

# THE

# MASTER

# COPY

Newsletter of the Wellington Masters Athletics Inc.

Volume 3 Issue 2

April 2004



Bernie Portenski in action at the recent NZ Track and Field Championships on her way to setting another world age record for the W54 5000m. Bernie competing with athletes, some half her age, ran a time of 18:03:09 smashing the record she set a month earlier (18:17:47) at the Wellington Masters Track and Field Championships.

## WELLINGTON MASTERS ATHLETICS INC.

### COMMITTEE MEMBERS 2003-04

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VALLEYS UNITED:	Don Brodie	30 Sunshine Crescent, Kelson, Lower Hutt	5650705
WAIRARAPA:	John Eccles	30 Cole Street, Masterton	06 3773479
WELLINGTON:	Veronica Gould	95A Ellice Street, Mt Victoria, Wellington 6001	9736741
WGTN MARATHON:	Bruce Perry	61A Clifford Road, Johnsonville, Wellington	4783641
WELLINGTON VETS:	Colleena Blair	43 Elmslie Road, Pinehaven, Upper Hutt	5282992

COMMITTEE MEETINGS USUALLY 1<sup>ST</sup> MONDAY OF MONTH AT SCOTTISH HARRIERS

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

CLUB REPRESENTATIVES AND MEMBERS ARE ALWAYS WELCOME

# Cancer Society 24 Hour Relay for Life

27-28 March 2004 at Frank Kitts Park

This year I was again lucky enough to be part of a team entered in the Relay for Life, the Cancer Society's fundraiser for the Wellington Division of the Society. Again like last year, each team member was expected to try and gain sponsorship/donations for the cause. Our team managed to raise over \$3,500 which was part of the \$130,000 raised by all teams at the commencement of the relay on Saturday 27<sup>th</sup> March at 12 o'clock. The amount raised pales into insignificance when you look at the 40 person Datamail Team who raised an astounding \$20,000. The Society this year set a target of \$200,000. They expected to reach this amount without any difficulty owing to the generosity of people taking part over the weekend contributing to the extra fund raising events held along with the proceeds from the candle lighting ceremony. The final amount has not been published to date but the Dominion Post of 8 April ran an article stating that the 100 teams comprising some 2200 participants had raised more than \$200,000.

The weather forecast for the Saturday was for wind and rain to reach Wellington at about the same time as the commencement of the event. The rain held off but the very strong wind did cause problems at the start. The entertainment planned for the early afternoon had to be postponed until 5pm when the wind was expected to die down. The strong winds were blowing over light stands and speakers, and causing chaos at the stage area which the organizers deemed a safety hazard for those performers who would have been on the stage. Also, the wind was blowing around the large barriers along the closed off section of Jervois Quay and they had to have more water put into them to hold them in place. This course of action necessitated the organisers to revert to the previous year's course, while the task of filling the barriers was being attended to. The first 2 1/2 hours were a bit chaotic with runners and walkers battling through a section of the course not yet coned off to separate the running lane from the walkers. The wind did die away and the Saturday night and Sunday morning conditions were ideal, although the temperature tended to get a little cold around 4.30am Sunday morning.

During the early hours of the morning the Responder area, which recorded your laps and times, malfunctioned and for the period 2-3am no laps were recorded for any team. Our team which was made up of runners and walkers managed to finish 6<sup>th</sup> placing for the number of laps covered in the 24 hour period, recording 337 laps which equated to 178.61km. Owing to the increased number of teams, the course was increased and was a loop of approximately 530 metres.

The opening laps of the relay are dedicated to Cancer Survivors who lead off the proceedings with their family and caregivers accompanying them while the rest of the teams line the perimeter of the course. What I did notice this year that there seemed to be a large number of survivors taking part, and it was also notable that there were a lot of younger persons who are cancer survivors. Also one of our team members from the previous year has also joined the ranks of "Survivor".

The candlelight ceremony, which took place at 8.30pm Saturday night with 700 candles, each with a message for friends or family members who had died of cancer, were put around the track. These kept burning throughout the night and it was again a very serene and moving part of the weekend. Some of the bags that held the candles were decorated in bright colours, some carried photos of loved ones and some were plain, but all were significant in their own right.

It was again a chance to catch up with other teams who we had met 12 months earlier and to see other fellow runners roped in by companies and friends to run for them and some who used the cause to do some training for Rotorua Marathon. The support that you receive from other people during the weekend is tremendous and there are always plenty of amusing moments to go with the good fellowship experienced, the great food brought along by team members and lastly the sleep deprivation. I recommend that you try it!

Again it was a great weekend putting aside the difficulties experienced at the start with the weather, and I know that I will again be part of a team next year.

John Palmer  
Editor

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## MEMBERSHIP

At the time of going to print our membership for the current financial year stands at 124. Welcome to new members Kristeene Parkes (Scottish); Gabby O'Rourke (WHAC); Kelvin Moffatt (WMC) and John Gallagher (WMC).

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## **STEWART HANGS UP SPIKES**

The General Manager of Athletics New Zealand, John Stewart, will leave his position at the end of May to take up a management/partnership role in a new business venture based in the South Island.

"I am sad to farewell a passionate, committed and effervescent leader in our sport; on the other hand, I am thrilled for John that he has been given an opportunity to take on a new venture", said Athletic New Zealand's Chairman, Craig Purdy.

Purdy also went on to say "the three years that John has served as General Manager of ANZ have been some of the most challenging facing our sport in its 100 plus year history. For his part, John has tackled each challenge head-on with a single-minded objective of creating the best possible outcome for our athletes, coaches and officials. John's commitment and dedication to our sport was without question".

Stewart commented "When I was interviewed for this job I outlined the direction I would take to the panel and am delighted with the progress we have made in areas of media coverage, internal communication, sponsorship and alternative funding solutions.

It is now time for the sport to consolidate on those initiatives and with a sport-wide review under way is a good time for a new leader to look after what has been done and nurture the results of the review."

Stewart added "While this out-of-the-blue offer was certainly exciting, the decision to leave athletics in its current buoyant state is one Gall and I made with huge regret. However, at my stage of life it is certainly the right thing for us to do."

The search for a new General Manager will commence immediately.

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## CHANGE OF DATE

Please note on your calendar that the Johnsonville 8km Road Race and Walk will now be held on Sunday 1<sup>st</sup> August 2004.

## **SOUTH ISLAND MASTERS GAMES**

The South Island Masters Games are being held in Timaru from 9<sup>th</sup> to 17<sup>th</sup> October 2004.

The Athletic Meeting will be held on the new all-weather track at Aorangi Park on Saturday 16<sup>th</sup> from 9am to 5pm and Sunday 17<sup>th</sup> from 9am to 3.30pm.

A registration flyer is available from Veronica Gould, telephone 973 6741 or information may be obtained from [www.simasters.co.nz](http://www.simasters.co.nz) or telephone 03 688 5531.

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## **WORDS OF WISDOM**

1. If you're too open-minded, your brains will fall out.
2. Don't worry about what people think: they don't do it very often.
3. Going to a church doesn't make you a Christian any more than standing in a garage makes you a car.
4. It isn't the jeans that make your butt look fat.
5. Artificial intelligence is no match for natural stupidity.
6. My idea of housework is to sweep the room with a glance.
7. Not one shred of evidence supports the notion that life is serious.
8. It is easier to get forgiveness than permission.
9. For every action, there is an equal and opposite government program.
10. If you look like your passport picture, you probably need the trip.
11. A conscience is what hurts when all your other parts feel good.
12. Men are from earth. Women are from earth. Deal with it.
13. No man has ever been shot while doing the dishes.
14. A balanced diet is a cookie in each hand.
15. Middle age is when broadness of the mind and narrowness of the waist change places.
16. Opportunities always look bigger going than coming.
17. Junk is something you've kept for years and throw away three weeks before you need it.
18. There is always one more imbecile than you counted on.

## THE FUNCTION OF THE VARIOUS TRAINING SESSIONS

**The Long Sunday Run** – This is specifically for developing the characteristics necessary for endurance. In a physiological sense, it improves the capacity of the muscles to use fat as a fuel, hence sparing the bodies glycogen reserves. Also it develops capillary density surrounding the muscle fibres. This improves the supply of oxygen and fuel supported by the blood. However, the catch is that studies have shown that these favourable features will only be fully developed if the long run is done at or near a certain critical pace. It seems that running faster than the critical pace will cause other adaptations to develop rather than those crucial to long distance endurance. The critical pace for the long run is shown to be about 80 per cent of that for an all out effort over 10km.

**The Tempo Run** – This run is done at a level of intensity loosely described as "anaerobic threshold". This level of effort is around about where the going starts to get tough, or in more scientific terms, where a significant amount of waste lactic acid just starts to build up in the blood and working muscles. A practical definition of the level of effort is a running speed just faster than half marathon race pace. It has been shown that if you can push up your "anaerobic threshold" level you will enhance your ability to race long and fast (fast cruising). Studies have shown that the best way to achieve this is by running regularly at this speed in training over a continuous period of about 20 minutes. This is best incorporated into the middle of a medium length run. Aim for just a bit faster than your current half marathon pace.

**The Hill Effort Run** – Like the hill endurance run this particular workout will develop leg strength. However, because it is done at a greater level of effort it is an alternative way of pushing up your anaerobic threshold as well as inducing a degree of mental toughness (even in the most feeble of us). There can be variations to this workout but the two alternatives most favoured are:

- (a) 5 to 7 repeats at a firm effort up a 600-800m stretch of moderately steep hill. After each repeat, return slowly to the bottom and continue with the next uphill effort.
- (b) Select hills which provide a mixture of moderate inclines and undulations. Warm up on the flat if possible, then run the hills at a firm effort for about 20 minutes. Conclude with a 20 minute warm down.

Exercising control over the level of effort is a key ingredient of these sessions. Too much is far worse than too little. The right intensity is around "anaerobic threshold" level where the effort just starts to get uncomfortable – the point where you notice the first signs of that "rasping" sensation in your chest. Regularly pushing beyond this level is to invite overtraining symptoms and injury.

**Marathon Pace Training** – This is specifically for the marathon runner where it helps adapt the muscle fibres

actually used in racing. Train at this pace over about 8 to 10km using a suitable warm up and warm down.

**Efficiency Repeats** – The purpose of these sessions is to develop a style during fast running which expends the minimum aerobic and anaerobic energy. Studies done in the U.S. have shown that the pace of these repeats needs to be a little faster than conventional interval training (about 3 seconds per 400m faster than 5km race pace). This is good training for races up to 10km. Allow about 3 to 4 minutes easy jogging between each repeat.

**Interval Training** – This is the well established method of improving your ability to run longer and faster at a pace where both aerobic and anaerobic energy systems are called upon (beyond "anaerobic threshold" level). It develops the bodies ability to fight off the effects of accumulating lactic acid as well as adapting the muscles to extract higher levels of oxygen from the blood to provide vital running energy at faster speeds.

People sometimes ask why a marathoner needs interval training when the effort required for this event seems to be low level over a long duration. The answer is that a fast marathon runner is actually racing at a level very close to "anaerobic threshold" (approximately 94 per cent of AT). Also when tiredness sets in there is a deterioration in running efficiency which causes an increased energy demand from the muscles in order to maintain the same pace. The result is that the energy systems developed through interval training are enlisted by the body to help the tiring runner to finish more strongly.

Intervals must never be done faster than indicated on your training programme. Allow 3 minutes easy jogging between each 1km repeat and 4 minutes between each 2km repeat.

**Hill Endurance Run** – A run for the purpose of strengthening the running muscles. The hill part of this run should comprise approximately 50 percent of the total run. The effort on the hills must be kept to only a moderate level.

**Fartlek** – This is intended to be a low key and informal type of speed work where the level of intensity is less than that of normal interval work. This is carried out mainly during the endurance phase and is a good way of helping to keep you in touch with faster running prior to the sharpening phase of your programme.

Fartlek usually consists of random short periods of faster running built into a normal medium length run. The emphasis is on informality where the terrain may be varied and the faster running is done at will over periods ranging from about 30 seconds to 3 minutes.

Remember though that this is not intended to be a grueling speed session. It is intended to break the monotony of routine training while at the same time keeping some of the fast twitch fibres at the "ready".

# The Cycle Race That Went Wrong

*For many people who are officers of sports clubs or who organise sporting events, the Christchurch Cycle Race case was cause for serious concern. Astrid Andersen's conviction on a charge of criminal nuisance in August 2003 sent shockwaves through the sporting community. Now that the dust has settled and emotions have subsided, it is a prudent time to consider the remarks on sentence by Judge Abbott.*

The facts of the case are fairly well known. Ms Andersen organised Le Race 2001. While taking part in that event, Mrs Caldwell collided with a car travelling in the opposite direction on the Summit Road. At the time, Mrs Caldwell was cycling on the wrong side of the road.

The charge against Ms Andersen succeeded because, in essence, the information that Ms Andersen provided to competitors was ambiguous regarding the status of the Summit Road and a number of competitors were mistakenly under the impression that the Summit Road would be closed to other traffic during the event. The information provided to competitors was in an information sheet (which referred to a road closure on the Summit Road) and an oral briefing given by Ms Andersen prior to the start of the race.

Ms Andersen had identified that one of the potential hazards of the event was with cyclists receiving incorrect information. It was intended that by providing the information pack and pre-race briefing, Ms Andersen would avoid that hazard.

Judge Abbott commented on news coverage of the trial. He noted that there had been "a number of wild pronouncements in the media and by sporting organisations and event organisers that the verdict on the criminal nuisance charge against Ms Andersen is the death knell to the sporting culture of this country as we know it. This is utter nonsense. Nothing could be further from the truth". Judge Abbott's point was that a degree of negligence is required for a criminal nuisance charge to be proved.

The tragedy which befell Mrs Caldwell resulted from a series of flawed decisions by Ms Andersen and, in particular, her failure to consult her safety manager (who was highly qualified) regarding the contents of the pre-race documentation. In Judge Abbott's view, the verdict which the jury reached was not only justified but virtually inevitable. In summary, the Judge held that Ms Andersen's conduct was neither reckless nor intentional, but was merely careless. He did however note her continued attitude of denial since the tragedy occurred. He imposed a fine of \$10,000. We understand that the case is under appeal.

Event organisers would do well to remember that a charge of criminal nuisance actually requires an element of negligence. Furthermore, there must be a causative link between the act or omission and the endangering of life.

While participants in inherently risky activities must assume responsibility for their own safety, that assumption of risk will be determined by the participants' understanding of the likely risks involved, based on the information provided to them. If you are organising an event, ensure that your written and oral instructions are clear, unambiguous and consistent.

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## There's trouble brewing, guys

You have to hope that this study is flawed, but the evidence seems irrefutable. Several months ago, scientists at Europe's Annual Human Reproduction Conference suggested that the results of a recent analysis revealed the presence of female hormones in beer, and suggested that men should take a look at their beer

consumption. The theory is that drinking beer makes men turn into women.

To test the theory, 100 men were each fed 6 pints of beer within a one-hour period. It was then observed that 100 per cent of the men gained weight, talked excessively without making much

sense, became overly emotional, couldn't drive, failed to think rationally, argued over nothing, had to sit down while urinating, couldn't perform sexually, and refused to apologise when wrong.

No further testing is planned.

## WELLINGTON MASTERS RESULTS FROM THE NZ MASTERS GAMES

DUNEDIN 31 JANUARY - 1 FEBRUARY 2004

Age	Name	Event	Placing		
M65	Fred Goodall	Javelin	1		
		Discus	2		
		Shot Put	2		
M55	Francis Campkin	100m Hurdles	1		
		2000m Steeplechase	2		
W55	Val Campkin	3000m Race Walk	1		
W45	Melanie Watson	3000m Race Walk	1		
		Javelin	2		
		Weight Pentathlon	2		
		Triple Jump	3		
		Discus	3		
		Shot Put	4		
		Hammer	4		
		M45	Kevin Watson	3000m Race Walk	1
		Triple Jump	1		
		2000m Steeplechase	2		
High Jump	4				
200m	4				
Long Jump	5				
100m	5				
400m	5				

## NZ MASTERS T & F CHAMPIONSHIPS

HAMILTON 5-8 MARCH 2004

Age	Name	Event	Place	Time/Dist
W65	Judy Hammond	Long Jump	1	3.07m
W70	Colleena Blair	Long Jump	1	2.73m
W35	Kathryn Fraser	Shot Put	1	8.41m
W55	Val Campkin	3000m Walk	2	25:33:96
W40	Robyn Stansfield	5000m	1	20:30:63
W55	Veronica Gould	Long Jump	2	2.89m
W65	Judy Hammond	100m	1	17:04
W55	Veronica Gould	100m	1	14:89
W40	Robyn Stansfield	1500m	1	5:24:73
W65	Judy Hammond	80m Hurdles	1	19:53
W35	Kathryn Fraser	Discus	1	22.27m
W45	Melanie Watson	Discus	3	18.65m
W65	Judy Hammond	High Jump	1	1.05m
W70	Colleena Blair	Shot Put	2	6.21m
W55	Veronica Gould	Hammer	5	23.29m
W35	Kathryn Fraser	Hammer	1	17.43m
W45	Melanie Watson	Hammer	2	18.71m
W70	Colleena Blair	Discus	1	18.29m
W45	Melanie Watson	Triple Jump	1	6.26m
W55	Veronica Gould	Triple Jump	2	7.29m
W35	Kathryn Fraser	Javelin	2	13.96m
W45	Melanie Watson	Javelin	2	14.44m
W55	Veronica Gould	Shot Put	4	7.62m
W70	Colleena Blair	Wght Throw	2	8.37m
W70	Colleena Blair	Triple Jump	1	5.70m
W65	Judy Hammond	300m hurdles	1	1:11:04
W55	Veronica Gould	200m	3	31:77
W40	Robyn Stansfield	800m	1	2:45:18
W55	Veronica Gould	Javelin	4	14.41m

Age	Name	Event	Place	Time/Dist
W35	Kathryn Fraser	Weight Throw	1	6.52m
W45	Melanie Watson	Weight Throw	1	7.75m
W55	Veronica Gould	Weight Throw	3	9.26m
W70	Colleena Blair	Javelin	2	15.13m
M40	Mark Macfarlane	Shot Put	3	8.95m
M60	Mike Burkinshaw	3000m Walk	2	18:23:34
M50	Mike Winsborough	5000m	2	20:15:98
M70	Michael Browne	5000m	4	24:53:59
M70	Michael Browne	1500m	3	6:37:91
M45	Kevin Watson	100m	5	14:26
M40	Gary Rawson	100m	2	12:21
M40	Mark Macfarlane	100m	3	12:33
M50	Mike Winsborough	1500m	2	5:17:05
M55	Ian Blyth	1500m	3	5:08:85
M55	Francis Campkin	100m Hurdles	2	22:44
M55	Francis Campkin	3000m Steeple	1	13:24:26
M40	Mark Macfarlane	400m	3	57:15
M65	Fred Goodall	Discus	3	29.59m
M70	Jim Blair	Discus	2	27.45m
M40	Mark Macfarlane	High Jump	1	1.65m
M45	Kevin Watson	High Jump	4	1.35m
M40	Mark Macfarlane	Triple Jump	2	11.01m
M40	Gary Rawson	Triple Jump	3	10.94m
M45	Kevin Watson	Triple Jump	3	7.79m
M55	Ian Blyth	High Jump	1	1.3m
M65	Fred Goodall	Shot Put	4	8.16m
M45	Kevin Watson	Javelin	3	18.51m
M65	Fred Goodall	Javelin	1	34.28m
M60	Mike Burkinshaw	10,000m Walk	2	1:06:13
M55	Francis Campkin	400m Hurdles	3	1:22:41
M50	Mike Winsborough	10,000m	2	42:17:26
M70	Michael Browne	10,000m	3	53:14:43
M45	Kevin Watson	200m	3	30:13
M55	Ian Blyth	800m	4	2:29:43
M70	Jim Blair	High Jump	1	1.25m
M70	Jim Blair	Javelin	3	27.54m
M40	Mark Macfarlane	Long Jump	1	5.47m
M40	Gary Rawson	Long Jump	3	5.39m
M45	Kevin Watson	Long Jump	2	3.47m

4 x 100 Relay      Wellington      2      56:28

M45 Kevin Watson      Pentathlon      2      1489pts  
M70 Jim Blair      Weight Pent      1      2601pts

W65 Judy Hammond      Pentathlon      1      3441pts  
W70 Colleena Blair      Weight Pent      2      2822pts

"If you want to run, then run a mile.  
If you want to experience another life,  
run a marathon".

*Emil Zatopek*



## Recipe

### Baked Fish – Mediterranean Style

#### Ingredients:

4 x 200g Steaks of a firm fish – Groper, Warehou, Lemon Fish or an in-between textured fish – Hoki, Terakihi, Blue Cod

250g Cherry Tomatoes (washed & halved)

½ cup Kalamata Olives (pitted & chopped)

1 tbs Capers (rinsed)

3 ts Fresh Basil leaves (roughly chopped)

Salt & Pepper to season

#### Sauce:

½ cup Tomato Puree

¼ cup Water

2 tbs Olive Oil

#### Recipe:

Preheat oven to 220C

Combine the tomatoes, olives, capers, and basil

In a small jug combine the tomato puree, olive oil and ¼ cup water to form the sauce

Place fish in a single layer in the dish, coat with the sauce, season

Cover with foil bake for 20 minutes or until cooked when tested

Uncover in the last 5 minutes of cooking

Serve on a bed of steamed jasmine rice

Garnish with lemon wedges and a little extra fresh basil

Serves 4

ts = teaspoon

tbs = tablespoon

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### 2004 Gold Coast Airport Marathon

#### Queensland, Australia

The Gold Coast Airport Marathon is on Sunday 4 July. This event provides competitors with a picturesque flat course alongside world famous beaches. It is the perfect opportunity for all New Zealand running enthusiasts to enjoy a fantastic sporting holiday in sunny Queensland, Australia.

The Gold Coast Airport Marathon not only supports the largest marathon field in Australia it also has a variety of races on offer to suit elite athletes and social participants alike. In addition to the full marathon, there is a half marathon, 10km run, 7.5km walk and two junior dash events for the kids. A total field of 12,000 is expected to participate in 2004.

The Gold Coast Airport Marathon Team is delighted to announce some fantastic travel packages to the 2004 Gold Coast Airport Marathon and associated events.

7 Night Package from \$699!

We have teamed up with House of Travel to offer a range of great packages and an exclusive 'Team Kiwi' offer.

Book through your local House of Travel office to become a part of the inaugural 'Team Kiwi' tour to the Gold Coast Airport Marathon. Exclusive package includes a 'Team Kiwi' Orca Polo shirt, special 'Team Kiwi' race check in area, 'Team Kiwi' tent and post race hospitality plus much, much more.

Go to [www.hot.co.nz](http://www.hot.co.nz) to visit the House of Travel Website and find your local store.

To enter any of the races at the 2004 Gold Coast Airport Marathon, just visit us at: [www.goldcoastmarathon.com.au](http://www.goldcoastmarathon.com.au).

This web site also contains all the latest news about the event, as well as other information such as training diaries, course maps and the social program. Alternatively, our official Gold Coast Airport Marathon entry forms are now available for distribution.

If you require any additional information about the 2004 Gold Coast Airport Marathon please do not hesitate to contact the Marathon office on (Int + 61) 7 5564 8733.

Make 2004 YOUR YEAR to experience the fun, challenge and excitement of this internationally recognised icon event!

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### A WOMAN'S PRAYER

Now I lay me  
Down to sleep.  
I pray the Lord  
My shape to keep.  
Please no wrinkles  
Please no bags  
And please lift my butt  
Before it sags.  
Please no age spots  
Please no grey  
And as for my belly,  
Please take it away.  
Please keep me healthy  
Please keep me young,  
And thank you Dear Lord  
For all that you've done.



# 19<sup>th</sup> WELLINGTON MASTERS CLASSIC CLUB RELAY

## SUNDAY 16th MAY 2004 at 10.00am

**VENUE:** Trentham Memorial Park off Barton Avenue, Upper Hutt.

**COURSE:** A 4km circuit around Trentham Memorial Park, a mixture of road and grassland. At this time of the year underfoot conditions are usually firm.  
Runners - 5 laps of 4km each = 20km. Walkers - 3 laps = 12km

**RACE CONDITIONS:**

Runners / Walkers should be current financial members of NZ Masters Athletics.

Non-NZMA members pay \$10 extra.

Runners and Walkers may only compete in an event for ONE team and for ONE lap.

Where a team has to make last minute changes e.g. a competitor having to run/walk twice that team will not qualify for major placings or prizes. Failure to notify changes will result in DISQUALIFICATION of the team.

Any protest must be lodged within 10 minutes of the protesting team completing its final lap.

Mixed running teams must have at least 2 women runners.

**COMPOSITE TEAMS:**

Clubs that do not have enough Masters to field a team may combine with other Masters runners to form a Composite Team.

**MARSHALLS:** Each Club will be required to provide at least one Marshall for the course

**TIMING:** Teams are asked to provide a back-up for the printer-timer by recording their team's times on the recording sheets included in the Race Pack. Please have STOP WATCHES!

**UMPIRES:** Umpires will be appointed and published on the day. They will also be the Protest Committee.

**PRE-VETS:** May participate but any team with a pre-vet member will be classed as a pre-vet team and compete in the Pre-Vet Section (30-34 years).

**PRIZE LIST:** The prize lists comprises:

1. 1<sup>st</sup> Men's Team – Hamlin Trophy
2. 1<sup>st</sup> Women's Team – Trentham United Harrier Club Cup
3. 1<sup>st</sup> Mixed Team (at least 2 women) – Wellington Centre of NZAVA Trophy
4. 1<sup>st</sup> Team with aggregate of 250 or more years – Marilyn Hamlin Trophy
5. 1<sup>st</sup> Team with aggregate of 300 or more years
6. 1<sup>st</sup> Walk Team
7. 1<sup>st</sup> Pre-Vets Team.

A limited number of spot prizes – All teams eligible.

**PRIZE**

**GIVING:** Approximately 12.30pm.

**REFRESHMENTS:**

A selection will be available. Pay for what you consume! The Club's licence facility will be operating.

**CHANGING & SHOWER FACILITIES:**

These are available in the clubrooms.

**ENTRY FEE:** \$25 per running team. \$15 Walk teams.  
\$10 extra for each non-member of NZMA.  
Late entries – Double Fees + \$10 extra for each non-NZMA competitor.

**ENTRY DEADLINE:**

Entries with entry fee must reach Kathryn Fraser, 49 Dress Circle, Newlands, Wellington 6004 by Wednesday 12<sup>th</sup> May 2004.

Team composition and running order MAY NOT BE CHANGED FROM THAT SHOWN ON ENTRY FORM BUT REPLACEMENT DUE TO WITHDRAWAL OR INJURY MAY BE MADE BY PHONE BEFORE THE DAY OF THE RACE OR UP TO 9.30am ON THE MORNING OF THE RACE.  
FAILURE TO NOTIFY CHANGES BEFORE THE RACE WILL RESULT IN TEAM DISQUALIFICATION.

**ENQUIRIES:** Can be made to: Kathryn Fraser 04 477 4914  
CLUB CO-ORDINATORS REMEMBER THAT THIS IS A WELLINGTON MASTERS RACE SO PLEASE ENCOURAGE YOUR RUNNERS and WALKERS TO PAY THEIR \$30 MEMBERSHIP FEE FOR THE CURRENT YEAR i.e. 1 SEPTEMBER 2003 to 31 AUGUST 2004 (Registration Card No. beginning with 5...).

A SEPARATE ENTRY FORM IS REQUIRED FOR EACH TEAM.

### ENTRY FORM

2004 MASTERS CLASSIC CLUB RELAY	Fee enclosed	Runners	\$25
	(delete one)	Walkers	\$15
		Non NZMA Member	_____
		Late Fee	_____
	<b>TOTAL</b>		_____

CLUB(S)..... TEAM CATEGORY .....

MARSHALL .....

RUNNERS/WALKERS (delete one)

Lap 1.....Age.....M/F.....

Lap 2.....Age.....M/F.....

Lap 3.....Age.....M/F.....

Lap 4.....Age.....M/F.....

Lap 5.....Age.....M/F.....

I certify that each runner is a current financial member of the NZ Masters Athletics or the non-NZMA fee of \$10 has been collected.

**DECLARATION AND AGREEMENT TO BE SIGNED BY TEAM CAPTAIN/CLUB CO-ORDINATOR**

1. I agree to abide by the race rules and follow the directions of race officials.
2. I acknowledge that I compete at my own risk.
3. There are NO Road closures.
4. Runners/walkers must use the left hand side of the parking area when leaving the start line and run/walk on the footpath provided once outside of Trentham Memorial Park. Failure to comply with this rule will result in the offending team's disqualification.
5. Team Captains/Club Co-ordinators to ensure that all team members are made aware of this declaration.
6. Privacy Act: Information concerning this event may be used by Wellington Masters Athletics and its sponsors for promotional purposes.

Signed..... (Team Captain)/Club Co-ordinator

## COMING EVENTS

### 2004

#### May

1	40 <sup>th</sup> Fletcher Challenge Forests Marathon	Rotorua
16	Masters Classic Relay	Trentham Mem. Park
22	Great Wall Full & Half Marathon	China
22	Vosseler Shield - Interclub	Mt. Victoria

#### June

6	Aurora Handicap Marathon	Upper Hutt
6	Christchurch Full & Half Marathon	Christchurch
12	Dorne Cup - Interclub	Trentham Mem. Park
27	Harbour Capital Half Marathon	Westpac Stadium

#### July

3	North Island Cross Country Champs	Taupo
17	Wellington Cross Country Championships	Waikanae

#### Aug

1	Masters 8km Road Race & Walk	Johnsonville
21	Bays Relay - Interclub	Island Bay start
13-29	Olympic Games	Athens

#### Oct

2	NZ Road Relay Championships	Nelson
?	OAVA Masters Track & Field Champs	Rarotonga
9-17	South Island Masters Games	Timaru
17	30 <sup>th</sup> Masterton Full & Half Marathon	Masterton

#### Nov

7	New York City Marathon	New York
7	Masters 10km Road Race & Walk	Lower Hutt

### 2005

#### April

30	Fletcher Challenge Forests Marathon	Rotorua
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## UNIFORMS

**WELLINGTON MASTERS SHORTS AND POLY/COTTON MESH SINGLET'S CAN BE ORDERED THROUGH MICHAEL CLARK - TELEPHONE 566 8755**

## NEWTOWN PARK GATE KEY

The lock on the gate has been changed.

New keys are available from the City Council Service Centre (Wakefield Street) or Newtown Library Service Centre (Constable Street).

## CHANGE OF ADDRESS

If any member changes their address, it would be appreciated if they could notify the Subscription Secretary. This enables us to keep records that are accurate and up to date and ensures that you continue to receive your newsletter. It is also important that Club Co-ordinators notify the Secretary of any change of address to enable the information to keep getting out to the clubs in the Centre.

Please detach and give to any prospective new Master Member or to anyone you know who has not renewed their subscription

**WELLINGTON MASTERS ATHLETICS INC**

**SUBSCRIPTION FOR THE 2003/2004 YEAR  
(1 September 2003 to 31 August 2004)  
\$30 = \$27.50 NZMA, \$2.50 WMA**

**NAME(S):** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_  
\_\_\_\_\_

**BIRTH DATE(S):** \_\_\_\_\_ **EMAIL:** \_\_\_\_\_

**CONTACT PHONE No.** \_\_\_\_\_ **CLUB (if any)** \_\_\_\_\_

\$30 (\$60) Enclosed. Cheques made out to Wellington Masters Athletics – WMA

SEND TO: VERONICA GOULD, 95A ELLICE STREET, MT VICTORIA, WELLINGTON 6001

**Please advise any change of address as soon as possible**



**122 Onslow Road, Khandallah, Wellington 6004**

**If unclaimed please return to:-**

**WELLINGTON MASTERS ATHLETICS**