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MARCH 2021

WELLINGTON MASTERS ATHLETICS INC NEWSLETTER | VOLUME 20 – ISSUE 1

New Zealand Masters Track and Field Championships Inglewood, 26–28 February 2021



Left to right:
Andrew Kerr
Grant McLean
Jim Jones
Peter Stevens
Photo: Facebook

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Left to right: Liz Bentley, Karen Hulena-Dorrington, Andrea Harris | Photo: Liz Bentley

President's report Michael Wray



Left to right: Troy Harold, Wim Luijpers, Grant McLean | Photo: Facebook

This year's NZMA Track & Field Championships produced a weekend of drama.

We started with our own Jacqueline Wilson recording a World Record on the Friday night. Jackie's 19:18.90 eclipsed Hatue Matumoto's previous record of 19:23.50 from 2017. The performance also took away Daphne Jones' previous Wellington, Championship and NZ records but if you're going to see someone take you out of the record books, it's better when it takes a World Record.

The Sunday then was a busy day, as we had to put in a new operational plan in response to the new alert level coming into force. Segregating the different groups of events into different bubbles, keeping those bubbles apart and controlling spectator levels to keep each bubble within gathering limits.

Jackie would be more grateful than most that we were able to respond to the change in alert levels; the first event of the Sunday morning was the 5000mW and Britta Sibbling's 1993 W75 world record of 32:44.76 was soundly exceeded when Jackie walked 31:58.65.

The 5000mW was not contested at NZMA Champs from 1982 to 2017, after first being put on as an event in 1981. There were no W75 contestants in 1981 and until this year Daphne Jones had been the only athlete to win the W75 grade.

Once Jackie's records are ratified, New Zealand Masters will now boast seven current World Record holders. Of those, Ron



Left to right: Karen Hulena-Dorrington, Joy Baker, Liz Bentley, Shirley Rolston, Heidi-Jane Humphries | Photo: Liz Bentley

Robertson is the most prolific as he currently holds six records. Four of those are different age groups for the same event (Steeplechase) so for diversity, we have to look to Derek Turnbull who has records in five events.

Jackie becomes Wellington's first World Record holder since Bernie Portenski. Bernie lost the last of her (five?) World Records in 2019 when talented German runner Silke Schmidt took the W60 5000m, so Jackie will become our only extant holder.

Jackie has compatriot company for walks. Gary Little still holds World Records for the 10km Road Walk and the 20km Road Walk, both set in 1992. Certified Road Walk Events are a rare find in this modern age of strict traffic management requirements, so Jackie may have to wait until the NZ Road Champs in September to see whether she can line up an attempt at one of the Road Walk records. It will be interesting to see whether she would elect to enter as a SW to go for the 20kmRW record, or as a MW for the 10kmRW.

In other news, Wellington have been brought forward in the rotation and been assigned the 2022 NZMA Track & Field Championships. To avoid any potential clash with Round the Bays, the Capital Classic or the Athletics NZ Track & Field Championships, they are scheduled a little later than normal and will take place 11-13 March.

Michael Wray | President

Celebrating outstanding achievements NZMA Championships, Inglewood



Jackie Wilson | Photo: Jackie Wilson

W75 race walk world records

- **Congratulations** to Jackie Wilson W75 race walk
Jackie highlighted the championships with two W75 race walk world records. In the 3000m, Jackie clocked 19:18.90, beating the 19:23.50 set in October 2017 by Hatue Matumoto. In the 5000m, Jackie recorded 31:58.65 beating the 32:44.76 set in October 1993 by Britta Tibbling.



Michele Allison | Photo: Rowan Greig



Peter Stevens | Photo: Facebook

NZMA Athlete of the year awards

- **Congratulations** to Michele Allison and Peter Stevens
- **Female athlete of the year – Michele Allison**
Female Middle Distance Athlete of the Year
- **Male athlete of the year – Peter Stevens**
Male Distance Athlete of the Year.



Kudos to the organising team at Inglewood of the 47th New Zealand Masters Track and Field Championships

WITH MUCH APPRECIATION AND THANKS TO THE AMAZING TEAM WHO JUGGLED AND SHUFFLED AND BUBBLED TO ENSURE THE EVENT WENT AHEAD ON SUNDAY. THANKS AND KUDOS TO YOU ALL FROM US ALL!

The Athlete's Kitchen

ABCs of sports nutrition

© Nancy Clark MS RD CSSD | March 2021

Believe it or not, eating a good sports diet can be simple. Yet too many runners have created a complex and confusing eating program with good and bad foods, lots of rules, and plenty of guilt.

A | Appreciate the power of food and the positive impact it has on athletic performance. Also notice the negative impact of hunger on your mood, ability to focus, & energy. As a runner, you are either fuelling up or refuelling. Every meal and snack has a purpose; be responsible!

B | Breakfast: eat it within three hours of waking for a high-energy day. If you are not hungry in the morning, trade evening snacks with little nutritional value for a wholesome morning meal (or eat that wholesome morning meal at night, in place of the snacks).

C | Carbohydrates are the preferred source of muscle fuel for hard runs. Do not stay away from pasta, potato, bread, bagels and other starchy foods that have wrongly been deemed fattening but actually help keep muscles well fuelled. Serious runners who minimise carb intake risk having poorly fuelled muscles.

D | Dehydration needlessly slows you down, so plan to drink extra fluid 45 to 90 minutes before a hard run. That's how much time the kidneys require to process fluid. Schedule time to tank up, urinate the excess, and then drink again soon before you start to exercise.

E | Energy bars are more about convenience than necessity. Bananas, raisins, Fig Newtons and granola bars offer convenient fuel at a fraction of the price. If you prefer pre-wrapped bars, choose ones made with wholesome ingredients such as dried fruits, nuts, and whole grains.

F | Foods fortified with iron can help non-meat eaters and vegetarians reduce their risk of becoming anaemic. Iron-fortified breakfast cereals, such as raisin bran, Grape-Nuts and Wheaties offer more iron than all-natural brands with no added iron, such as Kashi, old-fashioned oats, and granola.

G | Gatorade and other sports drinks are designed to be used by runners during extended exercise, not as a mealtime beverage or snack. Most foods contain far more electrolytes than found in sports drinks.

H | Hypoglycemia (low blood sugar, as characterised by light-headedness, fatigue, and inability to concentrate) is preventable. To eliminate 4:00 p.m. low blood sugar, enjoy a hearty mid-afternoon snack.

I | Intermittent fasting might offer health benefits for an overfat, under-fit, sedentary person, but it is not designed for runners. Extended time without food puts your body into muscle-breakdown mode.

J | Junk food can fit into a sports diet in small amounts. You don't have to have a perfect diet to have an excellent diet. A goal of 90% quality foods, and 10% for (fun) foods with marginal nutritional value.

K | Keto, Paleo and other fad reducing diets "work" because they limit calorie intake. But when dieters escape from food-jail, backlash takes its toll. Your better bet: Learn how to eat appropriately, not diet restrictively.

L | Lifting weights is key to building muscles. Carbs provide the energy needed to lift heavy weights. To support muscular growth, choose carbohydrate-based meals with a side of protein.

M | Muscles store carbohydrate (grains, fruits, veggies) as glycogen. When replenishing depleted glycogen to prevent needless fatigue, muscles store about 3 ounces of water with each one ounce of carb. Hence, an athlete might gain 2 to 4 pounds of (water) weight when refuelling on a rest day.

Let's get back to the basics and enjoy performance-enhancing fuelling with these simple ABC's for winning nutrition.

N | Nutrient-dense whole foods are so much better for your health than ultra-processed foods. By satiating your appetite with hearty breakfasts and lunches, you'll curb your desire for afternoon and evening chips, cookies, instant meals, and other highly processed foods—and may not even miss them!

O | Obsessed about food and weight? If you spend too much time thinking about what or what not to eat, meeting with a sports dietitian (RD CSSD) can help you stop the struggle. Eating should be simple.

P | Protein is an important part of a sports diet; it helps build and repair muscles after hard workouts—but it does not refuel muscles. A recovery drink should offer three times more carbs than protein. Choose a fruit smoothie (made with Greek yogurt) instead of a low-carb protein shake.

Q | Quality nutrition is best found in natural foods. Be sure more apple cores and banana peels are in your waste basket than packaging from ultra-processed foods.

R | Rest is an important part of a training program; your muscles need time to heal and refuel. Plan one or two days with little or no exercise per week. Expect to feel just as hungry on rest days as on exercise days; muscles need food to replenish depleted glycogen stores.

S | Sweet cravings are a sign of being too hungry. Eat enough breakfast and lunch to feel satiated. You'll have more energy in the afternoon, better workouts, and far less desire for sweets and treats later in the day.

T | Thinner does not equate to performing better when the cost is skimpy meals and poorly fuelled muscles. Initially a lighter runner may set some PBs, but stress fractures and injuries ultimately take a toll. A more sustainable option is to focus on being a well-fuelled and powerful runner.

U | Urine dark coloured and smelly indicates a need to drink more fluid. (Coffee, yogurt, and watery foods count as fluid). Well-hydrated runners urinate every 2 to 4 hours, and have pale coloured urine.

V | Vegetarian runners should include plant-protein at each meal and snack. Peanut butter on a bagel, hummus with pita, and chocolate soy milk for recovery are just a few suggestions.

W | Weight is more than a matter of will power; genetics plays a role. Forcing your body to be too thin is abusive.

X | Xtra vitamins are best found the all-natural way: in dark colourful vegetables such as broccoli, spinach, peppers, tomatoes and carrots, or in fresh fruits such as oranges, grapefruit, cantaloupe, strawberries and kiwi. Fruit smoothie anyone?

Y | Yes, you can optimally fuel your engines! The trick is to prevent hunger. When too hungry, you'll be more likely to reach for apple pie than an apple. Experiment with front-loading your calories and observe the benefits.

Z | Zippy and zingy—that's how you'll feel when you fuel with premium nutrition. Eat well and enjoy your high energy runs

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 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.

Health

Five simple tips to support strong immunity

If 2020 taught us anything it was the importance of our health and wellness.

Having (and maintaining) a healthy body is dependent on a strong immune system and vice versa. We want our body to fight off viruses, pathogenic bacteria, and parasites without launching an immune response to things like pollen and foods like dairy, nuts and gluten.

There are many ways that we can naturally support our body and help to build a strong and healthy immune system - especially as we are surrounded by long sunny days and fresh summer fruits and veggies.

1 Eat nourishing, whole foods

Not only do wholefoods provide you with the essential nutrients you need, but did you know that up to 75% of your immune system is located in your gut? So whatever serves your gut health, also serves your immunity. Win-win.

Whole foods are:

- High in essential vitamins, minerals and nutrients which provide our immune system with co- factors required for optimal function.
- They feed the good bacteria in our gut.
- Fresh fruits and veggies are abundant, naturally ripened and very affordable during summer.

We know that processed, refined foods are damaging to the gut lining, and inflammatory. On the other hand, opting for fresh whole foods which support the health of our gut, and in turn boosts our immune system.

2 Get your 8 hours sleep

Sleep is essential for our wellbeing, both mental and physical.

You know when you get sick, and you just want to sleep all day? That's your body trying to get you into a state where it can undertake repair processes to help you recover.

Routinely getting to bed before 11pm is a good way to keep our hormones in check - particularly the hormones that control our immune function.

3 Boost your nutrient intake

Adequate nutrient levels are essential for a strong immune system. Here are a few key vitamins, minerals and nutrients that particularly support the immune system.

- **Zinc:** This acts as a cofactor in over 200 enzymatic reactions in the body - many of these are part of the immune function. Found in oysters, red meat, beans, nut and wholegrains.
- **Vitamin D:** Sometimes thought of almost as a hormone; helps to control the immune response in the body (an autoimmune response is the result of an overactive and unchecked immune system reaction). Found in oily fish, egg yolks, sun exposure, and small amounts in mushrooms.
- **Vitamin C:** Master nutrient for supporting immune function. Found in capsicum and kale, and fruits like citrus, kiwifruit, tomatoes, stone fruits, berries – especially strawberries.
- **Selenium:** Vital mineral for building and fuelling the immune system. Found in Brazil nuts, whole grains, turkey, chicken and fish.
- **EPA and DHA:** Found in oily fish, these essential fatty acids work as anti-inflammatories in the body.

4 Hygiene and social distancing

It goes without saying, but wash your hands with hot soapy water. You know the drill. When it comes to reducing the spread of infectious diseases always follow the advice of the [Ministry of Health](#).

Wear a mask where possible and advised and if you're feeling unwell, rest and relax at home. Social distancing, not only protects your health but the health of others around us — especially those whose immunity is compromised.

5 Lastly, keep calm and carry on

Stress is one of the biggest compromises of the immune system. The weather is warm; we're getting plenty of natural vitamin D from the long sunny, summer days and eating lots of fresh produce.

Meditation, mindfulness, legs up the wall are three means of letting your nervous system it is safe and can relax. When we send the message to our nervous system that we are relaxed – every system in our body can function better, including our immune system.

Injury prevention

Five ways to combat leg fatigue from running



The best way to fight tired legs is never to get them. This all comes down to a pre-run routine that's tailored to your body. To get started, you can try each of these tips:

- Eat a snack high in carbs and glucose about 30 minutes before running;
- Stretch and warm up after your run to improve your range of motion and help prevent soreness.

Benefits can also include an increase in stride, speed, along with running efficiency.

Stay hydrated and properly fueled

Once you're dehydrated and hungry, it could be too late to reverse the effects on your muscles. Plan ahead for training days and be sure to keep your body hydrated and fed. The **best time to eat and drink is when you're feeling fine** and running smoothly, not when you're already suffering.

Make sure you're eating enough and getting the right nutrients daily. A high carb snack before setting out on your run will provide your muscles with glycogen stores for fuel. This becomes the most readily available form of energy to your body during exercise.

Because dehydration leads to muscle fatigue and cramps it's important to drink an ample amount of water not only just before setting out on a run but one to two hours beforehand - aim for 250 to 500 millilitres (one to two cups).

Shorten your stride

Once you feel fatigue in your legs, you'll need to adjust your running style to keep on running.

A longer stride can place additional stress on your legs as they are having to cover a greater distance with every step.

A shorter stride with more frequent and quicker steps can help you run longer and fatigue-free. This is because by placing your feet more directly beneath your body they're able to absorb impact better. Legs that are stretched out in an odd position aren't able to absorb force well.

Also try these tactics

- It can be tempting to speed up when going downhill but instead slow down and keep your pace controlled
- Lift your feet high to boost your circulation
- Land your foot gently to reduce the impact
- Roll your foot from the heel to the toe
- Lastly, slow down when you're feeling tired. It's better to start slower and finish strong than to start faster and have to slow down; or, worse, be forced to walk.

Let your body guide your pace

Too many runners fall into the trap of deciding their pace before they set off. If you've had a hard week at work and you're running low on sleep, then you might need to skip the fast run. **Know that your running schedule isn't set in stone** – if today needs to be a slow, steady run, you can move your fast run to next week.

Giving yourself enough time for recovery and mixing up your training routine to include easy, moderate, and harder effort runs is best for preventing fatigue along with burnout.

Change your focus

When all else fails, you need to use visualization to take the focus off of your tired legs. Mental training for runners can prove to be just as important as running. Keep setting yourself targets in the distance, so that you're always running towards something and making the distance more manageable.

Listen to your body

If your body is really hurting, you should stop and rest. You can do real damage if you ignore signs of injury, and it's not worth putting your whole running routine at risk. By giving your body time to recover, you'll perform that much better on days you want to run faster, further, or stronger.

Our final tip, be sure to check your shoes for signs of wear and that you're running in the best pair for you.

Injury prevention

Introducing strength and conditioning



What is strength and conditioning?

Strength and conditioning (S&C) is a term that refers, in the context of running, to the use of bodyweight and resistance exercises to improve running performance, or to recover from and reduce the chances of developing an injury.

Strength and conditioning might include core stability and balance exercises for your trunk and hips, resistance exercises using weights or bands, or exercises and drills to improve your running technique.

Benefits

As runners we love to get outside and run, so it might seem like an inconvenience to find the time to try and increase the strength of our muscles. Research suggests improving your basic strength can have a positive effect on making you a more economical runner, and it makes sense that stronger muscles can better absorb the mechanical stress of running – sometimes referred to as load – meaning you are less likely to break down with an injury.

The two principal benefits of including S&C into your weekly routine are:

- To improve your running performance.
- To reduce the risk of injury.

Older runners can particularly benefit from regular strength exercises.

As we get older, we lose muscle bulk (a process called sarcopenia), and this process can have negative effects on our running performance and injury risk.

Furthermore, if you are one of the many runners suffering from a stubborn long-term injury such as an Achilles tendon problem, it is very likely that progressive specific strength exercises will help resolve the problem and get you back running.

Six week strength and conditioning training example

Single leg calf raise – six week programme

- Stand on one leg with your knee slightly bent. Push up on to your toes slowly to a count of three seconds, and then lower to the starting position, also to a count of three seconds.
 - Perform two to three sets of 15 repetitions for two weeks
 - For the next two weeks, reduce the number of sets/repetitions to 3 x 12 but add 5 kg of resistance
 - For the next two weeks, do 5 x 6 reps with heavier resistance
- After six weeks, for two days, try 4-5 sets of eight repetitions, with sufficient resistance to fatigue your calf.

Split squats

- In a stride stance position squat until your thigh is parallel with the ground. Your rear leg should bend. Keep your stomach pulled in so you don't arch your back.
 - Perform two to three sets of 15 repetitions for two weeks.
 - For the next two weeks, reduce the number of sets/repetitions to 3 x 12 but add 5kg of resistance.
 - For the final two weeks do 5 x 6 reps with heavier resistance.
- After six weeks, for two days, try 4-5 sets of eight repetitions, with sufficient resistance to fatigue your calf.

Side bridge

- Lie on your side in a straight line (shoulder, hip and ankle aligned), lift hip, keep trunk and leg in straight line
 - Hold this position for up to 10 seconds and perform 10 repetitions as able.
 - To challenge this exercise as your strength increases, lift your upper leg or place your feet on a low stool.

What to include

Keeping things simple is usually better. Resistance exercises that target the muscle groups most used in running, namely the calf, thigh muscles (quadriceps) and the hip muscles (the gluteals or glutes) will be most effective.

As with running itself, it is important to establish a safe, tolerable base-line level of exercise and build progressively as your tolerance improves.

An example of this would be starting with bodyweight exercises (using the weight of your body, rather than dumbbells) before adding weight. Aim to feel a level of comfortable fatigue in the target muscle group and should recover by the next day with no detrimental effect on your running. Two to three sessions a week is more than enough to see improvements and the key to success, as with your running, is consistency rather than trying to do too much, too soon.



Functional exercises such as step-ups or split squats are good all-round exercises for runners. If you have a specific weakness following an injury then exercises that isolate a particular muscle group may be indicated. For example, a seated calf raise for an Achilles problem or knee extensions for a knee issue.

If you are carrying an injury or have previously had pain with exercise, it is a good idea to seek the advice of health or exercise professionals before embarking on an S and C programme. You don't have to join a local gym to get stronger as both your bodyweight and dumbbells can both provide sufficient challenge for your muscles and power you to that PBI!

Payment notice reminder

Cheques no longer supported

		Date _____
188 Lambton Quay Branch 188 Lambton Quay, Wellington		
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.

Upcoming events

2021 UPCOMING EVENTS

March		
20	Round the Vines Half Marathon & 10km	Martinborough
27	Postponed new date – Multi-Grain Ironman NZ and Ironman 70.3	Taupo
April		
10	Great Forest Run – Full Marathon, ½ Marathon & 10km	Waitarere
11	New Date – 40th ASB Christchurch Marathon, ½ Marathon & 10km	Christchurch
May		
1	57th Rotorua Marathon, ½ Marathon, 10km & 5.5km	Rotorua
8	St Clair Vineyard Half Marathon and 12km	Blenheim
23	Masters Classic Cross Country Relay	Trentham
15	Sotheby's International Realty Full Marathon, ½ Marathon & 10km	Hawkes Bay
June		
12	Dorne Cup (Interclub race)	Trentham
27	35th Gazley Volkswagen Full Marathon, ½ Marathon & 10km	Westpac Stadium
July		
3-4	42nd Gold Coast Marathon & Associated races	Gold Coast
August		
8	We Run the Forest Full Marathon, ½ Marathon, 12km & 7km	Rotorua
September		
3-12	Challenge Almere World Triathlon Multi Sport Championships	Amsterdam
20-26	Round Rarotonga Road Race, 31km & 10km	Rarotonga
November		
7	Nelson Festival of Running – ½ Marathon, 10km, 5km & 2.5km	Saxton Field, Stoke
20	Queenstown Full Marathon, ½ Marathon & 10km	Queenstown
21	Pelorus Trust Full Marathon, ½ marathon & 10km	Petone

2022 UPCOMING EVENTS

February		
12	Buller Gorge Full Marathon, Marathon Relay, 1/2 Marathon & 10km	Westport
March		
11-13	New Zealand Masters Track and Field Championships	Wellington

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.

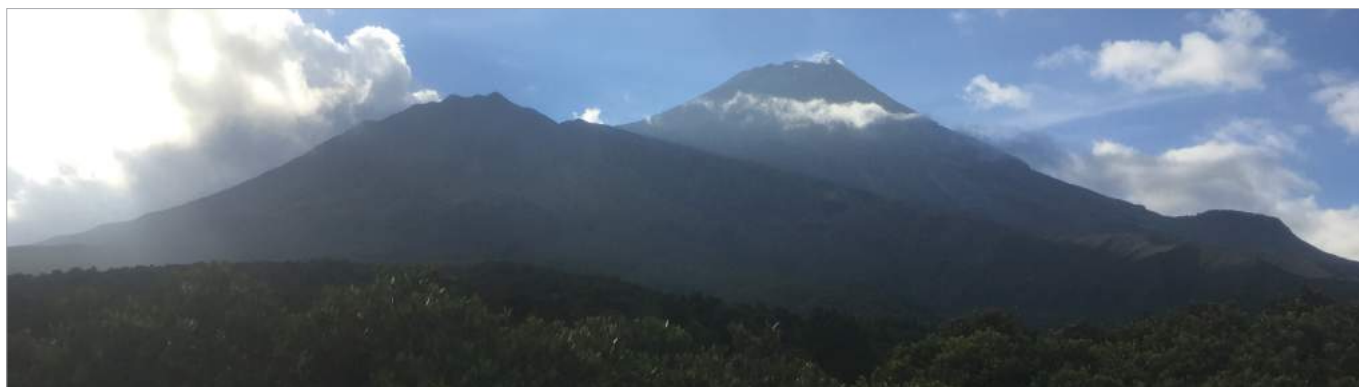
We will keep you informed when more race details come to hand. Remember to check the website for the most up to date information.



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



View to the top! Mt Egmont in all its splendour | Photo: Liz Bentley

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
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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	04 237 9676
	Annie Van Herck	04 478 6775
Scottish	John Hines	04 384 3231
Trentham United	Jackie Wilson	04 526 7439
University	Richard Owen	027 247 7757
Wainui Harriers	The Secretary	04 564 2141
Wgtn Harriers	Paul Hewitson	04 476 8686
Wgtn Marathon	The Secretary	PO Box 14-489, Kilbirnie, Wellington 6241
Wgtn Masters	Jim Blair	04 528 2992
Wgtn Tri Club	The Secretary	PO Box 2201, Wellington 6140

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

Design and production, Liz Bentley

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