

THE MASTER COPY

Newsletter of the Wellington Masters Athletics Inc.

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



WELLINGTON MASTERS ATHLETICS INC.

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COMMITTEE MEETINGS USUALLY 1ST MONDAY OF MONTH AT SCOTTISH HARRIERS

CLUBROOMS, PRINCE OF WALES PARK AT 5:30pm.

CLUB REPRESENTATIVES AND MEMBERS ARE ALWAYS WELCOME

EDITORIAL

"DRIVEN BY MONEY AND TELEVISION"

The professional era in all sports has certainly changed the way competitors perform nowadays. Take athletics for example. The top runners are driven by the mighty dollar and will do anything to be first across the finish line. To get that competitive edge some turn to performance-enhancing drugs - some with the expert guidance of chemists are producing drugs that are becoming harder to detect. The latest being the new designer anabolic steroid THG.

While watching the World Championships and the Grand Prix Series held in Europe recently, one often wondered about some of the performances of athletes who just seemed to be that much superior to the rest of the field. Also the physique of some of them, both male and female, made you wonder whether their ability was natural or assisted. Then the commentators would say "so and so has just returned to running after coming off a two year ban for taking such and such". More doubt cast.

There is big money to be made from finishing in the top places, not to mention the sponsorship that can be obtained as well. The gold bars that were up for grabs to anyone who won a certain number of races was certainly a big carrot which was dangled in front of the athletes, and the temptation must have been great to acquire any additional assistance necessary to win.

Recently it has been revealed that many athletes, some who took part at the World Champs, have tested positive to the previously undetected THG drug which makes a mockery of athletics. Where and when will it end? Can any country produce a team for next years Olympics at Athens that is "clean" and drug free and who will perform on natural ability alone? Somehow I doubt it. My personal opinion is that any athlete testing positive for a banned substance should be banned for life - not just a couple of years, as it now stands. Now they stand down for a couple of years and then come back and continue on like nothing has ever happened. If they were banned for life and the financial rewards gained from sponsorship, winning etc was to be cut off, then perhaps some would think twice about taking drugs to enhance their performance in the first place.

Another thing that I don't entirely agree with is the using of athletes as "rabbits" in some of the distance races. I know for the sake of television viewing it looks great and that they are trying to appeal to an audience of millions. Peter Snell, Rod Dixon, John Walker and other great athletes (not only from New Zealand) did not use rabbits to produce the great races that we will always remember. They reached the finish line on desire to win, hard training and passion for their sport and country. These races where rabbits are used, only tend to benefit a small number of participants; with those at the back of the field, usually well off the pace, and in a lot of cases being lapped in the longer distance races, receiving no benefit from the rabbits whatsoever.

Another example where professionalism has a lot to answer for is in our national game of rugby - gone is the passion and pride that went with playing for your country. Look at the All Blacks in their bid to win the World Cup. I got the impression that they were counting their bonus for winning well before the final whistle had blown. A lot of the team now look like models with their fancy hair dos and rugby jerseys that fit so tightly you can see every movement they make. Some look two sizes too small for them and I guess that it looks great for television and the female audience watching, but is it all relevant to the game?

Finally, while helping to set up for the recent Corporate Challenge race held recently in Wellington, I was approached during the afternoon by different people wanting to know what was going on. Three different

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times I was approached by young teenagers, some of whom were in school uniform and who asked, "what was the prize money for winning this race"?

Already some of our younger generation are being driven by money as a reward and not by the will and natural ability to win, or even just the enjoyment of taking part.

John Palmer,
Editor

Membership:

At the time of going to print our membership for the current financial year is 87. Welcome to new member Ross McBeth (Wanganui) and to rejoining member Kathy Roe (Wellington Marathon Clinic).

2004 World Master Long Distance Championships:

Kathryn Fraser has copies of the programme (including entry form) for the 2004 World Masters Long Distance Championships that are being held in Auckland next April. Anyone who wants one should get in touch by email to kath.d@xtra.co.nz or phone (4774 914).

WMA President:

Peter Hanson has kindly agreed to be President of the Wellington Masters Athletics for the 2003-04 year. Although Peter won't be attending the Committee meetings owing to the situation with his wife, I, in my role as Vice-President will continue to chair the meetings. I have regular contact with Peter and keep him well informed of what has taken place at the meetings. As President, he will endeavour to attend the events where there are awards to be presented.

If your goal isn't motivating any more . . .

Here are some adjustments to make in the middle of a training program, if you lose your drive:

1. Reduce mileage, and cut your running days to three. Walk a lot.
2. Run and walk in scenic areas, places that really motivate you to run.
3. Schedule a social run with a friend or a group of friends. Tell them that you need help. Have a good time and meet afterward for a snack or meal.
4. Have a "theme" run with friends: trivial pursuit, favorite character, best joke contest, best juicy story contest.
5. Do anything necessary to add more fun to your program: after-run rewards, special outfits, or shoes after specific long runs, etc.
6. Adjust your goal event so that it is more motivating. Stay at a special hotel, get some friends to meet you there, schedule weekend activities with your family, sibling or a special friend.
7. Sometimes it helps to choose another goal event and adjust your training accordingly.

Burnout and dropout are mental injuries. If you back off and adjust early, you can avoid major burnout later. For more information see:

Galloway's Book on Running (Shelter Publications, 2002), p. 170.

Athletics welcomes new tool in hunt for drug cheats

Athletics New Zealand is delighted yet another avenue for cheating sportspeople has been cut off with the discovery of a new 'designer anabolic steroid' THG and development of tests to track it.

"Already a number of leading international competitors from a variety of sports have been implicated, with doubtless more to come," commented Athletics NZ General Manager John Stewart. "Coming on the back of perfected tests for EPO (a drug which aids endurance athletes) earlier in the year, this is a delight to us," he added.

A senior sports medicine advisor, Dr David Gerrard felt that the drug could only have been developed by 'very smart biochemists - people right up with current laboratory analytical techniques, in order to produce something that would get through the system.' Dr Gerrard was most concerned that serious collusion by some top scientists and wealthy athletes seems likely to have been involved.

Athletes in New Zealand are certain to be tested for the new drug shortly, with the New Zealand Sports Drug Agency already talking with its Australian counterpart about developing the facilities to track THG. It is understood that the IRB is keen to have players at the World Rugby Cup in Australia tested for the drug.

"Our athletes are tested both out of competition (during training) and at competitions, all year around, no matter where they are in the world," Stewart said, with NZSDA driving that, something we are very happy to support and encourage.

There are over 200 athletes on the New Zealand drug register and any one of those could be tested anywhere on any day of the year."

Additionally, the top 30 athletes in the world in each discipline (event) are covered by tests driven by the world athletics body, the IAAF, and must report where they are living, training venues, competition plans and travel destinations for every day of the year so they can be tested.

Stewart felt that as the noose tightens on drugs cheats, "clean" athletes are again becoming more

competitive, something nations like New Zealand welcomed.

"It's hard enough for our athletes being half a world away from the big competitions, but when they front up hearing the gossip about who's using what drug and witnessing unnatural and surprisingly improved performances, it's demoralizing in the extreme," he added. "Having a New Zealander, David Howman, at the helm of the World Anti Doping Agency with a passion to root out cheating gives our athletes some real hope."

Thinking on your feet

There was a boy named Jack who worked in the produce section of Pac 'N' Save.

A man came in and asked to buy half a head of lettuce. Jack told him they only sold whole heads of lettuce, but the man replied that he did not need a whole head, only half a head. Jack said he would go ask his manager about the matter.

Jack walked into the back room and said, "There's an idiot out there who wants to buy only half a head of lettuce." As he was finishing saying this, he turned around to find the man standing right behind him, so he added, "And this gentleman wants to buy the other half."

The manager approved the deal and the man went on his way.

Later, the manager called on Jack and said, "You almost got yourself in a lot of trouble earlier, but I must say I was impressed with the way you got yourself out of it. You think on your feet and we like that around here.

"Where are you from son?" Jack replied, "Auckland, sir." "Oh really? Why did you leave Auckland?" asked the manager.

The boy replied, "They're all just whores and rugby players up there." "Really," replied the manager, "My wife is from Auckland!"

Jack replied, "No kidding! What team did she play for?"

Thought for the Day:

The quickest way to double your money is to fold it in half and put it back in your pocket.

Recipe

Fish Fillets in Coconut Cream

Marinated fish fillets are cooked and served in individual foil parcels – a very smart BBQ idea that also works well in the oven.

6 Fish fillets (terakihi, snapper or similar)

For the marinade:

- 1 Tin coconut cream
- 2 Tbsps lime juice
- 3 Cloves garlic, crushed
- 4 Spring onions - finely chopped
- 1 Cup roasted peanuts - finely chopped
- 2 Tsp fish sauce
- ½ Tsp ground cumin
- 1 Tsp ground turmeric
- ½ Tsp ground cardamom
- 1 Tbsp brown sugar

Combine all marinade ingredients and pulse briefly in the food processor. The consistency should be thick and creamy.

Prepare 6 sheets of aluminium foil, each approx. 30 x 30cm in size. Place 1 Tbsp of marinade in the centre of each foil sheet, then place a fish fillet on top. Spoon more marinade over each fish fillet, then fold the foil parcel up, securing the seams tightly. Refrigerate and leave to marinate for 1-2 hours.

To cook, place the foil parcels on a preheated BBQ plate for 15 minutes.

Serve with grilled vegetables and steamed rice.

Serves 6.

South African Humour

A South African was sitting with an Aussie and an Englishman in Saudi Arabia, sharing a smuggled barrel of beer, when all of a sudden the police entered and arrested them.

They were initially given the death sentence but contested this and were finally imprisoned for life.

But as it was a national holiday, the Sheikh decided they should be released after each receiving 20 lashes of the whip. As they were preparing for their

punishment, the Sheikh suddenly said: "It's my first wife's birthday today and she asked me to allow each of you one wish before your whipping, but you can not wish to not be whipped!"

The Englishman thought for a second then said: "Please tie a pillow to my back before whipping." This was done but the pillow only lasted 10 lashes before the whip went through. The Englishman cried in pain.

The Aussie saw this and said: "Please tie 2 pillows to my back before whipping." This was done and lasted for the whole 20 lashes. The Aussie stood up smiling.

The South African saw this but before he could make his wish, the Sheikh said: "As you are from South Africa with all that crime, a cricket team who is always losing in a final and a rugby team who can't win anything, you are permitted to have two wishes!"

The South African thought for a second then said: "Thank you most Royal and Merciful Highness. My first wish is to receive a hundred lashes with the strongest, toughest whip available."

"If you so desire," the Sheikh replies with a questioning look on his face, "and your second wish?"

"Tie the Aussie to my back!"

CONGRATULATIONS

To the following Wellington Masters members who recently attended a seminar on Track Officiating and passed the Level C Track examination:

- Michael Browne
- Kathryn Fraser
- Veronica Gould
- Graham Gould
- Judy Hammond
- Peter Hanson
- Maryanne Palmer
- John Palmer
- Mick Rice
- John Turner

Other seminars planned are Throws (Keith Bade), and Key Elements of Running a Successful Meeting (Colin MacLachlan). These will be held in January and anyone interested in taking part should contact Fred Goodall, telephone 389 1403.

History of an Old Harrier

I first ran for the Olympic Harrier Club in 1964, 39 years ago and this is a small history of Masters running in Wellington and other parts of New Zealand.

In 1970, the first National Veterans race, as Masters were then called, was run at Queen Elizabeth Park, Paekakariki. This was held in conjunction with the National Cross Country event. Clem Green of Scottish Harriers was the father of Masters running as we know it today. The age for the new Veterans grade was 40 for men, and 35 for women. At that point in time there were very few women and girls running, and very few of the women did much training, so could not run for long distances of 5km or over. Things are certainly different today with a lot of women running over 100kms per week.

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

In 1978 I became a veteran runner and for the next 5 years I used to get in the top 4 placings in the Wellington Races (veterans), win a race if the other 3 were not there, which wasn't often. Roger Robinson, Barry Everitt and Neville Martin were always too good for me.

I was on the Wellington Veterans Committee for 5 years, 1980 to 1985. There were always good people on these committees as there is today, the committee of that time put in place the Masters Races that are still being run today - 10km Road Race in November, the Classic Relay, and the 8km in Johnsonville.

In 1981 at Palmerston North, was run the World Road Racing Veterans Championships (this is run every year, and in 2004 will be held in Auckland), a 10km on Saturday and a 25km on Sunday. This was in January and I managed to get 11th and 4th NZ, 10th in the 40 age group in the 10km Road Race. A week later was held the 4th World Veterans Track and Field events. This was held in the Queen Elizabeth Park at Christchurch over one week. At that time 1981, this was the biggest sporting event ever held in this country, with from memory 2½ thousand athletes, and 140 plus nations being represented. This was a very successful event with a lot of Wellington Athletes competing, most of them doing very well. The New Zealand Masters were very competitive and the standard was very high, so New Zealand did very well in all grades, winning quite a few medals and also doing well in the team events. I was between 12th and 20th overall in running 3 races: 10km and 5km track, and 10km cross country which was run around a golf course very flat and fast.

In 1982, a New Zealand contingent went to Fiji for the first Oceania Games with the New Zealanders winning a lot of medals. I was between 4th and 6th in my age group, running 5km and 10km track and 10½km cross country. Most probably the best cross country track I have ever run over. You ran around a golf course, through a bamboo plantation, a bit of jungle, through a tunnel. It was a 2-lap figure of 8 course.

I ran my best in 1981-82, and from then on have slowed down. In 1984, running at Canberra, Australia, I ran 2 races, 10km track and 10km cross country, the cross country was like the Vosseler race at Mt Victoria, except not so high to climb. All the New Zealanders did well especially the Wellington runners, as we were used to the hills and for some reason the Aussies do not like them. I was 4th overall and 2nd in the 45 age group. Good races by me getting fastest New Zealander in both 10km races regardless of age.

I am a far better road runner than a cross country runner, and in 1981 at Mosgiel running in the Masters Road Race of 12km got 2nd and won my age group 40 plus. Since then I have ran in a few National Road Races, and as a 50 year old, getting 2nd in the over 50 race in 1988 at Blenheim. Normally I am about 4th to 6th in my age group especially over the last few years.

1983, New Plymouth national Road Races of 12km I was 11th overall, 3rd in my age group of 45 plus, and having a real hard battle with Barry Magee. I ran hard that day, the race being 4 x 3km laps, and was like running from Johnsonville to Ngaio and back each lap - it suited me.

I am still running, but not very fast. Looking back over the years as a Master runner, the greatest memories were running against Barry Magee, Ray Puckett, Jeff Julian - all Lydiard boys. I competed against these 3 not all at the same time, but over the years on road and track. I always got beaten by them in a 10km or 12km race but only by 10 or 20 seconds, and to hold onto these guys and not be beaten by that much was a great achievement. I am only a club runner and these guys are ex-Olympians was really something to look back on.

Haven't done much running this year and at present not very fit but as I say, always next year.

Brian Watson

RENTAL DISPUTE

A man met a beautiful girl and she agreed to spend the night with him for \$500.

In the morning, before he left, he told the girl that he did not have any cash with him, but that he would have his secretary write a cheque and mail it to her, calling the payment "Rent for Apartment." On the way to the office, he regretted what he had done, realizing that the whole event was not worth the price. So, he sent a cheque for \$250.00 instead with an attached a note:

"Dear Madam:

Enclosed find a cheque in the amount of \$250.00 for rent of your apartment. I am not sending the amount agreed upon because when I rented the apartment, I was under the impression that:

1. It had never been occupied.
2. There was plenty of heat.
3. It was small enough to make me cozy and at home.

Last night, however, I found out that it had been previously occupied, that there wasn't any heat, and that it was entirely too large." Upon receipt of the note, the girl immediately replied:

"Dear Sir:

First of all, I cannot understand how you expect such a beautiful apartment to remain unoccupied indefinitely. As for the heat, there is plenty of it if you know how to turn it on. Regarding the space, the apartment is indeed of regular size, but if you didn't bring enough furniture to fill it, please don't blame the landlord! I will expect full payment due immediately or will be forced to hire someone to remove your furniture."

PROPOSED CHANGES TO THE BY-LAWS (COMPETITION) TO FULLY RECOGNISE MASTERS GRADES

Background: The Association has been exploring ways of working more closely with the NZ Masters Athletics Inc. Already M40, M50 and W35 grades are officially recognised in a number of Championship events and unofficially in the Master's five-year age intervals in these events. This right to issue medals in the Master's five-year age intervals is conferred under the present By-Law C3.10(4). The proposed alterations set out below officially incorporate a complete set of Master's grades in all Championship events except the Track and Field Championship (By-Law 4) where Masters have their own Championships, the Short Course Cross Country Championships (By-Law 7) where there are only two events - Men and Women, and the Road Relay Championships (By-Law C10) where the Masters Grades are combined. The Short Course Cross Country Championships are held with the NZ Secondary School's Association Cross Country Championships and having only two events is part of the Association's agreement with the NZ Secondary Schools Association.

Explanation of some of the changes made: The Masters Association has asked that the five-year age intervals be officially recognised. This has meant defining these age groups. Normally this would be done in By-law C1.2, but because of the number of grades involved reference is made to them in By-Law C1.2 (3) and they are defined in a new Attachment "B" to the By-Laws. [The present Attachment "B" becomes Attachment "B"].

As a full set of Master's grades has been added to all Championships separate reference in By-Laws C6.1 and 9.1 to the Veterans M50 grade has been deleted as these are covered by the term Masters Men (All Grades). Also the present By-Law 3.10 (4) has been deleted as it is a very open ended statement and is covered in other proposed changes to the By-Laws.

As the eligibility to win Master's titles at all Championships where they are recognised has been defined in By-Law C3.2 (2), specific reference By-Laws 6.1(3) [Cross Country Championships] and 9.1(5) [Road Championships] have been deleted.

The Master's Association has asked that Masters Men be recognised from M35. The same as Masters Women. This has been recognised internationally by the World Masters Athletics (WMA). Although it has not as yet been ratified by the IAAF, they normally "rubber stamp" recommendations from the WMA and there is no reason they won't ratify this change.

A full set of the recommended By-Law changes is set out below.

1. Master's Medals

Recommend the following Clause be added to By-Law C3.10 - Championship Medals:

(2) (a) The medals for the Master's championship events shall be of an approved design and awarded as follows:

- 1st - gilt or such other form as considered appropriate
- 2nd - silver or such other form as considered appropriate
- 3rd - bronze or such other form as considered appropriate

(b) The design for the Master's Championship medals shall not be the same as the design nor have the same value as the Athletics NZ Championship medals for other grades.

Reason: There has been considerable discussion in the sport on the awarding of full Championship medals to place getters in all master's grades at the NZ Championships where their events are contested. There appears to some agreement that while they should receive medals they should not be of the same design as for other Championship events, hence a new but separate clause.

2. Master's Grades

Recommend the following be added as an Attachment to the By-Laws - Competition. It defines the Master's age grades and includes the Men 35 (M35) grade:

ATTACHMENT "B" - MASTER'S AGE DEFINITIONS

(1) A male athlete becomes a Masters Men 35 Grade (M35) or a Masters Men 35 - 39 Grade (M35-39) athlete on his thirty-fifth (35th) birthday.

A male athlete becomes a Masters Men 40 - 44 Grade (M40-44) athlete on his fortieth (40th) birthday.

A male athlete becomes a Masters Men 45 - 49 Grade (M45-49) athlete on his forty-fifth (45th) birthday.

A male athlete becomes a Masters Men 50 - 54 Grade (M50-54) athlete on his fiftieth (50th) birthday.

A male athlete becomes a Masters Men 55 - 59 Grade (M55-59) athlete on his fifty-fifth (55th) birthday.

A male athlete becomes a Masters Men 60 - 64 Grade (M60-64) athlete on his sixtieth (60th) birthday.

A male athlete becomes a Masters Men 65 - 69 Grade (M65-69) athlete on his sixty-fifth (65th) birthday.

A male athlete becomes a Masters Men 70 - 74 Grade (M70-74) athlete on his seventieth (70th) birthday.

A male athlete becomes a Masters Men 75 - 79 Grade (M75-79) athlete on his seventy-fifth (75th) birthday.

A male athlete becomes a Masters Men 80 - 84 Grade (M80-84) athlete on his eightieth (80th) birthday.

A male athlete becomes a Masters Men 85 - 89 Grade (M85-89) athlete on his eighty-fifth (85th) birthday.

A male athlete becomes a Masters Men 90 - 94 Grade (M90-94) athlete on his ninetieth (90th) birthday.

A male athlete becomes a Masters Men 95 - 99 Grade (M95-99) athlete on his ninety-fifth (95th) birthday.

(2) A female athlete becomes a Masters Women 35 Grade (W35) or Masters Women 35 - 39 Grade (W35-39) athlete on her thirty-fifth (35th) birthday.

A female athlete becomes a Masters Women 40 - 44 Grade (W40-44) athlete on her fortieth (40th) birthday.

A female athlete becomes a Masters Women 45 - 49 Grade (W45-49) athlete on her forty-fifth (45th) birthday.

A female athlete becomes a Masters Women 50 - 54 Grade (W50-54) athlete on her fiftieth (50th) birthday.

A female athlete becomes a Masters Men Women 55 - 59 Grade (W55-59) athlete on her fifty-fifth (55th) birthday.

A female athlete becomes a Masters Women 60 - 64 Grade (W60-64) athlete on her sixtieth (60th) birthday.

A female athlete becomes a Masters Women 65 - 69 Grade (W65-69) athlete on her sixty-fifth (65th) birthday.

A female athlete becomes a Masters Women 70 - 74 Grade (W70-74) athlete on her seventieth (70th) birthday.

A female athlete becomes a Masters Women 75 - 79 Grade (W75-79) athlete on her seventy-fifth (75th) birthday.

A female athlete becomes a Masters Women 80 - 84 Grade (W80-84) athlete on her eightieth (80th) birthday.
 A female athlete becomes a Masters Women 85 - 89 Grade (W85-89) athlete on her eighty-fifth (85th) birthday.
 A female athlete becomes a Masters Women 90 - 94 Grade (W90-94) athlete on her ninetieth (90th) birthday.
 A female athlete becomes a Masters Women 95 - 99 Grade (W95-99) athlete on her ninety-fifth (95th) birthday.

Note: should an athlete have had or be having their one hundredth or a subsequent birthday the same rules of grading shall apply.

- (2) Where a competition is for more than one (1) day the competitor shall compete in the correct grade as of the first day of competition.

A consequential change:

(1) The present: Master Men (M40)

Becomes: Master Men (M35) throughout the By-Laws

Preamble to COMPETITION BY-LAW CHANGES:

Recommend the changes listed below be made to the following Championship By-Laws. They are to recognise all Masters Grades and to state medal eligibility. Where renumbering of other clauses is required, this is not shown.

3. New Zealand Championships - General

Add new Clause to - BY-LAW C3.2 - ELIGIBILITY

- (3) In Championship Events where Master's Grades are recognised, any intending competitor for a Master's championship event (including an athlete returning to New Zealand from overseas) must be the correct age as defined in Attachment "B" - Master's Age Definitions and is registered with the Association according to By-Law A6.3.

4. Combined Events

a. Amend - BY-LAW C5.1 - EVENTS

- (1) Annual Combined Events championships for Men, Women, Men 19 (M19), Women 19 (W19), Men 16 (M16), Women 16 (W16), Masters Men (All grades), and Masters Women (All grades) shall be held under the auspices of the Association when the following championship events shall be contested:

Men	Decathlon
Women	Heptathlon
Masters Men (All grades)	Decathlon
Masters Women (All grades)	Heptathlon
Men 19 (M19)	Decathlon
Men 16 (M16)	Octathlon
Women 19 (W19)	Heptathlon
Women 16 (W16)	Heptathlon

b. Add new Clause to - BY-LAW C5.2 - CHAMPIONSHIP MEDALS

- (2) The first three (3) placed individuals in each Master's Grade, as set out in Attachment "B" of these By-Laws shall receive a medal of approved design as set out in By-Law C3.10(2).

4. Cross Country Championships

a. Amend Clause - BY-LAW C6.1 - EVENTS

- (1) Annual Cross Country individual races for Men, Women, Men 19 (M19), Women 19 (W19), Men 16 (M16), Women 16 (W16), Masters Men (All grades), ~~Veteran Men (M50)~~ and Masters Women (All grades) shall be held under the auspices of the Association when the championship events shall be contested over the following distances:-

Men	12 km
Women	8 km
Masters Men (All grades)	8 km
Veteran Men (M50)	8 km (delete)
Masters Women (All grades)	6 km
Men 19 (M19)	8 km
Men 16 (M16)	6 km
Women 19 (W19)	6 km
Women 16 (W16)	4 km

b. The following Clause be deleted

~~C6.1 (3) The Masters events shall be open to all Masters men and women athletes registered with either the Association or the New Zealand Masters Athletes Inc. (NZMA), who on the day of the event, are not less than forty (40) and thirty-five (35) years of age respectively. [Refer By-Law C3.2(2)]~~

c. Add new clause to - BY LAW C6.2 - CHAMPIONSHIP MEDALS

- (3) The first three (3) placed individuals in each Master's Grade, as set out in Attachment "B" of these By-Laws shall receive a medal of approved design as set out in By-Law C3.10 (2).

5. MOUNTAIN RUNNING CHAMPIONSHIPS

a. Amend Clause - BY-LAW C8.1 - EVENTS

(1) Annual Mountain Running Individual Championships for Men, Women, Men 19 (M19), Women 19 (W19) and Masters Men (All grades) and Masters Women (All grades) shall be held under the auspices of the Association.

b. Add new Clause to - BY-LAW C8.2 - CHAMPIONSHIP MEDALS

(2) The first three (3) placed individuals in each Master's Grade as set out in Attachment "B" of these By-Laws shall receive a medal of approved design as set out in By-Law C3.10(2).

6. Road Championships

a. Amend the following Clauses - BY-LAW C9.1 - EVENTS

(1) Annual Road Running individual races for Men, Women, Men 19 (M19), Women 19 (W19), Men 16 (M16), Women 16 (W16), Masters Men (All grades), ~~Veteran Men (M50)~~ and Masters Women (All grades) shall be held under the auspices of the Association when the championship events shall be contested over the following distances:-

Men	10 km
Women	10 km
Masters Men (All grades)	10 km
Veteran Men (M50)	10 km (delete)
Masters Women (All grades)	5 km
Men 19 (M19)	8 km
Men 16 (M16)	6 km
Women 19 (W19)	5 km
Women 16 (W16)	5 km

The Men 16 (M16) and Women 16 (W16) races shall be run in conjunction with the respective Under 20 events.

(2) Annual Road Walk individual races for Men, Women, Men 19 (M19), Women 19 (W19), Men 16 (M16), Women 16 (W16), Masters Men (All grades) and Masters Women (All grades) shall be held under the auspices of the Association when the championship events shall be contested over the following distances:-

Men	10 km
Women	10 km
Masters Men (All grades)	10 km
Masters Women (All grades)	10 km
Men 19 (M19)	5 km
Men 16 (M16)	5 km
Women 19 (W19)	5 km
Women 16 (W16)	5 km

b. The following Clause be deleted

~~C9.1(5) The Masters events shall be open to all veteran men and women athletes registered with either the Association or the New Zealand Masters Athletes Inc. (NZMA), who on the day of the event, are not less than forty (40) and thirty-five (35) years of age respectively. [Refer By-Law C3.2(2)]~~

c. The following Clause be added to - BY-LAW C9.2 - CHAMPIONSHIP MEDALS

(2) The first three (3) placed individuals in each Master's Grade, as set out in Attachment "B" of these By-Laws shall receive a medal of approved design as set out in By-Law C3.10(2).

7. HALF MARATHON CHAMPIONSHIPS

a. The following Clause be amended - BY-LAW C11.1 - EVENTS

(1) Annual Half Marathon Championships for individuals shall be held under the auspices of the Association when the championship events shall be contested for:

Men
Women
Masters Men (All grades)
Masters Women (All grades)

b. The following Clause be added - BY-LAW C11.1 - EVENTS

(3) An Annual Half Marathon Team's race shall be contested for Club Teams for Men, Women, Masters Men and Masters Women

Add new Clause to - BY-LAW C11.2 - CHAMPIONSHIP MEDALS

(3) The first three (3) placed individuals in each Master's Grade as set out in Attachment "B" of these By-Laws shall receive a medal of approved design as set out in By-Law C3.10(2).

8. MARATHON CHAMPIONSHIPS

a. The following Clause be amended - BY-LAW C12.1 - EVENTS

(1) Annual Marathon Championships for individuals shall be held under the auspices of the Association when the championship events shall be contested for:

Men
Women
Masters Men (All grades)
Masters Women (All grades)

b. The following Clause be added - BY-LAW C12.1 - EVENTS

(4) An Annual Marathon Team's race shall be contested for Club Teams for Men, Women, Masters Men and Masters Women

c. Add new Clause to - BY-LAW C12.2 - CHAMPIONSHIP MEDALS

(2) The first three (3) placed individuals in each Master's Grade, as set out in Attachment "B" of these By-Laws shall receive a medal of approved design as set out in By-Law C3.10(2).

9. 100km Championships

a. The following Clause be amended - BY-LAW C13.1 - EVENTS

(1) Annual 100km Championships shall be held under the auspices of the Association when the championship events shall be contested for:

Men
Women
Masters Men (All grades)
Masters Women (All grades)

b. Add new Clause to - BY-LAW C13.2 - CHAMPIONSHIP MEDALS

(2) The first three (3) placed individuals in each Master's Grade, as set out in Attachment "B" of these By-Laws shall receive a medal of approved design as set out in By-Law C3.10(2).

10. LONG DISTANCE ROAD RACE WALKING CHAMPIONSHIPS

a. The following Clause be amended - BY-LAW C14.1 - EVENTS

(1) Annual Long Distance Road Race Walking Championships for Men, Women, Men 19 (M19), Women 19 (W19), Men 16 (M16), Women 16 (W16), Masters Men (All grades) and Masters Women (All grades) shall be held under the auspices of the Association when championship events shall be contested over the following distances:-

Open (Men & Women)	50km
Women	15km
Masters Men (All grades)	50km
Masters Women (All grades)	20km
Men 19 (M19)	20km
Men 16 (M16)	10km
Women 19 (W19)	15km
Women 16 (W16)	10km

b. Add new Clause to - BY-LAW C14.2 - CHAMPIONSHIP MEDALS

(2) The first three (3) placed individuals in each Master's Grade, as set out in Attachment "B" of these By-Laws shall receive a medal of approved design as set out in By-Law C3.10(2).

11. MASTERS RECORDS

Recommend: It be recorded in the By-laws that the Masters Association be officially responsible for looking after all Masters records.

Add new Clause - BY-LAW C2.3 - RECORDS BY MASTER'S ATHLETES

(1) New Zealand Masters Athletics Inc. shall be responsible for listing the events, setting of the specifications and conditions, approving and keeping a record of the holders of all records of all Master's grades.

[A list of events and the specifications and conditions for the setting of Master's records may be found in the New Zealand Masters Athletics Inc. handbook for the current year]

PROGRAMME AND ENTRY FORM

WELLINGTON MASTERS TRACK AND FIELD CHAMPIONSHIPS

NEWTOWN PARK SUNDAY 15th FEBRUARY and SUNDAY 22nd FEBRUARY 2004

IF YOU CAN ASSIST IN RUNNING EVENTS YOUR HELP WOULD BE APPRECIATED

5000m & 10000m RUNNERS, 3000m WALKERS - PLEASE ARRANGE YOUR OWN LAP COUNTERS

PROGRAMME:

SUNDAY 15 FEBRUARY

9.30am 100m
Shot Put
Javelin
10.00 1500m
Triple Jump
10.30 Discus
11.00 200m
11.30 Weight Throw

LUNCH

1.00pm 3000m Walk
High Jump
1.30 300/400 Hurdles
Hammer
2.00 2000/3000m Steeples
2.15 Long Jump
2.30 400m
3.00 5000m

SUNDAY 22 FEBRUARY

9.30 800m
Pole Vault
Weight Pentathlon
10.00 Sprint Hurdles
10.15 1500m Walk
10.30 Pentathlon
11.00 10000m

1pm Lunch & Presentation of Awards



WELLINGTON MASTERS TRACK & FIELD CHAMPIONSHIPS 2004

PLEASE ENTER ME IN THE FOLLOWING EVENTS:- (Print clearly please)

1	2
3	4
5	6
7	8
9	10
11	12

NAME: M/F:

ADDRESS:

CURRENT NZMA REGISTRATION CARD No: AGE:

BIRTHDATE: TELEPHONE No:

ALL ATHLETES MUST BE CURRENT FINANCIAL MEMBERS OF NZMA

ENTRIES CLOSE 9 FEBRUARY 2004

CHEQUES payable to: Wellington Masters Athletics

ENCLOSE Entry Fee 5.00

Masters Subscription (if not already paid) 30.00

TOTAL \$

Send to:

Wellington Masters Track & Field Championships, 49 Dress Circle, Newlands, Wellington 6004.

Don't forget nominations for

WELLINGTON MASTERS
ATHLETICS



SPORTSPERSON OF THE YEAR

It is time to put forward nominations for the Sportsperson of the Year Award.

Award:

Known as the Sportsperson of the Year Award.

Period Covered:

From 1 January to 31 December.

How Nominated:

Nominations may be made by Clubs, Centre Committees, and individuals or by athletes themselves.

Criteria for Award:

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.

Closing Date:

The 20th January following the year for consideration.

Selection:

This is to be made by the Committee of Wellington Masters Athletics.

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.

Form of Award:

A trophy has been donated by Jim and Colleena Blair and was won this year by Barry Prosser.

The Truth About Carbohydrate and Protein

By Matt Fitzgerald

The way things are going, it won't be long before Atkins and anti-Atkins replace liberalism and conservatism as the dominant, competing ideologies in this country. I'm referring of course to the high-protein, low-carbohydrate diet promoted by the late diet guru Robert Atkins, and to the backlash against it.

All of this controversy about carbohydrates and proteins has led many runners to question whether the high-carbohydrate diet traditionally recommended for runners is really the right way to go. Should we be filling up on proteins instead? The purpose of this article is to clarify for you what the latest science says about the roles of carbohydrates and protein in the life of a runner.

No Atkins for Runners

While carbohydrate continues to be demonized in the popular media coverage of fad diets, the evidence in support of high-carbohydrate diets for endurance athletes continues to accumulate.

As everyone knows, the Kenyans are considered to be the best distance runners in the world. While the traditional Kenyan diet – lean, unprocessed, and mostly vegetarian – is certainly not the only reason behind the Kenyans' running dominance, it is very likely a strong contributing factor.

Recently, researchers from the University of Copenhagen set out to determine the macronutrient breakdown of this diet. They studied the food intake of 12 adolescent male runners from the storied Kalenjin tribe over a two-week period. They found that a whopping 71% of their daily calories came from carbohydrate, only 15% from fat, and a mere 13% from protein. Their staple foods were corn and kidney beans.

One of the main effects of endurance training is that it increases the muscles' capacity to store carbohydrate for use during activity. A high-carbohydrate diet is required to take advantage of this adaptation. Dozens of clinical studies have demonstrated that the more carbohydrate an athlete has stored in his or her muscles prior to exercise, the better he or she will perform. For example, in a study performed at the University of Guelph, Ontario, well-trained women were randomly assigned to either a high-carbohydrate (78%) or a low-carbohydrate (48%) diet prior to a cycling test to exhaustion. The women in the high-carbohydrate group were able, on average, to continue exercising significantly longer.

Runners do need more protein in their diet than sedentary individuals, due to the need to replace muscle proteins broken down during workouts and races. But they only need more protein in proportion to their overall need for more calories in general. Protein should account for about 15% of calories consumed. Carbohydrate should account for 60% and fat for the remaining 25%.

Carbohydrate-Protein Synergy

What tends to get lost beneath the clamor of the pro-and anti-carb and protein ideologies is the important fact that carbohydrates and proteins actually cooperate to boost

endurance during exercise and to promote recovery after exercise. It's not that one is good and the other bad. We need both, and we need them together, to optimize running performance.

Carbohydrate is the primary fuel source for running. As you probably know, a whole mountain of research has demonstrated that consuming a sports drink containing 6 to 8% carbohydrate plus electrolytes during workouts and races improves performance and delays fatigue. For the past 30 years, sports drink formulas have been based on this research. But newer research has shown that consuming a small amount of protein with carbohydrate during exercise results in faster delivery of carbohydrate to working muscles. This is because both protein and carbohydrate stimulate insulin, the hormone whose job is to transport carbohydrate into the muscle cell.

Runners generally fatigue when the working muscles' supply of stored carbohydrate (called glycogen) becomes depleted. So, the faster the carbohydrate you consume during a run is delivered to the working muscles, the more glycogen is conserved and the more fatigue is delayed. In one study, athletes who used a carbohydrate-protein sports drink were able to continue 24% longer than athletes who used a conventional carbohydrate-only sports drink and 57% longer than those who drank only water.

During prolonged runs, when carbohydrate fuel runs low, as much as 20 percent of a runner's energy needs are supplied by protein. Under normal circumstances, these proteins are "stolen" from muscle tissue. This process weakens the muscles, reducing performance, and leads to post-exercise muscle soreness.

However, there is evidence that consuming protein can reduce muscle protein breakdown during prolonged exercise and the weakness and soreness that come with it. By using a sports drink or energy gel containing protein, you are able to get the majority of the protein your body needs for energy from this source, so your muscles are left alone, and both your performance and your later recovery get a boost.

Getting the right amount of protein is crucial. Exercise physiologists believe that a carbohydrate-protein ratio of 4 to 1 (that is, 4 grams of carbohydrate for each gram of protein) is optimal. When greater amounts of protein are taken in, the rate of stomach emptying decreases and gastrointestinal problems (e.g. stomach cramps, nausea) can result.

After Exercise

It is not possible to consume enough carbohydrate during moderate- to high-intensity exercise to replace what is burned, nor to completely offset muscle protein degradation. So it is important to consume additional carbohydrate and protein after the workout. This should be done as soon as possible, because the body is able to synthesize glycogen and protein at more than twice the normal rate due to heightened insulin receptivity in the muscle cells following exercise.

Carbohydrate-protein sports drinks are again the best immediate post-workout nutrition source because of their rapid absorption and their water and electrolyte content. Using such drinks and/or water and solid foods, you should be sure to fully replenish fluid losses (i.e. return to

pre-workout bodyweight) and consume 10-20% of your daily carbohydrate and protein intake within the first two hours after completing exercise.

Action Steps

Chances are you're already eating more than enough protein. Chances are, too, that you're getting less than 60% of your calories from carbohydrate. To find out, record everything you eat and drink for a three-day period and use a resource such as *The Complete Book of Food Counts* to determine the macronutrient breakdown. Then tweak your diet as necessary.

It's also likely that you're not consuming carbohydrate with protein during workouts. The simplest way to correct this problem is to switch to one of the newer sports drinks that contain the ideal 4:1 ratio of carbohydrates to protein. Your body will let you know you're doing the right thing. Then you can tune out all that fad diet noise!

Matt Fitzgerald is the author of the forthcoming book, *The Runner's World Guide to Cross-Training*. He coaches runners and triathletes online through Carmichael Training Systems (www.trainright.com).

BE SAFE, BE SEEN

Visibility

Remember - never assume that because you can see them, they must have seen you. People are easily distracted, and may not notice you, particularly in adverse conditions.

People can make mistakes in conditions of poor visibility; you may not be recognized for what you are. Your distance; your movement; your direction of travel could all be mis-read.

Cyclists

Wear light coloured or bright clothing. Smaller children should use a day-glow red cycle pennant that shows above their head when riding.

At night wear reflectorised waistbands, headbands, and patches on parkas, raincoats and helmets.

Your lights should be clean and in good working order - check them often. Ensure that your red rear light is big enough and bright enough to be seen at a distance and that it cannot be obscured by goods on your carrier (if you have one), or obscured by dirt or mud in bad weather.

Where possible use the cycle lanes provided. When approaching cars be prepared for doors that might open into your direct path and watch for vehicles reversing out or turning into your path.

Runners

Wear light coloured or bright clothing. At night wear reflectorised material, armbands, patches and leg/ankle bands.

If there are no footpaths, use the right-hand side of the road so you face oncoming traffic.

Take special care at all intersections and traffic lights. Wherever possible try and cross at a pedestrian crossing or at controlled intersections.

General

Always tell your partner where you are planning to run or ride and don't deviate from your plans. If you tell your partner you are going out for a certain length of time try and keep to that scheduled time. Don't because you are feeling good, add another half hour onto your run or bike. Think about the person at home starting to worry because you are overdue. Try and take some form of identification with you if at all possible. Females should try and avoid training on their own. If possible go out with a group or at least on other person and should never venture into areas that they are unfamiliar with and have little or no lighting.

Bereavement

The President and Committee have extended their condolences to Committee member Michael Clark and his family on the recent passing of Michael's mother after a long illness. Our thoughts are with them at this sad time.

A good time to keep your mouth shut is when you're in deep water.

Anyone who thinks old age is golden must not have had a very exciting youth.

How come it takes so little time for a child who is afraid of the dark to become a teen-ager who wants to stay out all night?

Business conventions are important because they demonstrate how many people a company can operate without.

Why is it that at class reunions you feel younger than everyone else looks?

MASTERS 10km ROAD RACE & RACE WALK

Sunday 2nd November 2003 at Ludlam Park, Lower Hutt

A blustery, strong wind with the odd spits of rain greeted the runners and walkers as they headed out towards the turn-around point at the junction of Guinness Street. First walker home was Mike Lane (Taranaki Walkers) (61.22) and the first female walker was Karena Blyth (Valleys United) 68.57. The first male runner home was Vaughan New (Valley United) 36.50 and the first female was Jill Westenra (Olympic) 41.00. The numbers taking part this year were the same as 2002 with 14 walkers and 20 runners.

The event also incorporated the Wellington Masters Championships and certificates have been sent out to the recipients.

Thanks to Peter Wrigley for taking on the role of Race Director, the Hutt Valley Marathon Clinic for the use of their rooms at the Huia Pool, to all who acted as marshals and timekeepers, and finally all the athletes who took part to make the event the success that it was.

Overall Placing:

Place	Name	Club	Run/Walk	Time	Age place
1	Mike Lane	Taranaki	W	61.22	1M50-54
2	Vaughan New	Valleys	R	36.50	1M45-49
3	John Hines	Scottish	W	66.58	1M65-69
4	Chris Speakman	Olympic	R	37.09	1M40-44
5	Barrie Neumann	Scottish	R	38.38	2M45-49
6	Karena Blyth	Valleys	W	68.57	1W50-54
7	Patrick Tito	Trentham	W	70.11	1M60-64
8	Neil Price	Wellington	R	40.20	2M40-44
9	Jill Westenra	Olympic	R	41.00	1W35-39
10	Mick Rice	Scottish	W	71.08	2M50-54
11	Paul Homan	Trentham	R	41.11	3M40-44
12	Kevin Burney	Trentham	R	42.45	4M40-44
13	Ian Blyth	Valleys	R	43.16	1M55-59
14	Ken Howell	Scottish	R	43.42	1M50-54
15	Paul Rodway	Scottish	R	44.09	2M55-59
16	Colin MacLachlan	Scottish	R	45.18	1M60-64
17	Terry Bedlington	No Club?	R	45.22	5M40-44
18	Kathy Young	HV Marathon	R	45.49	1W45-49
19	John Palmer	Scottish	R	46.49	3M55-59
20	Robert Bennett	Scottish	W	77.47	2M60-64
21	Peter Tearle	Scottish	W	77.47	1M75-79
22	Brenda Burke	Scottish	R	48.05	1W40-44
23	Gordon Smith	Valleys	W	78.49	2M75-79
24	Anne Pringle	No Club?	W	78.53	1W55-59
25	Diane Rogers	Trentham	R	50.15	1W60-64
26	Harold Alcock	Olympic	R	52.20	2M60-64
27	Peter Thomas	Trentham	R	53.23	1M70-74
28	John Turner	Scottish	W	83.58	2M65-69
29	Maryanne Palmer	Scottish	R	54.26	1W50-54
30	Margaret Bray	Scottish	W	85.02	2W55-59
31	Michael Browne	Scottish	R	57.12	2M70-74
32	John Eccles	Masterton	W	87.26	3M75-79
33	Megan Barber	No Club	W	87.26	1W35-39
34	Peter Hanson	Olympic	R	58.58	1M65-69

Championship Certificates awarded to:

Walkers - Men:

1M50-54	Mike Lane	2M50-54-	Mick Rice		
1M60-64	Robert Bennett				
1M65-69	John Hines	2M65-69	John Turner		
1M75-79	Peter Tearle	2M75-79	Gordon Smith	3M75-79	John Eccles

Women:

1W50-54 Karena Blyth
 1W55-59 Margaret Bray

Runners – Men:

1M40-44	Chris Speakman	2M40-44	Neil Price	3M40-44	Paul Homan
1M45-49	Vaughan New				
1M55-59	Ian Blyth	2M55-59	Paul Rodway	3M55-59	John Palmer
1M60-64	Colin MacLachlan	2M60-64	Harold Alcock		
1M65-69	Peter Hanson				
1M70-74	Peter Thomas	2M70-74	Michael Browne		

Women:

1W40-44 Brenda Burke
 1W45-49 Kathy Young
 1W50-54 Maryanne Palmer
 1W60-64 Diane Rogers

MASTERTON FULL & HALF MARATHONS & 10KM FUN RUN AND WALK**Sunday 23 November 2003****Marathon:**

7M Open Grade	Peter Wrigley	Scottish	3:37:23
3M40-49	Paul Homan	Trentham	3:20:15

Half Marathon:

2M40-49	Vaughan New	Valleys	1:20:13
3M40-49	Des Young	Scottish	1:23:48
5M40-49	Gordon Clarke	WHAC	1:27:14
3M50-59	John Palmer	Scottish	1:44:43
4W50-59	Maryanne Palmer	Scottish	2:00:01

Walkers:

8M50-54	Mick Rice	Scottish	2:39:39
14M75-79	Peter Tearle	Scottish	2:43:27

10km Fun Run:

14M60-64	Brian Watson	Olympic	50:27
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Note these Events on your Calendar for next year . . .

Sunday 16th May - Masters Classic Relay, Trentham Memorial Park

Sunday 8th August - 8km Masters Road Race & Walk, Johnsonville

Sunday 7th November - Masters 10km Road Race & Walk, Lower Hutt

COMING EVENTS

2004

Jan

18	City of Wellington Half Marathon	Kilbirnie
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Feb

14	Buller Gorge Full & Half Marathon	Westport
15	Wellington Masters T & Field Championships	Newtown Park
21	9 th Great Lake Relay (around Lake Taupo)	Taupo
22	Wellington Masters T & Field Championships	Newtown Park

Mar

6	Natural Gas Corporation Marathon	New Plymouth
12-14	Adidas Athletics NZ National Championships	Newtown Park
21	Wellington Championships	Newtown Park

April

18	Flora London Marathon	London
18-24	Masters Long Distance Championships	Auckland

May

1	40 th Fletcher Challenge Forests Marathon	Rotorua
22	Great Wall Full & Half Marathon	China

Aug

13-29	Olympic Games	Athens
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Oct

17	OAVA Masters Track & Field Champs	Rarotonga
	30 th Masterton Full & Half Marathon	Masterton

Nov

7	New York City Marathon	New York
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2005

April

30	Fletcher Challenge Forests Marathon	Rotorua
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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

If unclaimed please return to:-

WELLINGTON MASTERS ATHLETICS