

# THE MASTER COPY

Newsletter of Wellington Masters Athletics Inc.

Volume 21 Issue 2

July 2022

## DORNE CUP – Saturday 11<sup>th</sup> June



Tineke Hooft (Olympic)



Maria Williams & Melissa Moon (Scottish)

- Photos courtesy Sharon Wray

### ***In this Issue . . . .***

President's Report .....	2
Run of the Week .....	3
5 Ways to Improve Motion .....	3
<i>Recipe –</i>	
Marathon Bolognese .....	4
<i>Health -</i>	
3 Ways to Improve Posture .....	5
Injury Treatment & Recovery ..	5
Low on Energy Snack .....	5
Athletes Kitchen .....	6
Why are my Muscles Sore? .....	7
Stretches for Stress Relief .....	7
Rest & Recovery .....	8
<i>Results -</i>	
Masters Classic Relay .....	9
Upcoming Events .....	10
<i>Results –</i>	
Johnsonville Race .....	11
Record Application Form .....	12
Registration Form .....	13
Committee Members .....	14

# President's report

## *July 2022*

The 2022 World Masters Championship have just concluded in Tampere, Finland. These were the first summer champs since the 2018 edition in Malaga thanks to Covid causing the initial postponement and then outright cancellation of the Toronto 2020 Championships. Canada must be feeling a particular animosity to SARS-Covid 2 with the subsequent cancellation of Edmonton 2021 for the winter/Indoor 2021 Champs.

With international travel, particularly to regions outside of Oceania, being something most are not willing to undertake, it was a small contingent of New Zealand athletes that competed. We had fewer than 10 and one (a Cantabrian) managed to contract Covid while there. For Wellington, we had two athletes compete (Jackie Wilson and Adam Steinmetz) and a former Wellington (now Otago) athlete in Jim Blair.

Scanning the results, some age groups were somewhat weaker than normal in some events. I am particularly dismayed at not being able to compete in the 10km at Half Marathon as my age group mostly produced times that wouldn't medal in the Wellington Champs! (Having said that, there were decent times in the 5000m and the Cross Country was very fast.)

Wellington's Jackie Wilson had a fine time, winning the 5000mW, 10kmRW and 20kmRW. For the 20kmRW, Jackie secured a World Record. The 20kmRW is not an event contested very often for Masters, so records at a National level could be deemed a little soft... but this is a World Record and there is no such thing as a soft World Record. This is Jackie's third World Record. An outstanding achievement. Only Gary Little, Ron Robertson and Derek Turnbull can boast greater achievements. Jackie surely is now New Zealand's fourth best accomplished masters athlete of all time, and without rival as the best accomplished from Wellington.

*Wellington Masters will be hosting its next AGM in either September or October*

We really need some new committee members to keep our ideas fresh. In particular, I have been President for 10 years, which – as far as I can tell – makes me the longest serving President Wellington has had. It is time for a change to prevent us going stale so we are asking for not only new Committee members but anyone interested in taking on the executive positions like President to come forward.


I am proud of what we have achieved during my tenure. In particular, we now have one of the best masters athletics websites there is. It has consumed a lot – a lot! - of my time to track down the historic results galleries and keep the record tables up to date. From the number of emails we have from overseas, we know it is appreciated globally, Our little website has attracted focus from all over the world, no doubt because we are the only website listing results/records from every World Champs, every Oceania's as well as every NZ/Wellington Champs in an easy to digest format; other sites just lazily post PDF files of results/records. One downside of our website is it is hosted on a technology platform that is now obsolete so we need to look for a new webhost. This is a challenge as the tabular form we need for results galleries is not well supported by most platforms – no doubt a reason for our unique offering. If anyone has identified a modern platform capable of offer such a format, we would be grateful if you could let us know.


**Michael Wray | President**


## Run of the Week




If you want to improve your 5km time, or any time really, you need to practice running faster. For some of us that comes more easily than others. So here is a short effective work out to help turn your legs over faster and bring those times down!

 Warm up for 10mins - easy running, walking and dynamic stretching

 10 x 15sec fast on flat with high cadence/turnover - do one every minute with rest of time walking to recover.

 10 x 10sec on a moderate incline/hill (same as above - you'll need to shorten your stride to get a high turnover).

 Easy running to cool down.

This session can also be done on the treadmill.

Ed:- Kind permission to use this article was given by Sierra Sparksman, Fitness Trainer at Sparkle Fitness. If you wish to find out more about Sparkle Fitness you can contact Sierra at [sparklefitnz@gmail.com](mailto:sparklefitnz@gmail.com) or follow her on [Facebook](#) and [Instagram](#) for more tips.

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**Confucius Says:**

**Man who run in front of car get tired.**

**Man who run behind car get exhausted.**

**Man with one chopstick go hungry.**

\* \* \* \*

## ***Five Ways You Can Improve Range of Motion***



If you aren't moving ... you aren't living! At our practice, we believe that movement is life, yet for so many people today, moving is difficult due to decreased range of motion.

When range of motion is inhibited, it's common to experience pain and discomfort which may lead to overcompensation in other body parts as they try to pick up the slack, beginning a cycle of dysfunction.

Instead of dealing with poor range of motion and the pain it can bring, here are a few different ideas for getting back to proper movement.

1. Don't let stress get out of control. It's no secret that stress can cause problems in the body, but did you know it can also keep muscles tense, limiting movement? If you're feeling stressed before exercising, try some breathing exercises to calm your body so that you don't go into your workout with already tight muscles.

2. After working out, remember to stretch the muscles you just used. Spend at least 10 minutes doing light to moderate stretching after exercising.

3. Stay hydrated. When your body and muscles don't get enough water, a variety of health problems can occur — especially relating to tightness and cramps, which can further restrict range of motion.

4. Consider getting a massage. Massage helps to relax tense and tight areas, while promoting circulation that may help with healing.

5. Visit us for an evaluation. We've helped numerous patients just like yourself move easier and better with a focused, gentle chiropractic care plan. We'd love to learn more about your goals and help you understand the benefits of adjustments first hand.

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





## ***RECIPE***

### *Marathon Bolognese*

This version of Bolognese is packed full of vegetables providing a reasonable amount of vitamins.



#### **INGREDIENTS:**

- 1 Tbsp extra virgin olive oil
- 500 gm minced beef preferably grass fed
- 1 tsp fine sea salt
- 3 cloves of garlic minced
- 2 tsp dried oregano
- ½ tsp red pepper flakes optional
- 2 red bell peppers seeded and chopped
- 2 cups mushrooms sliced
- 800gm can of crushed or diced tomatoes
- 4 cups baby spinach or chopped kale optional
- Parmesan optional.

#### **METHOD:**

1. Heat the oil in a large pot over medium-high heat. Add the beef and ½ teaspoon of the salt and cook until lightly browned, stirring frequently while breaking up the meat into bite-size pieces, about 3 minutes. Add the garlic, oregano, and red pepper flakes (if using), and sauté for 1 minute.
2. Add the bell peppers, mushroom, and remaining ½ teaspoon of the salt (if your meat is lean, add another tablespoon of oil). Cook, stirring occasionally, until the mushrooms soften, about 5 minutes.
3. Add the tomatoes. Bring to boil, reduce heat to a simmer, and cook, uncovered, stirring occasionally, until the sauce thickens, about 25 minutes. Stir in the spinach or kale (if using).
4. Taste and add more salt and pepper, if needed.

5. Serve over pasta, zucchini noodles, or spaghetti squash and top with grated Parmesan (if using).

#### **Serves 4**

*Ed:* - This article has been reproduced with the kind permission of Ray Boardman (Coach Ray/Chef Ray), PGDipSportMed, PGDipRehab, PGCertSc, BSc, DipSptSt.

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*Coach Ray is the Head Coach and Director of Qwik Kiwi – Endurance Sports Consultant.*

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### **VOSSELER SHIELD**

**Saturday 28<sup>th</sup> May**



Graeme Moss (Olympic)



Vickie Humphries (WHAC)

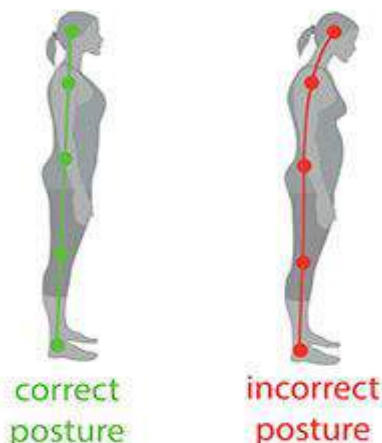


Brian Hayes (WHAC)

Photos courtesy Sharon Wray

## HEALTH

### 3 Ways to Improve Your Posture



Having good posture isn't just important for feeling confident, it's actually a necessity for good health. If you find yourself slouching too much, here are a few ways you can improve your posture naturally.

1. Did you know our abdominal muscles play an important role in posture? When you stand, be conscious of pulling your stomach in — this will help you “straighten up.”
2. When you're standing, stop and notice where you're carrying your weight. Is it in the front or back of your feet? Shift your weight so that the majority is held on the ball of the foot.
3. Visit us. As spinal experts, we can help you strengthen weak muscles that may be to blame for bad posture and keep you properly aligned — all without the need for drugs or surgery.

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\* \* \* \*

### Four Steps of Injury Treatment and Recovery

- **Seek medical advice**  
As soon as the pain starts to affect your running or every day activity, the first thing you should do is seek professional advice. Depending on the problem you'll usually want to visit a Sports Physiotherapist or Podiatrist. It's important to get this done quickly, so you don't cause any additional harm.
- **Get a clear diagnosis**  
Knowing exactly what the pain is and why it happened will lead you to a faster recovery. This

might mean getting scans or a referral to a specialist.

- **You might need to stop running**  
Even though it might not be ideal, sometimes the only way to properly give your body a break to recover, is to stop running. Always make sure to get medical advice on if you're safe to continue running, or not.  
*“Where the pain is occurring during activity it's important to stop running and supplement this with other activities like cycling, swimming, deep water running, rowing or walking — the key is to not stop activity all together, we want to keep the legs moving.”*
- **Stretch, strengthen, and treat**  
While you're off running it's important to be stretching and strengthening the affected area. You'll be able to learn what exercises you should be doing from a physio or medical expert who has diagnosed your pain.

\* \* \* \*

### Low On Energy? Give This Healthy Snack a Try



Do you often find yourself in a mid-day slump reaching for another cup of coffee? Instead of surviving on caffeine, give your body something nutritious. While you might expect us to suggest vegetables — which is never a bad choice — we've got something exciting, easy, and sweet that you can try: Banana energy balls.

Packed with healthy fats, fibre, and protein, this treat is sure to be a hit.

Here's how to make it:

- Add the following to a food processor and pulse for 10 seconds: 2 cups rolled oats, ½ cup mashed banana, ½ cup almonds, ½ cup pecans, 1/3 cup maple syrup, 1 teaspoon ground cinnamon, ¼ teaspoon vanilla extract, ¼ teaspoon salt.
- Using clean hands, separate and roll mixture into bite-sized balls.
- Enjoy! This snack can be eaten right away or stored at a cooler temperature for later.

# THE ATHLETE'S KITCHEN

Copyright: Nancy Clark MS RD CSSD, April 2022



## Alcohol & Runners: The good, the bad and the ugly

Question: *Is beer good for runners?*

Answer (courtesy of running legend Jim Fixx): *"Sure, if it's the **other runner** drinking it!"*

By abstaining from alcohol, you can indeed gain an advantage over your competitor's poor judgment. Just how bad is alcohol for runners? Does it have any health benefits, too? Let's look at some of the good, the bad, and the ugly regarding alcohol and athletes.

- **The good:** Socialising with a glass of wine, a beer, or a cocktail can add a nice touch to the end of the day for runners who like to relax with an alcoholic beverage. Raising a glass to celebrate a victory is a fond tradition. But we know surprisingly little about possible health benefits of drinking in moderation because almost all studies are based on self-reported information that gets tangled up with lifestyle. Do adults who are moderate social drinkers enjoy a *healthier lifestyle* than non- or heavy-drinkers? Does alcohol make their bodies healthier — or do social connections make the health difference? While moderate alcohol intake has been linked to reduced risk of heart disease, so has eating a healthy diet and being physically active.

- **The bad:** Alcohol has a negative reputation regarding athletics, be it heavy beer consumption after a hard workout, or teams enmeshed in a culture of binge drinking. Student-athletes binge-drink more than non-athletes. Male athletes binge-drink more than female athletes. And all athletes drink more than non-athletes. The higher alcohol intake of athletes can be attributed to stress and anxiety associated with being a competitive athlete, increased muscle pain and soreness, socializing or bonding with teammates, and the belief the athlete "earned" the drink — a reward for having completed the hard effort.

- **The ugly:** Alcohol is the 3rd leading preventable cause of death in the US. (Tobacco is Number One. A poor diet with inactive lifestyle is Number Two.) Any level of alcohol intake can contribute to several types of cancer.

*How do you know if you have a drinking problem?*

Moderate drinkers typically sip (not gulp) their drinks, stop drinking before they get drunk, and do not drive after drinking. Problem drinkers commonly drink to get drunk and to solve their problems. They drink at inappropriate times (such as before going to work) and may become loud/angry or silent/reclusive. People addicted to alcohol start drinking with no plan, deny drinking, hide bottles, and miss work or school because of hangovers.

### *Alcohol management*

Despite the bad and the ugly, alcohol is an undeniable part of our sports culture. The following tips offer suggestions for helping runners manage alcohol.

- *Don't drink excessive alcohol before a race — especially in the summer heat!* Drinking too much the night before an event will hurt your performance the next day. You will notice a slower reaction time and reduced eye-hand coordination and balance — important skills for runners!

Research with Australian rugby players who consumed on average 9 beers post-game (with a range of <1 to 22 beers) indicates — no surprise — their high alcohol intake impaired their performance. Other studies report athletes are less able to do repeated sprints (think soccer, hockey) and jumps (volleyball, basketball). Among heat-stricken summer runners, a common denominator was booze the night before the race.

- *If you are going to drink the night before or after a running event, plan to also consume a proper sports meal with extra water.* While excessive drinking is obviously problematic, a modest amount of alcohol *consumed along with a balanced meal* will unlikely have a negative impact. Yes, alcohol impairs glycogen resynthesis a bit. But in the real world of sports drinking, runners who are heavy drinkers tend to make high fat food choices (nachos, burgers, etc.). The lack of healthful grains, fruits and veggies (carbohydrates) more significantly hinders glycogen replacement!

- *First quench your post-run thirst with water, then enjoy alcohol, if desired.* Alcohol is a diuretic; it stimulates the formation of excess urine. Whiskey and other spirits with a high alcohol content will dehydrate (not rehydrate) you. If you "must" drink spirits, ask for extra ice with the cocktail. Beer would be the better choice, given the alcohol content of beer is lower and the water content is higher. Yes, dehydrated adult rowers can rehydrate with a beer or two. Low-alcohol beer is the wiser choice, and no-alcohol beer the wisest beer choice.

*Continued on next page*



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- *Heavy alcohol intake is not on the list of Best Recovery Practices for runners to follow!* Remember: *bad* things happen during exercise and *good* things happen during recovery. Wisely chosen recovery fluids and foods help you rehydrate, refuel, and repair your muscles. Adding alcohol to the mix slows down muscle repair, protein synthesis and adaptation processes. Yet, a glass or two of wine or beer, along with plenty of water and food, is permissible.

- *Alcohol is a source of calories that can quickly add up.* Add in the calories in the pizza, nachos, or munchies that you can easily overeat when alcohol lowers your inhibitions, and you can easily succeed in gaining body fat. Just five Heineken *Light* Beers add 500 calories. A 200ml goblet of wine can easily add 200 calories. Be extra wary of drinks that come with umbrellas! (400-800 calories/250mls).

- *Don't drink alcohol if you want a good night's sleep.* Alcohol might help you fall asleep faster, but it disrupts your sleep cycle. You will get less restorative sleep. Alcohol alters body temperature, which can affect how well you sleep. It also aggravates snoring (due to relaxed muscles and a lower breathing rate), so your bed partner becomes sleep deprived and grumpy. Plus, you will need to go to the bathroom more often in the middle of the night. None of this enhances athletic performance.

- *If you don't want to drink, be prepared to quickly say "No thanks" in a polite but convincing voice.* If the person keeps insisting, respond again: *"I don't want to drink today. I'd appreciate if you'd help me out."* Instead, be pleased that you will enjoy the natural high of exercise.

Nancy Clark MS RD CSSD counsels both fitness exercisers and competitive athletes in the Boston-area (Newton; 617-795-1875). Her best-selling *Sports Nutrition Guidebook* is a popular resource, as is her online workshop. Visit [www.NancyClarkRD.com](http://www.NancyClarkRD.com) for more information.

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## Why Are My Muscles Sore After I Work Out?

Exercise is an important part of a healthy life. But can something so good for you be painful? For some people, yes. But don't worry — it's entirely normal to be sore after a new workout.

Delayed onset muscle soreness, also known as DOMS, can happen after a workout and cause sore muscles that may reduce your range of motion for up to two days. While you may be slightly uncomfortable, it's actually a positive sign that your muscles are working

properly and getting used to your new activity or exercise.

DOMS occurs with resistance training and is a result of micro-tears in muscles, which leads to more blood flow and inflammation. This can bring light swelling that triggers your pain receptors.

However, this is only temporary. As your muscle recovers, it's able to eventually handle heavier and heavier loads, making you stronger.

### Reducing Muscle Soreness

Even though sore muscles and working out go hand in hand, there are steps you can take to reduce your discomfort as your body recovers from a new workout.

- Although you may not have guessed it, MORE exercise helps to relieve DOMS. However, make sure it's something gentle like light cardio or yoga a day or so after your DOMS inducing exercise.
- Warm up your muscles for five minutes longer than you usually do before your next workout.
- Stay hydrated! It's important to drink plenty of water on days you work out and days you don't.
- Give each muscle group adequate time to recover. There's no need to work out your legs several days in a row. Instead, focus on legs one day, followed by shoulders, then core.

\* \* \* \*

## Stretches for Stress Relief

Sometimes, the best thing to do when we're feeling stressed is to stop and take a breather as we give our body time to relax.

Stretching is a known stress-reliever that can also calm your headspace. The next time you're feeling stressed, give these stretches a try:

**Child's pose:** Release tension in your lower back by kneeling on the floor and bringing your feet together.

Open your legs at the knees. Sit back and walk your arms forward on the floor as your chest lowers to the ground. Take a few deep breaths as needed.

**Forward fold:** Stretch your upper and lower body by standing with your feet a few feet apart. Slightly bend your knees. Bend forward at the hips with your arms stretched toward the ground.

**Chest opener:** Standing straight, hold your hands together behind your back and squeeze your upper shoulder blades toward one another.

\* \* \* \*

**TO GIVE ANYTHING LESS THAN YOUR BEST IS TO SACRIFICE THE GIFT - Steve Prefontaine**

## *Rest and Recovery:*

### *How to Recover from Racing and Training Better*

*Does your training and racing leave you tired and shattered? Want to get back up and going quicker after events or training sessions?*

There are a range of things you can do to assist with recovering from events and training sessions. Most people don't give themselves the best shot at recovering quickly so here is some advice to assist you do so. Conducting an appropriate warm up will not only ensure you perform to the best of your ability but will also avoid the body getting a shock from the level of exercise. If you give your body a massive shock it will take greater time and effort for the body to recover from it. By doing an appropriate warm up, you can avoid the body needing the extra recovery. By progressively moving into the warmup, starting slowly and gently, building to more intense efforts you will progressively increase your heart rate and ventilation rate and get the blood moving to the muscles. A cool down will also greatly assist your recovery. How many people do you see finish a race and then pack up their gear and go home? Are you guilty of doing this too? Just going for a gentle jog or bike ride after a running race or bike race respectively will have great benefits to assisting to flush waste products from the body. It doesn't need to be long. 10 minutes is ample for most situations.

Doing a hard training session or race isn't a reason to reward yourself with crap food. After all you are what you eat. After you finish exercising you have a window of about 2 hours in which your body can optimally absorb the required nutrients. As time goes on this ability returns back towards its normal ability to absorb nutrients. Make the most of this opportunity to fuel the body appropriately. The focus should be on carbohydrates, but not at the exclusion of protein which is essential for repair and regeneration. A ratio of 4:1 is optimal, that is four times as many carbohydrates compared to protein. The carbohydrates provide the energy and the protein is the building blocks for the repair.

Stretching often gets left out of the training programme, but it shouldn't. It doesn't take long to complete and the benefits are immense. The inclusion of a weekly yoga class can do wonders for your flexibility and your performance as a result of its inclusion. Talk to your coach about this. After the session or race, stretch the muscles that have been worked the hardest/most first, if you don't have time to stretch every muscle. If you have more time available work systematically through your body to ensure each part gets a good stretch.

As Euripides is quoted as saying: "Do not consider painful what is good for you". A good massage can be slightly uncomfortable, but conversely it will increase blood flow and lymphatic circulation, increasing the delivery of oxygen and nutrients to the muscles, as well as flushing out any waste products that are present. Regardless of how stressful a massage is, any reputable massage therapist will always finish with relaxing strokes to minimise any immediate discomfort from the massage you have just received.

Having hot/cold contrast showers or baths can provide some great benefits. Using a plunge pool is great but not a practical option for most people. Conducting this recovery technique in a shower can be just as beneficial. Simply ensure you heat your body up using water as hot as you can tolerate for about 3 minutes, then utilise the coldest water your body can tolerate (or that your shower can supply) for thirty seconds. Repeat this three times. The hot water creates vasodilation of the blood vessels and the cold water stimulates vasoconstriction. The opening and closing of the blood vessels increase blood circulation and removal of waste products.

Recovery sessions can be conducted at low intensity (less than 70%) and for relatively short durations (less than thirty minutes in some instances). They allow for plenty of rest and are a great opportunity for technique work. They increase the blood flow over normal resting levels and this assists with the removal of waste products.

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# 36th Wellington Masters Classic Cross Country Relay

## Trentham Memorial Park, Upper Hutt

Sunday 10<sup>th</sup> July 2022

After many years of having good conditions underfoot for the relay, rain during the week had left the course muddy and slippery in parts with some competitors coming to grief and falling in the muddy conditions. The forecast rain didn't eventuate though there was a light cool breeze to keep everyone on their toes.

This year only 16 teams (12 running and 4 walking) took part.

Fastest laps for the runners were Mathew Rogers (HVH) 15:30, and Mel Aitken (Scottish) 17:29.

Fastest walkers were Peter Baillie (Scottish) 28:52 and Terri Grimmett (Scottish) 31:19.

A big thank you to the timekeepers and those who acted as marshals on the day and to Trentham United Harriers for setting out the course and a big thank you to Joseph Antcliff for preparing the yummy bacon and egg sandwiches and the sausages.

### Open Women:

#### Scottish

Kath Littler	0:22:35
Karyn McLean	0:22:34
Bev Hodge	0:25:03
Mel Aitken	0:17:29
	1:27:32

1 of 2

#### HVH

Keryn Morgan	0:25:13
Christina Hall	0:22:52
Marian Goodwin	0:22:01
Annabel Montgomery	0:25:26
	1:35:32

2 of 2

### Open Men:

#### Trentham

Gary Spierling	0:19:35
Tony Hughes	0:18:51
Carl Berendsen	0:19:00
Scott Waldrom	0:18:06
	1:15:40

1 of 1

#### 200+

##### Scottish

Michael Wray	0:19:11
Phil Sadgrove	0:16:18
Matyas James	0:18:42
Iain Shaw	0:17:37
	1:11:58

1 of 3

#### HVH

Brendan Quirke	0:18:25
Richard Doyle	0:20:10
Tony McKone	0:23:47
Karl Van Polanen	0:19:04
	1:21:27

2 of 3

#### Olympic (Composite)

Bruce Atmore	0:17:50
Darren Gordon	0:17:45
Martyn Cherry	0:24:15
Tineke Hooft	0:22:26
	1:22:16

3 of 3

#### 240+

##### Trentham

Stephen Mair	0:17:41
David Hood	0:18:57
Bruce Stewart	0:21:51
Kevin Thompson	0:17:10
	1:15:45

1 of 6

##### Olympic

Keith Chapman	0:18:14
Melissa Bray	0:19:23
Max O'Kane	0:22:04
Cathy Alderton	0:21:06
	1:20:47

2 of 6

##### Olympic

Brian Rushbridge	0:21:26
Rob McCrudden	0:23:29
Jean Skilton	0:27:21
Graeme Moss	0:18:58
	1:31:14

3 of 6

##### Scottish

Jonathan Harper	0:21:55
Ross Lake	0:24:04
Paul Rodway	0:22:25
Don Stevens	0:23:12
	1:31:36

4 of 6

##### Kapiti

Dan Headifen	0:18:32
Peter Ellis	0:27:13
Mike Heron	0:20:13
Bryn Kempthorne	0:27:52
	1:33:50

5 of 6

#### HVH

Mathew Rogers	0:15:30
John Wood	0:26:18
Albert van Veen	0:30:19
Stephen Cummings	0:23:49
	1:35:08

6 of 6

### Walkers 150+

#### Scottish

Terri Grimmett	0:31:19
Peter Baillie	0:28:52
Maryanne Palmer	0:34:03
	1:34:14

1 of 4

#### Olympic

Andrea Adams	0:35:55
Toni Peterson	0:00:00
Ele Brown	0:00:00
	1:38:04

2 of 4

#### Scottish

Helen Willis	0:33:27
Helen Willis	0:33:49
Peter Baillie	0:31:41
	1:38:57

3 of 4

#### Scottish

Bob Gardner	0:32:03
Daphne Jones	0:36:28
Ray Marten	0:35:09
	1:43:40

4 of 4



## UPCOMING EVENTS

### 2022

#### **Sept**

17 **New Date** - Rotorua Full Marathon,  $\frac{1}{2}$  Marathon, 10km & 5.5km

Rotorua

18 Hutt Full Marathon,  $\frac{1}{2}$  Marathon, 10km & 5km

Petone

#### **Oct**

9 Wairarapa Country Marathon,  $\frac{1}{2}$  Marathon, 10km & 5km

Masterton

30 Auckland Full Marathon,  $\frac{1}{2}$  Marathon, 11km Traverse & 5km

Auckland

Martinborough Charity Fun Ride, 48km, 67km & 115km

Martinborough

#### **Nov**

6 Nelson  $\frac{1}{2}$  Marathon, 10km, 5km & 2.5km

Saxton Field, Stoke

TCS New York City Marathon

New York

19 Queenstown Full Marathon,  $\frac{1}{2}$  Marathon & 10km

Queenstown

26 44<sup>th</sup> BDO Lake Taupo Cycle Challenge

Taupo

#### **Dec**

10 **New Date** - Ironman NZ & Ironman NZ 70.3

Taupo

### 2023

#### **Feb**

11 Buller Gorge Full Marathon, Marathon Relay,  $\frac{1}{2}$  Marathon & 10km

Westport

#### **April**

16 Christchurch Full Marathon,  $\frac{1}{2}$  Marathon & 10km

Christchurch

**Note:** While every attempt is made to provide correct dates of events, intended dates and venues can change. It is advisable to check the information from official entry forms, event websites or event organisers.

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## SHAW BATON RELAY – Saturday 30<sup>th</sup> April



Ross Lake (Scottish)

Photo courtesy Sharon Wray

# WELLINGTON MASTERS ATHLETICS

## 38th Annual 8km Road Race and 6.4km Race Walk

### Sunday 24th July 2022

The weather conditions for this year's event were perfect – no wind, overcast with cool temperatures. This year 23 runners and 8 walkers took part.

Fastest male walker over the hilly four-lap course was Rob McCrudden (Olympic) and Jackie Wilson (Trentham) was the fastest women.

Fastest male runner over the five-lap course was Jamie Duncan (WHAC) and Mel Aitken (Scottish) was the fastest woman.

The Jim Lockhart and Mariette Hewitson Baton for the time closest to an age group record (W45) was won by Mel Aitken.

The club team for the runners was won by Trentham and Scottish won the club team for the walkers.

A special thanks to the marshals, timekeepers and recorders – as always, your support is very much appreciated.

#### Run (8km)

Name	Club	Age Grade	Time	Age Gr %	Race Pl	Grade Pl
Jamie Duncan	WHAC	M40	30:18	72.79%	1	1
Mel Aitken	Scottish	W45	33:12	<b>76.48%</b>	2	1
Philip Secker	Trentham	M55	33:24	72.81%	3	1
Willie Gunn	WHAC	M50	33:37	70.30%	4	1
Nicholas Bagnall	Scottish	M50	33:58	70.55%	5	2
Stephen Mair	Trentham	M60	34:34	73.12%	6	1
Darren Gordon	Olympic	M45	34:46	67.05%	7	1
Scott Waldrom	Trentham	M40	36:02	61.55%	8	2
Bruce Atmore	Olympic	M55	36:46	67.15%	9	2
David Hood	Trentham	M60	38:34	67.76%	10	2
Sarah Tobin	Trentham	W35	38:55	61.89%	11	1
Mark Morriss	HVH	M40	39:27	56.89%	12	3
Brian Rushbridge	Olympic	M65	42:50	63.82%	13	1
Jonathan Harper	Scottish	M70	44:23	62.79%	14	1
Don Stevens	Scottish	M55	44:38	56.18%	15	3
Kath Littler	Scottish	W40	44:38	56.08%	16	1
Richard Doyle	HVH	M55	45:16	54.54%	17	4
Tineke Hooft	Olympic	W60	46:18	55.04%	18	1
Ele Brown	Olympic	W55	50:13	56.49%	19	1
John Wood	HVH	M80	50:41	63.39%	20	1
Denise Pilcher	Olympic	W60	50:45	57.63%	21	2
Terri Grimmett	Scottish	W60	52:14	57.86%	22	3
Albert van Veen	HVH	M75	57:00	50.90%	23	1

#### Walk (6.4km)

Name	Club	Age Grade	Time	Age Gr %	Race Pl	Grade Pl
Jackie Wilson	Trentham	W75	45:56	<b>84.51%</b>	1	1
Rob McCrudden	Olympic	M55	46:54	59.42%	2	1
Maryanne Palmer	Scottish	W65	48:42	72.71%	3	1
Helen Willis	Scottish	W60	51:47	61.84%	4	1
Glen Wallis	Scottish	M55	53:47	52.24%	5	2
Daphne Jones	Scottish	W80	54:21	76.95%	6	1
John Palmer	Scottish	M70	56:43	57.75%	7	1
Annie van Herck	Olympic	W65	81:42	43.34%	8	2

*Note: age percentages are based on the new World Masters individual age percentages that were considered by the World Masters General Assembly earlier this month. While World Masters have yet to announce when these come into force, we expect it be with effect from 2023. A linear conversion of times from 6.4km (walkers) and 8km (runners) has been made to a World Masters standard distance of 10km, which means the percentages will be slightly favourable than if World Masters made available factors for 6.4km and 10km.*





## New Zealand Masters Athletics Record Application Form

(Please print clearly)

National Record: <input type="checkbox"/>	Provincial Record: <input type="checkbox"/>	Island Record: <input type="checkbox"/>	(please tick <input checked="" type="checkbox"/> one only)
Event: _____	Status of Meeting: _____		
Age Group: _____	Performance: _____	M or F (circle)	
Competition Venue: _____	Date of Competition:     /     /		
I hereby certify that to the best of my knowledge the information I have submitted is true and correct.			
Athlete's Full Name: _____	Signed: _____		
Home address: _____			
Email address: _____	Date of Birth:     /     /		
Financial Member of (club): _____	NZMA Reg No. _____		

### Field / Track / Road Referee:

I hereby certify that all technical aspects relating to the above performance were correct under NZMA rules.

Name: \_\_\_\_\_ Signed: \_\_\_\_\_

### Technical Manager's Certification:

I hereby certify that the equipment used and the conditions existing in setting the above performance were correct under NZMA rules.

The implement weight was \_\_\_\_\_ The height of the hurdles / steeplechase was \_\_\_\_\_ mm

The hurdle race was \_\_\_\_\_ m The distance between sprint hurdles was \_\_\_\_\_ m

The height / distance of the event was \_\_\_\_\_ m

Name: \_\_\_\_\_ Signed: \_\_\_\_\_

PLEASE COMPLETE ALL OF THE THREE SHADED SECTIONS ABOVE, PLUS THE SECTIONS BELOW (if applicable to your event)

### Timekeeper (Track and Road only):

I hereby certify that the time of \_\_\_\_\_ was properly recorded either electronically or by hand\* (THREE times) by competent timekeepers. \* Hand times are only accepted for track events 800m or longer.

Hand times: (1) \_\_\_\_\_ (2) \_\_\_\_\_ (3) \_\_\_\_\_

Name: \_\_\_\_\_ Signed: \_\_\_\_\_

### Anemometer Steward (Sprints/Sprint Hurdles/Long Jump/Triple Jump only):

I hereby certify a wind reading of \_\_\_\_\_ metres per second, was properly recorded for the above event under NZMA rules.

Name: \_\_\_\_\_ Signed: \_\_\_\_\_

### Walk Judges (Three walk judge's signatures MUST be obtained - including at least one A grade judge or higher):

Name: \_\_\_\_\_ Signed: \_\_\_\_\_ Grade: \_\_\_\_\_

Name: \_\_\_\_\_ Signed: \_\_\_\_\_ Grade: \_\_\_\_\_

Name: \_\_\_\_\_ Signed: \_\_\_\_\_ Grade: \_\_\_\_\_

Application Date:     /     / Ratified Date:     /     /

Please enlarge to A4 size. Photocopies of this form are acceptable. Attach copies of applicable recording sheets to this form.



# Registration Form

## 2021/2022 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.	
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Fees for 2021/2022 year (Please select the option that better suits your needs):

<b>OPTION 1:</b>	ANZ Competitive Members (ANZ club members must be financial for the 2021/2022 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
	Note: ANZ Social Members are required to be a Competitive member of either ANZ or NZMA if they intend to compete at local, NI, SI, NZMA, OMA or WMA Championship events
<b>OPTION 2:</b>	NZMA Members (non-club members) N.B. All fees are paid to your Local Masters Centre as per previous years
\$60.00 (CIRCLE)	NZMA Competitive Member. Eligible to compete at local, NI, SI, NZMA, OMA or WMA Championship events.
\$45.00 (CIRCLE)	NZMA Social Member. Eligible to compete at local Masters' events only.
\$0.00 (CIRCLE)	Local Masters Centre Fee (optional)

<b>Total Fee to pay \$</b>	
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Registration options:	Post, e-mail or hand completed registration forms to Veronica Gould.		
Online banking payments only	Wellington Masters Athletics Inc., ANZ, The Terrace: 06 0565 0064415 00. (Please insert your name in the reference box)		
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:		2021/2022 NZMA Reg No	
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# Wellington Masters Athletics

## *Committee update*

We're always pleased to welcome visitors to the Wellington Masters Athletics monthly committee meetings.

These are usually held at 7.00 pm, on the first Thursday of each month at the Gould residence, 89 Amesbury Drive, Churton Park, Wellington.

Please do feel free to come along, even if it's just for a one off visit (we promise to let you leave!!).

We're keen to hear from anyone with an interest in joining the committee. Contact any of the committee members for more information and/or to check the next meeting date.

## Wellington Masters Athletics Incorporated

### 2021-2022 COMMITTEE MEMBERS

Patron	TBC	
President	Michael Wray	027 648 8502
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

Athletics and Cycling Masterton	Malcolm MacDonald	04 233 2241
Aurora Harriers	Hadley Bond	04 233 2241
Hutt Valley Harriers	Albert van Veen	04 563 8450
Hutt Valley Runners	Janette Gwilliam	gwillys123@gmail.com
Kapiti	John Hammond	04 292 8030
Kiwi Athletic Club	Peter Jack	04 388 6224
Levin Harriers	Brian Watson	06 368 7380
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
Wellington Harriers	Paul Hewitson	04 476 8686
Wellington Runners and Walkers	The Secretary	PO Box 14-489, Kilbirnie, Wellington 6241
Wellington Masters	Jim Blair	04 528 2992
Wellington Tri Club	The Secretary	PO Box 2201, Wellington 6140

## Master Copy contacts

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

We welcome your contributions to Master Copy.

Please contact John or Liz today with any comments, queries, or requests for articles of particular interest.