

Wishing you all a Merry Christmas  
*and all good wishes for 2024*



**Graham Gould**  
Life member at the  
recent AGM

## HISTORY: Past and Present

Harold Nelson at the 1950 British Empire Games in Auckland, the flying Kiwi won the gold medal in the 6 miles (10,000m), in a time of 30:29.6. He then competed in the 3 miles (5,000m), winning the silver medal with a time of 14:28.8s.

By 1986 in the Queen's Birthday Honours he was awarded an MBE for services to Athletics.

At the Sesquicentenary (1840-1990) of New Zealand he returned as a volunteer official at the 1990 Empire Games held in Auckland. In 2009 he was recognised, then, as New Zealand's oldest living Olympian. In 2011 he died at Richmond, Nelson aged 88.

These days the mantle of New Zealand's oldest living Olympian goes to Reg Douglas 93. Recently he was presented with his Rowing Legacy Medal at a mayoral reception in Wanganui.

He achieved fame as a finalist in the 1956 Melbourne Olympic Rowing event.

Two Gold medals to Norman Read Athletics in the men's 50km Walk and Jack Cropp and Peter Mander in Sailing 12m2 Sharpie.

When this was written, we shared Armistice Day 11/11/1918, now 11/11/2023, the 13th Harold Nelson Athletics Classic at Saxton Field, Richmond, Nelson in honour of Harold Nelson, former Patron of Athletics Nelson.

I understand this year organisers added The Harold Nelson 5000m, as well as pole vault.

The 77th Fukuoka Marathon - NZ winner in 1960, Barry Magee was our first from NZ to win an overseas marathon. Barry from the Lydiard stable like Halberg/Snell also won a bronze medal at the 1960 Rome Olympics in 2.17.18 and became the fastest non-white marathoner at that point of all time.

On 3/12/1967 Dave McKenzie from the Greymouth club was third in 2 hours 12 minutes 25 seconds where the winner, Australian Derek Clayton recorded the then the world's fastest time of 2hrs 9 minutes 36 seconds. In 1982 Paul Ballinger won in 2hrs 10 minutes, then a NZ record.

Rod Dixon and Kathrine Switzer, Roger Robinson's wife had a role at the New York marathon 2023.

On 3/11/2023, the world's largest marathon, the 53<sup>rd</sup> TCS New York Marathon was held. In 1976, the Founder of Achilles Track Club, Dr Dick Traum was the first amputee anywhere to participate there.

By 1983 Dick Traum had founded Achilles in New York which can now be found in sixty-three countries.

Annually since 1993 Achilles NZ, a charity for disabled athletes sends a team to run, walk or wheel with guides/supporters. A 100% finisher success rate in yellow singlets.

Blind Achilles NZ Mike Lloyd has run New York 10 times. In 1974 Kathrine Switzer won the event and in 1980, on debut, Roger Robinson was the first Masters runner over 40.

In 1981 Allison Roe won and in 1983 versatile Nelsonian from the Tāhunanui hills Rod Dixon won in record time of 2.8.59 then NZ record.

That race is considered to be among the most epic and thrilling spectacles with Rod being the first overseas runner to win. In an interview he told me how important it was to him to have a plan with his coach older brother John Dixon and then carry it out. In 1989 Roger Robinson set a 50-plus Masters record of 2.28.02. In 2016 Dr Dick Traum and Rod Dixon (KIDSMARATHON Foundation) were inducted into the NYRR Hall of Fame.

In 2022 on debut Matt Baxter was 12th in 2.17.15.

In 2023 (Rod Dixon men, and Kathrine Switzer, women) held the tape at the finish line. Winners in 2023 were defender Tamirat Tola (Ethiopia) course record 2.04:58 and Kenya's Hellen Obiri in 2.27:23.

In 2023 led by Rod Dixon and Lorraine Moller who spoke about training Lydiard pyramid style to four Nelsonians - Nelson Mayor Nick Smith, Lester Binns St Paul's Catholic School Board Chair, Tāhunanui School principal Barbara Bowen and Top South media managing director Andrew Board who readied to participate.

Rod Dixon's advice to those running was, "finishing is winning and winning is finishing". "Be the tortoise, slow and steady wins the race."

Garth Barfoot 87 of NZ, Auckland former real estate owner, was the oldest participant in 2023.

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Ed – This article was sent to me by Paul Mulvaney who is a Freelance Journalist from Christchurch and has been reproduced with kind permission from Paul.





## **RECIPE**

### **Quick Lentil Pasta**

This Low-GI meal is quick and easy to prepare. It'll fuel you for training and help with refuelling after your training.



#### **INGREDIENTS:**

- 250g **high-fibre pasta**
- 1 large **red onion**, finely chopped
- 1 **garlic clove**, crushed
- 200g **button mushrooms**, thinly sliced
- 1x 410g can **diced tomatoes** with basil and garlic
- 1x 400g can **no-added-salt lentils**, rinsed, drained
- 2 teaspoons **balsamic vinegar**
- 80g **baby rocket**, to serve.

#### **INSTRUCTIONS:**

1. Cook pasta according to packet instructions. Drain.
2. Meanwhile, heat a little olive oil in a large non-stick pan over medium heat. Add onion and garlic and cook, stirring, for 5 minutes or until softened. Add mushroom and cook, stirring, for 5 minutes or until golden.
3. Add tomatoes, lentils, balsamic and 80ml water to pan. Bring to the boil, then reduce the heat to low and simmer for 10 minutes or until thick. Season with freshly ground black pepper. Toss pasta in lentil mixture, then serve sprinkled with baby rocket.

**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.*

## **LIFE MEMBERSHIP**

At the Wellington Masters AGM held on Thursday 28<sup>th</sup> September, Graham Gould was made a Life Member of Wellington Masters Athletics Inc.

Below is the criteria the committee felt warranted such an award and these are listed as follows:

- He has been the Treasurer of Wellington Masters Athletics Inc since 2010 and has fulfilled this role diligently and has maintained the finances of Wellington Masters in a professional manner and has always had the accounts ready for the Auditor/Verifier in time to be presented to the AGM for that year. He has always strived to get the best interest rates for our term deposits when the current term was up and due for renewal.
- He regularly attends the events that Wellington Masters host and collects and banks all the entry fees and also assists with the working out of the winners of each age grade category for the presentation of prizes at the prize giving.
- Graham is a B Grade Race Walks Judge and a field official for Athletics Wellington and Wellington Masters, and for many years has carried out these roles at Newtown Park over many weekends in rain, wind, or shine, officiating at local, North Island and National Championships.
- In 2021 Graham was awarded a Gold 20 year's NZ Masters Service Award and at the July 2023 AGM of Athletics Wellington he was also presented with a Service Award.

\* \* \* \*

## **BEREAVEMENT**

It is with sadness that we announce the passing of ELLIS GOODYEAR aged 92. Ellis died peacefully at his home on Tuesday 5<sup>th</sup> December.

Ellis was a member of Wellington Masters Athletics for many years and was a very good runner and his M70 800m Wellington record still stands. He also has Best Performances in the Marathon for the M60 and M70 age grades.

After his running career Ellis then took up cycling and was a Life Member of Wellington Masters Cycling Club and was riding/racing/volunteering up until last year.

# Athletics NZ and New Zealand Masters Athletics update MoU

Athletics NZ and New Zealand Masters Athletics (NZMA) have updated their Memorandum of Understanding (MoU) to reflect the ever-changing athletics environment, with the aim of establishing a closer working relationship.

NZMA is an associate member of Athletics NZ, and its primary focus has been the delivery of track and field events to its members. Athletics NZ members were required to pay an additional fee to have access to NZMA events, which also allowed access to Oceania and World Championships events.

An initial MoU between the two organisations was signed in 2016, whereby the additional NZMA fee was dropped for all Athletics NZ masters. By joining an Athletics NZ club, they are by default members for NZMA. This allowed all masters within both organisations access to NZMA, Oceania and World Masters events.

Over the past seven years the MoU has provided a strong base for improved relationships and communication between both organisations. However, as the athletics environment has continued to evolve it has become apparent an updated MoU was necessary. Most Masters Centres throughout New Zealand no longer have the capacity to organise championship events without the help of their local Athletics NZ Centre officials. Both Athletics NZ and NZMA have worked collaboratively – and the updated MoU includes the NZMA seeking greater assistance from Athletics NZ in the following areas:

- Closer collaboration around the planning of summer track and field competitions, to ensure the various NZMA Championships are well planned and fit into the wider track and field calendar.
- Enable a better oversight of master's membership and enable better communication to the master's athletics community.
- Collaboration to profile NZMA events and members in regular Athletics NZ communications.

Athletics NZ coordinates all masters championships for all out of stadia events and has done so since the 1990s. NZMA has retained leadership of their three masters track and field events – North Island, South Island and NZMA Championships.

New Zealand Masters Athletics President Andrew Stark said: “With fewer NZMA members nationally and most masters belonging to clubs, it makes perfect sense to work closer together. The success of our track and field championships relies on club masters athletes attending. Assistance from Athletics NZ and all Athletics NZ Centres, is key for our events to be successful.”

Athletics NZ CE Cam Mitchell said: “Our vibrant masters community form a key component within our sport, so we welcome further collaboration between Athletics NZ and the NZMA. The updated MoU offers further evidence of a strengthening of our relationship, and we look forward to continuing to work more closely with the NZMA.”

The policy is due for review in May 2025.

\* \* \* \*

## Unlock the Power of Stretching

Did you know that incorporating a few minutes of stretching into your daily routine can make a significant difference in preventing injuries, improving overall health, and enhancing athletic performance? Stretching increases flexibility, enhances blood circulation, and even promotes better posture. Here are three easy stretches to do at home:

**Standing Calf Stretch:** Stand facing a wall, place your hands on the wall for support, and extend one leg behind you with the heel on the ground. Lean forward gently.

**Forward Hang Stretch:** Stand with your feet hip-width apart, slowly bend forward from your hips, and let your upper body hang loose. You should feel a stretch in your hamstrings and lower back.

**Chest and Shoulder Stretch:** Interlace your fingers behind your back, straighten your arms, and lift them towards the ceiling.

## UPCOMING EVENTS

### 2024

#### **Feb**

- |    |   |               |
|----|---|---------------|
| 10 | Buller Gorge Full Marathon, Marathon Relay, $\frac{1}{2}$ Marathon & 10km | Westport      |
| 25 | 41st Kapiti Women's Triathlon   | Raumati Beach |

#### **March**

- |       |  |              |
|-------|--|--------------|
| 2     | Nutri-Grain Ironman NZ & Ironman 70.3 NZ | Taupo        |
| 16-18 | NZMA Track & Field Championships         | Christchurch |

#### **April**

- |    |                     |        |
|----|---------------------|--------|
| 23 | TCS London Marathon | London |
|----|---------------------|--------|

#### **May**

- |     |  |          |
|-----|--|----------|
| 3-4 | 60 <sup>th</sup> Rotorua Full Marathon, $\frac{1}{2}$ Marathon, 10km & 5.5km | Rotorua  |
| 19  | Masters Classic Club Relay   | Trentham |

#### **June**

- |    |   |             |
|----|---|-------------|
| 23 | Gazley Full Marathon, $\frac{1}{2}$ Marathon & 10km | Sky Stadium |
|----|---|-------------|

#### **July**

- |     |  |                        |
|-----|--|------------------------|
| 6-7 | Gold Coast Full Marathon, $\frac{1}{2}$ Marathon, 10km & 5km | Gold Coast, Queensland |
|-----|--|------------------------|

#### **August**

- |    |                                  |         |
|----|----------------------------------|---------|
| 10 | Run the Forest, 21km, 10km & 7km | Rotorua |
|----|----------------------------------|---------|

#### **Dec**

- |       |                                  |       |
|-------|----------------------------------|-------|
| 14-15 | Ironman 70.3 World Championships | Taupo |
|-------|----------------------------------|-------|

**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

### 2023/2024 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 2023/2024 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 2023/2024 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		
<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>			

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:		2023/2024 NZMA Reg No	
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## Contact details

### Wellington Masters

#### CURRENT COMMITTEE MEMBERS

Patron	Roger Robinson, Kathrine 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      John Palmer 2010

Graham Gould 2023

Committee Meetings are usually held on the first Thursday of each month at 7pm, via Teams. Club representatives and members are always welcome. Contact anyone on the committee if you would like to join.

### 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 Annie Van Herck	04 237 9676 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.

Production, Liz Bentley

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