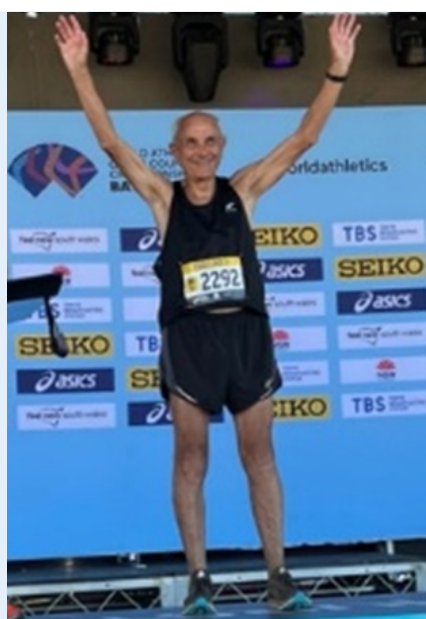


Congratulations to our athletes of the year *Jackie Wilson and Roger Robinson*



Wellington Masters
female Athlete of the
year, 2022:
Jackie Wilson



Wellington Masters
male Athlete of the
year, 2022:
Roger Robinson

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Bob Stephens (Scottish) showing
the aftermath of his coming to
grief at the changeover after
completing his lap.

Photo courtesy Marshall Clark

President's report

Annual General Meeting – it's coming!

AGM

Date is yet to be confirmed

This year's AGM is coming around ever-quickly. It's likely to be at the end of September, though we will advertise the confirmed details on our website and Facebook as soon as they become available.

Please do come along and consider joining us. We are keen to hear from anyone interested in joining the committee, especially the pre and early Masters, so we can move and change with the times and there is a vacancy to fill.

We generally meet on the first Thursday of each month (or thereabouts), mostly via Teams of late. Feel free to contact me if you would like more information about joining the committee, or for the link to the committee meeting.

Events

It's great to see so many Masters athletes out and about, able to train and compete again in this new 'Post Covid-19' world we live in. The 37th Wellington Masters Classic Cross Country Relay, held on Sunday 21 May was a huge success despite the weather! See John's article on page 7.

Johnsonville Road Race, 23 July

Our next event is the upcoming Johnsonville Road Race on Sunday 23 July. I look forward to seeing you all there.

Athletes of the year

Jackie Wilson and Roger Robinson

Huge congratulations are extended to our winners of the Wellington Masters Athletes of the year.

- Female winner: Jackie Wilson
- Male winner: Roger Robinson

Both Jackie and Roger also won the Athletics Wellington Masters Athletes of the year.

Athletics Wellington

Masters Athletes of the year – separate categories

- Sprinters
Gary Rawson and Petra Stöveken
- Middle & Long-distance
Roger Robinson and Heather Walker
- Jumpers
Gary Rawson and Theresa Bartlett
- Throwers
Thomas Waldrom and Theresa Bartlett
- Walkers
Quentin Rew and Jacqueline Wilson
- Out of Stadia
Hiro Tanimoto and Heather Walker.

Website

The membership survey mentioned in the previous newsletter is still in discussions.

We are still searching for someone to help create a new website for us. Please contact anyone on the committee if you can help.

On behalf of the team, thanks for being with us.

Liz Bentley | President

INTERNATIONAL RESULTS

2023 World Indoor Championships in Torun, Poland

27 March: Jim Blair won the first gold medal for the team winning the M90 javelin throw by over four metres with his final throw of 17.34m (1).

Peter Stevens M55 8km cross country 30:55m (12). Todd Stevens M50 8km cross country 31:46 (21). The cross country and javelin were held in bitterly cold conditions with snowflakes falling during the cross country.

28 March: Jim Blair M90 hammer throw silver medal 18.92m (2).

29 March: Jim Blair M90 discus throw gold medal 16.18m (1). Todd Stevens M50 10km road race 37:12 (12).

30 March: Jim Blair M90 shot put gold medal 6.72m (1) NZ Masters indoor record.

31 March: Peter Stevens M55 1500m 4:33.83 (4H2) q, NZ Masters indoor record.

1 April: Peter Stevens M55 1500m final 4:28.23, NZ Masters indoor record (10). Todd Stevens M50 Half Marathon 1:23:59 (16) 106 overall.



The New Zealand team at the 2023 World Indoor Championships in Torun, Poland.



Australian Masters Athletic Championships

Sydney Olympic Park Athletics Centre 10-13 March 2023

6 GOLD MEDALS for the NZ Race Walkers

1500 Track Walk

W77 Jacqueline Wilson - 9:52.44 (NZMA/Wellington Record)

W81 Daphne Jones - 11:23.11 (NZMA/Wellington Record).

5000m Track Walk

W77 Jacqueline Wilson - 34:40.1

W81 Daphne Jones - 40:13.00 (NZMA/Wellington Record).

10K Road Walk

W77 Jacqueline Wilson - 1:10.20

W81 Daphne Jones - 1:27.38.

Daphne and I have family in Melbourne, so when we realised that the Australian Master's Champs were in Sydney, we decided to enter and after the championships to visit family. A great trip, Sydney Olympic Park Athletics Centre was amazing, the complex consisted of 7 stadiums, very impressive.

Overseas visitors are not eligible to win an Australian title but can win medals.

Three Race Walks: 1500m and 5000m Track Walks and 10k Road Walk - a 2km out and back loop. The 1500m race was first followed by the 5000m, a day of rest before the 10k Road Walk. Perfect weather except for rain on the Road Walk but by the 3rd lap the rain stopped making for a pleasant race. After collecting our medals we headed back to the Hotel, which was very close by to shower, pack and get ready for our shuttle to the airport for the flight to Melbourne.



Daphne Jones

Photo supplied by Jackie Wilson

MISCELLANEOUS PHOTOS TAKEN BY
JACKIE WILSON AT THE AUSTRALIAN
MASTERS ATHLETICS CHAMPIONSHIPS



OBITUARIES

It is with sadness that we announce the passing of Judy Hammond (February) and John Hammond (May).

Judy was a regular competitor at Newtown Park competing in track and field and set many records in various events - many of her records still stand today. She also represented New Zealand in track and field at many master's championships at various countries overseas.

John was a committee member of Wellington Masters for many years, holding the position of Vice President from 2009-2014, and Club Coordinator for Kapiti Harriers, a role he also held for many years.

John was a regular competitor at Rotorua Marathon and was intending to run the 10km at this year's event but took ill just before the marathon weekend.

Wellington Scottish stalwart **Michael Browne** died on Friday 9 June 2023 aged 92.

He joined Scottish in the late 1940's and won the 1948 junior Dorne Cup and the Vosseler cross country in 1949. A talented middle distance track athlete he won the Wellington senior mile title in 1956.

He then went to England on an art scholarship which led to a life time as a successful professional artist. He returned to Wellington in 1990 and resumed his athletic career competing in the masters, winning the 2011 New Zealand 80 plus road title. He was also an official at Newtown Park.

A member of the New Zealand Academy of Fine Arts he won the Governor-General Art Award in 2017.

Michael currently holds the following Wellington age grade records:

- M80 — 800m, 3:59.55
- M85 — 800m, 6:13.16
- M85 — 1500m, 12:27.77
- M85 — Mile, 11:16.00.

THE ATHLETE'S KITCHEN

Copyright: Nancy Clark MS RD CSSD, April 2023



Carbs & Runners: Friend or Foe?

Runners create many reasons for limiting their intake of seemingly “evil” carbohydrates: *I don’t like sandwiches ... Pasta is so “heavy” ... I’m staying away from gluten ... I avoid any foods with added sugar ... I prefer to eat two veggies at dinner instead of a veggie and a carby food.* And, most often I hear: *Bread is fattening!!!* Anti-carb sentiment has pervaded my entire career as a sports nutritionist. While some fads have come and gone, the “carbs are bad” fad remains ingrained in the brains of even elite athletes. I am (again) encouraging you to reconsider your stance.

- Despite popular belief, carbohydrates are not inherently fattening. *Excess calories* of any kind are fattening. Excess calories of bread, bagels, and pasta are actually less fattening than excess calories of cheese, butter, and olive oil. That’s because converting excess calories of carbs into body fat requires more energy than does converting excess dietary fat into body fat. That means, if you want to be gluttonous yet suffer the least weight gain, indulge in fat-free frozen yogurt instead of gourmet ice cream!

- To allay any confusion, let’s clarify what carbs actually are. Carbohydrates include both sugars and starches. Carbs are in fruits, vegetables, grains, and milk (lactose). Sugars and starches all digest into the simple sugar glucose. Glucose travels in your blood and, with the help of insulin, gets taken into muscles and stored as glycogen for fuel. Runners who restrict carbs commonly complain about “dead legs.”

- Sugars and starches are biochemically related. For example, an unripe fruit, such as a banana, is starchy. As it ripens, it becomes sweeter; the starch converts into sugar. Similarly, vegetables, such as peas, are sweet when young. Their sugar converts into starch as they mature.

- All carbs — both sugars and starches — are excellent sources of fuel. Both “carby” bagels and sugary sweets end up as glucose in your blood and feed your muscles as well as your brain. Whether you are running or lifting weights, a carb-rich sports diet (with adequate protein) can enhance your performance.

- Quality carbs, such as whole grains, fruits, and veggies, offer abundant vitamins, minerals (electrolytes), and other health-promoting nutrients. Refined sugar, however, offers little nutritional value. Yet, dietary guidelines say 10% of daily calories can come from added sugar. That’s at least 50 grams of sugar for most runners and allows for some “fun foods.”

- Sugar-avoiders please note: the 3 grams of added sugar in 2 tablespoons of peanut butter will not negate peanut butter’s health-promoting fiber, protein, and anti-inflammatory fats. Nor will the sugar in chocolate milk diminish its value as a helpful recovery fluid after a hard workout. Please look at the vitamins, minerals and protein that come *along with the added sugar*, not just the sugar itself.

- Sports drinks, gels, and sports gummies are little more than refined sugar. That’s not bad; it’s exactly what the body wants during extended hard exercise. Even though refined sugar adds “empty calories” to a sports diet, runners need not eat a perfectly sugar-free diet to have an excellent diet. There’s a time and a place for sweets.

- The message that carbs are inflammatory, fattening, and bad for you is targeted at sedentary people who consume excessive calories, often from highly processed foods. For those unfit (often unhealthy) people, excess carbohydrate can contribute to elevated blood glucose, which triggers the body to secrete extra insulin. Consistently high insulin can be inflammatory and lead to nasty health issues. Yet, most runners can handle carbs with far less insulin than the average American — and without carbs causing “sugar crashes” or weight gain.

- The most common reason for “sugar crashes” (hypoglycemia) among runners relates to running out of fuel. The shakiness and sweats are because the athlete did not eat enough carbs to maintain normal blood glucose levels and the brain has to demand a quick fix — sugar! One marathoner credited the sugary gel he took at Mile 16 to cause him to “crash.” More likely, he needed more just one gel to meet his energy needs.

- For runners who routinely train hard 3 to 5 days a week, carbs should be the foundation of each meal. The International Olympic Committee’s recommendations for a performance diet include far more carbs than many runners consume via fruit, salads, and cooked veggies. Baseline targets for a 150-pound runner are:

375 g carb/day for ~1 hour of *moderate exercise*

450 g carb/day for ~1-3 hours of *endurance exercise*

525 g carb/day for >4-5 hours of *extreme exercise*.

Continued on next page

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This comes to about 100 to 150 grams carb per meal, which equates to about 400 to 600 calories of grains, fruits, and/or veggies per meal. This menu exemplifies what 450 grams of carb “looks like”:

TIME	MEAL	CARB (g)	SAMPLE MEAL
6:30	Pre-exercise snack	40	Clif Bar <i>1.5 hour bike ride</i>
7:30	Post-exercise Breakfast	110	1 cup dry oats cooked in 1 cup milk 1 large banana Drizzle honey
11:30	Early lunch	125	Sandwich Fruit yogurt 4 fig newtons
3:30	Hearty Snack	45	Dried fruit (in trail mix) Latte
7:30	Dinner	130	Chicken 2 cups (brown) rice 1 cup cooked carrots 8 Hershey Kisses

If your daily menu lacks starchy foods, experiment with adding grains to each meal and snack. You just might discover how much better you can feel and perform!

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 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.

* * * *

What's That Pain in Your Hip?



Your hip consists of a ball-and-socket joint that allows you to do things like walk, run, and jump. However, this mobility also makes your hips susceptible to pain and injury. Some of the most common hip issues are:

- **Arthritis:** This condition occurs when the cartilage that cushions your hip joint wears down over time.
- **Bursitis:** Bursitis is an inflammation of the bursae, which are small sacs of fluid that help reduce friction between bones, muscles, and tendons. This can be caused by overuse or repetitive motions.
- **Labral tear:** The labrum is a piece of cartilage that helps to stabilize your hip joint. A tear in this cartilage can cause pain and instability in your hip.
- **Snapping hip syndrome:** This causes a snapping or popping sensation in your hip, which can be due to a tendon or muscle moving over a bony surface.

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

37th Wellington Masters Classic Cross Country Relay

Trentham Memorial Park, Upper Hutt

Sunday 21st May 2023

This year the course, like last year, was wet, muddy and slippery with some competitors coming to grief and falling in the muddy conditions.

This year 16 teams took part (same as 2022) with 14 running and 2 walking teams.

Fastest laps for the runners were Graeme Stevens (Kapiti) 16:05, and Heather Walker (Scottish) 17:20.

Fastest walkers were Terri Grimmett (Scottish) 31:43 and Peter Baillie (Scottish) 30:07.

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 the use of their clubrooms.

Open Women

Trentham

Shar McDonald	0:19:57
Sarah Tobin	0:21:13
Michelle Wos	0:21:12
Belinda Walker	0:20:17
	1:22:39

1 of 3

HVH

Marian Goodwin	0:21:34
Keryn Morgan	0:25:10
Trish Coley	0:23:28
Annabel Montgomery	0:25:36
	1:35:48

2 of 3

Olympic

Barbara Jennings	0:26:30
Tineke Hooft	0:24:25
Ele Brown	0:26:52
Linda Rawlings	0:26:10
	1:44:01

3 of 3

Open Men

Trentham

Carl Berendsen	0:19:14
Tony Hughes	0:20:10
Gary Spierling	0:19:54
Scott Waldrom	0:19:59
	1:18:37

1 of 1

Mixed

Olympic

Michelle Van Looy	0:18:53
Rob McCrudden	0:22:48
Cathy Alderton	0:20:57
Andy Rawlins	0:19:26
	1:22:11

1 of 2

Kapiti

Rosalie Hanna	0:21:28
Janie Evans	0:34:50
Hannah Buglass-Devereux	0:20:06
Terry Morris	0:21:19
	1:37:43

2 of 2

200+

Kapiti

Graeme Stevens	0:16:05
Paul Fitzmaurice	0:19:15
Dave Chandler	0:18:23
Alvirg Busa	0:16:12
	1:09:55

1 of 3

Trentham

Stephen Mair	0:17:52
Bruce Stewart	0:21:44
Craig Wallace	0:20:45
Phil Broughton	0:17:13
	1:17:34

2 of 3

HVH

Mathew Rogers	0:17:39
Mark Morriss	0:19:42
John Wood	0:26:25
Mike Laurenson	0:21:47
	1:25:33

3 of 3

240+

Olympic

Keith Chapman	0:18:19
Bruce Atmore	0:19:13
Graeme Moss	0:19:00
Darren Gordon	0:17:20
	1:13:54

1 of 5

Scottish

Heather Walker	0:17:20
Bev Hodge	0:27:09
Christine Jones	0:25:35
Loretta Desourdy	0:26:49
	1:36:53

2 of 5

Scottish

Marshall Clark	0:21:11
Ross Lake	0:25:11
Bob Stephens	0:28:40
Paul Rodway	0:22:24
	1:38:26

3 of 5

Olympic

Martyn Cherry	0:23:39
Annie van Herck	0:30:47
Jean Skilton	0:27:04
Julie Klein	0:26:49
	1:48:19

4 of 5

Kapiti

Tony Farmer	0:18:56*
Mike Heron	0:21:29
Leon Goodwin	0:19:12
Peter Ellis	0:33:39
	1:32:36

5 of 5

*Runner 1 did a short lap

Walkers Open

Scottish

Terri Grimmett	0:31:43
Peter Baillie	0:30:07
Helen Willis	0:33:07
	1:34:57

1 of 1

Walkers 150+

Scottish

John Palmer	0:35:07
Maryanne Palmer	0:35:29
Daphne Jones	0:39:19
	1:49:55

1 of 1



UPCOMING EVENTS

2023

July

1	North Island Cross Country Championships	Spa Park, Taupo
16	Wellington Cross Country Championships	Harcourt Park
23	Johnsonville 8km Road Race and 6.4km Race Walk	Johnsonville
29	NZ Cross Country Championships	Spa Park, Taupo

August

12	Run the Forest, 21km, 10km & 7km	Rotorua
26	Wellington Road Championships	Wainuiomata
	Hawkes Bay Full Marathon, $\frac{1}{2}$ Marathon & 10km	Napier

Sept

17	Hutt Marathon, $\frac{1}{2}$ Marathon, 10km & 5km	Petone
23	Sydney Marathon, $\frac{1}{2}$ Marathon, 10km & 3.5km	Sydney
24	BMW Berlin Marathon	Berlin
30	NZ Road Relays	Christchurch

Nov

1-3	Masters North Island Track and Field Championships	Palmerston North
5	TCS New York Marathon	New York
	Nelson $\frac{1}{2}$ Marathon, 10km, 5km & 2.5km	Saxton Field, Stoke
12	Kapiti $\frac{1}{2}$ Marathon, 10km & 5km	Paraparaumu

2024

Feb

10	Buller Gorge Full Marathon, Marathon Relay, $\frac{1}{2}$ Marathon & 10km	Westport
16-18	NZ Masters Track and Field Championships	Christchurch
25	41st Kapiti Women's Triathlon	Raumati Beach

March

2	Nutri-Grain Ironman NZ & Ironman 70.3 NZ	Taupo
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Dec

14-15	Ironman 70.3 World Championships	Taupo
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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.



Registration Form

2022/2023 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 2022/2023 year (Please select the option that better suits your needs):

OPTION 1:	ANZ Competitive Members (ANZ club members must be financial for the 2022/2023 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 Masters 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		
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. 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)		
Total Fee to pay \$			

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:		2022/2023 NZMA Reg No	
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Contact details

Wellington Masters

CURRENT COMMITTEE MEMBERS

Patron	Roger Robinson and Katherine Switzer	
President	Liz Bentley	021 030 2384
Vice president	John Palmer	04 479 2130
Secretary	Albert van Veen	04 563 8450
Treasurer	Graham Gould	04 973 6741
Committee	Vickie Humphries	04 934 1498
	Sean Lake	04 389 5912
	Ayesha Shafi	021 024 40699
Subscriptions	Veronica Gould	04 973 6741
Editor	John Palmer	04 479 2130
Newsletter design	Liz Bentley	021 03 02384
Masters records	Peter Hanson	04 237 0958

LIFE MEMBERS

Jim Blair 2004 Bruce Perry 2008 John Palmer 2010

Committee Meetings are usually 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.

A Teams link can be set up for anyone wishing to join in.

Club co-ordinators

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	Peter Ellis	027 447 1883
	Bryn Kempthorne	027 445 4625
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

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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.

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