 P Harris 39.28 M60 P Harris 42.10 M65 P Popa 43.38 M70 P Popa 37.40
M75 P Popa 31.92 M80 S Hogg 20.80 M85 S Hogg 16.46 W30 J Chung 28.42
W35 P Workman 26.78 W40 K Armitage 24.26 W45 E Teahan 21.96 W50 C Blair 20.33
W55 C Blair 21.86 W60 C Blair 22.20 W65 H May 21.98 W70 H May 20.30
W75 H May 10.00

HAMMER

M35 W Nicol 52.72 M40 R Louis 39.90 M45 R Louis 35.30 M50 R Ball 40.76
M55 V Marks 29.25 M60 V Marks 30.32 M65 E Drummond 26.58 M70 W MacIntyre 21.40
M75 P Popa 19.46 M80 S Hogg 20.16 M85 S Hogg 17.90 W30 J Chung 21.82
W35 K Armitage 17.40 W40 M Watson 22.19 W45 E Teahan 19.98 W50 V Gould 23.39
W55 C Blair 16.88 W60 C Blair 15.98 W65 H May 28.60 W70 H May 27.30
W75 H May 19.46

JAVELIN

M35 H Smith 36.46 M40 T Jones 41.04 M45 R Ball 51.00 M50 R Ball 53.24
M55 V Marks 39.36 M60 V Marks 40.20 M65 F Goosall 33.96 M70 P Popa 31.97
M75 P Popa 27.06 M80 B Nicholson 19.36 M85 S Hogg 15.30 W30 J Chung 26.34
W35 P Donnan 25.96 W40 K Armitage 21.54 W45 E Teahan 21.58 W50 P Scholes 23.50
W55 C Blair 24.88 W60 C Blair 25.40 W65 H May 23.74 W70 H May 21.84
W75 H May 15.72

SHOT

M35 R Thomson 16.42 M40 L Voight 10.06 M45 R Harris 13.02 M50 R Harris 14.39
M55 R Harris 13.41 M60 R Harris 13.51 M65 R Harris 12.95 M70 H Robinson 9.29
M75 P Popa 8.45 M80 S Hogg 7.93 M85 S Hogg 6.98 W30 P Workman 8.44
W35 P Workman 8.13 W40 K Armitage 7.50 W45 C Ashkettle 7.19 W50 P Scholes 8.83
W55 P Scholes 8.51 W60 H May 8.38 W65 H May 8.27 W70 H May 7.27
W75 H May 5.87

WEIGHT 15.88kg (35lb)

M35 H Smith 11.88 M40 L Voight 12.27 M45 G Guenole 11.97

WEIGHT 11.34kg (25lb)

M50 E Rowan 9.68 M55 K Bade 9.93

WEIGHT 9.072kg (20lb)

W30 J Chung 8.89 W35 K Fraser 6.47 W40 K Armitage 8.32 W45 K Armitage 8.02

W50 V Gould	7.81	M60 V Marks	12.50	M65 V Marks	11.40	M70 J Blair	10.11
WEIGHT 7.26kg (16lb)							
M75 P Popa	10.04	M80 S Hoqq	9.08	M65 H May	7.74	M70 H May	7.42
WEIGHT 5.449kg (12lb)							
M60 C Blair	9.46	M65 C Blair	9.62	M70 C Blair	9.48	M75 H May	7.86
M80 S Hogg	11.34	M85 S Hogg	8.42				
PENTATHLON (International Men: Long, Javelin, 200m, Discus, 1500m. Women: Hurdles, High, Shot, Long, 800m)							
M35 R Hannan	1804	M40 K Berryman	2458	M45 T Jones	2067	M50 V Marks	2743
M55 J Powell	2603	M60 J Powell	2523	M65 L Frances	2266	M70 W Nicholson	2915
M75 W Nicholson	2702	M80 B Kaiser	2010	M35 S Ratapu	1411	M50 C Blair	2117
M55 F McCracken	649	M60 H May	2174				
PENTATHLON (NZ womens - 200m, Shot, Long Jump, Javelin, 800m)							
M30 J Chung	1472	M35 P Workman	2038	M40 P Hunt	1921	M45 G Dick	1928
M50 P Scholes	2792	M55 P Scholes	2791	M60 J Hammond	3275	M65 C Blair	2799
DECATHLON							
M35 M Macfarlane	4553	M40 K Berryman	4906	M45 K Berryman	5777	M60 J Powell	4771
M70 W Nicholson	4142	M75 W Nicholson	4704				
HEPTATHLON							
M50 G Dick *	2935	M60 J Hammond	4466	M65 C Blair	4566	M70 C Blair	2878
WEIGHT PENTATHLON							
M35 H Smith	3265	M40 K Berryman	1353	M45 G Guenole	2540	M50 E Rowan	2166
M55 R Harris	2655	M60 V Marks	3072	M65 V Marks	2925	M70 W Nicholson	1050
M75 P Popa	3307	M80 S Hogg	3051	M85 S Hogg	2809	M30 J Chung	2015
M35 K Armitage	1487	M40 K Armitage	1959	M45 K Armitage	2092	M60 C Blair	2619
M65 H May	3099	M70 H May	3659	M75 H May	3258		

MEMBERSHIP

At the time of going to print our membership for the current financial year is 48. Welcome to new members Vicky and Kevin Blair (Wellington Masters) and to rejoining member David Lonsdale (Scottish).

AGM

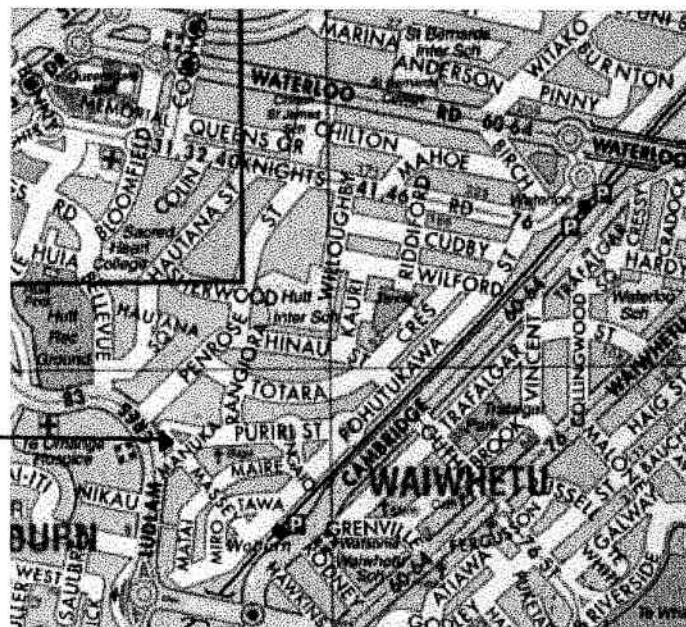
Monday 20th October saw a good turnout of members for the rescheduled meeting. There was no problem this time meeting the required number for a quorum. For the second year in a row Wellington Masters did not receive any nominations for the position of President, and with acting President Peter Hanson standing down, saw the position unfilled even after calling for nominations from the floor. John Palmer has been elected Vice-President to enable the Masters to at least hold meetings and the matter of President will be discussed at the next committee meeting. This year did see some new members elected onto the committee which can only be a positive step for the future.

10km ROAD RACE, LOWER HUTT

The entry forms have been distributed to members via post and email. I must apologise for the delay in getting these to members but we were awaiting approval from the Hutt City Council to run the event. This came through after a few nervous days waiting, and the event date looming nearer. Contrary to the entry form saying that showers will be available on the day, a children's triathlon being held at the Huia Pool means that we do not have access to the showering facilities. We still do have the rooms upstairs for the prize giving and refreshments.

Entries will be taken on the day at the start line at Ludlum Park (see attached map).

Start



Calling All Runners

For the last eight years, a Wellington resident has won a FREE TRIP to Japan to run in the Senshu International City Marathon to represent Wellington City and the Wellington Sakai Association.

For a chance to run in the February 2004 marathon you need to:

- start training now
- be a Wellington City resident
- be over 18 years old
- be a regular runner, fit and in training, but not necessarily the best
- be able to run a marathon in winter conditions in under four hours
- be an Ambassador for Wellington

Entry forms will be available from all the usual outlets when they become available later in 2003.

If you wish to receive a copy of the entry form directly, then please send your name, address and a contact phone number to:

122 Onslow Road, Khandallah
Wellington 6004

Or email your details to: palmer.palace@xtra.co.nz

For further inquiries, please ring Maryanne Palmer on 04 232 0362 (W) or 04 479 2130 (H).

Please note that if you contacted me last year or sent in an entry for February 2003, I have your details on my database and will send you an entry automatically



Wellington Sakai Association

If you have any results, articles or stories you would like included in "The Master Copy", please post to:

The Editor, The Master Copy, 122 Onslow Road, Khandallah, Wellington

or

email to palmer.palace@xtra.co.nz

COMING EVENTS

2003

Nov

2	Masters 10km Road Race	Lower Hutt
2	BMW Auckland Full & Half Marathon	Auckland
9	Mainfreight Half Marathon	Napier
22	Rimutaka Incline Run	Upper Hutt
23	Masterton Full & Half Marathon	Masterton

2004

Jan

18	City of Wellington Full & Half Marathon	Kilbirnie
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Feb

14	Buller Gorge Full & Half Marathon	Westport
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Mar

6	Natural Gas Corporation Marathon	New Plymouth
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April

18-24	Masters Long Distance Championships	Auckland
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May

1	40 th Fletcher Challenge Forests Marathon	Rotorua
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Aug

13-29	Olympic Games	Athens
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Oct	OAVA Masters Track & Field Champs	Rarotonga
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UNIFORMS

WELLINGTON MASTERS SHORTS AND POLY/COTTON MESH SINGLET'S CAN BE ORDERED THROUGH MICHAEL CLARK - TELEPHONE 566 8755

NEWTOWN PARK KEY

The key to Newtown Park was changed on 1 August, 2003 and new keys are now available for a cost of \$15 from the Wellington City Council Service Desk for Parks and Gardens. Old keys MUST be returned and those uplifting keys now have to sign for them and give contact details etc.

CHANGE OF ADDRESS

If any member changes their address, it would be appreciated if they could notify the Subscription Secretary. This enables us to keep records that are accurate and up to date and ensures that you continue to receive your newsletter. It is also important that Club Co-ordinators notify the Secretary of any change of address to enable the information to keep getting out to the clubs in the Centre.

Please detach and give to any prospective new Master Member or to anyone you know who has not renewed their subscription

WELLINGTON MASTERS ATHLETICS INC

**SUBSCRIPTION FOR THE 2003/2004 YEAR
(1 September 2003 to 31 August 2004)
\$30 = \$27.50 NZMA, \$2.50 WMA**

NAME(S): _____

ADDRESS: _____

BIRTH DATE(S): _____ **EMAIL:** _____

CONTACT PHONE No. _____ **CLUB (if any)** _____

\$30 (\$60) Enclosed. Cheques made out to Wellington Masters Athletics – WMA

SEND TO: VERONICA GOULD, 95A ELLICE STREET, MT VICTORIA, WELLINGTON 6001

Please advise any change of address as soon as possible



122 Onslow Road, Khandallah, Wellington 6004

**WELLINGTON MASTERS ATHLETICS
If unclaimed please return to:-**