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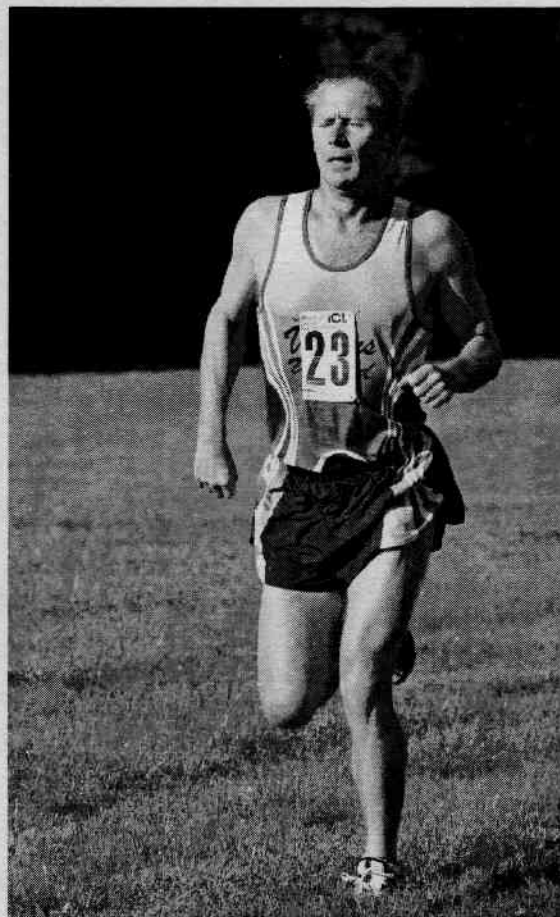
# MASTER

# COPY

Newsletter of the Wellington Masters Athletics Inc.

Volume 3 Issue 3

July 2004



Tony Madsen running lap 2 for the victorious Valleys United Men's A team at the Masters Classic Relay.

## WELLINGTON MASTERS ATHLETICS INC.

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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

## *Time to Get Back to Basics Maybe?*

With the Olympic Games in Athens less than 100 days away now, one must wonder whether the venues and associated infrastructure will be completed in time for the opening ceremony. The news recently showed the beginning stages of the roof being maneuvered into place so this must be a positive for the organizers. It was understood that if the roof wasn't ready to be put into place by the beginning of May then the main stadium would be completed without the roof. While everything at present looks on track, let us pray, that at this late stage, the Greek workforce doesn't suddenly decide to go on strike! - wouldn't that set the cat among the pigeons?

It seems that every time a country is hosting the Olympic or Commonwealth Games the costs involved with building or upgrading existing venues are astronomical. The host country seems to want to build bigger and better venues than the previous games host country. The same goes for the opening and closing ceremonies - bigger, brighter and more elaborate than previous ones - costing billions in some cases.

Perhaps it is time to get back to what the Olympics were founded on - basically track and field events. It may be time to rid the Olympic and Commonwealth Games of the team sports. One has to wonder what place at the games do events like basketball, soccer, rugby sevens, netball etc. have? Most of these sports have their own World Cups or World Championships so what value is their place at Olympic or Commonwealth Games? If the Olympic body decided to stop having team sports as part of the programme it would be a blessing for the hosting countries. It would enable them not to have to build more venues to house the extra competitors and more venues for the teams to perform in, thus enabling the host country to feel more positive about having everything ready for receiving the first competitors into the games village and the opening ceremony.

I know personally I don't have the time to sit through hours of opening ceremony that is basically a bigger spectacular than the previous one. I also don't sit and watch the team sports as well, tending only to concentrate on track and field, gymnastics, swimming and rowing. I also find that the TV coverage, I know governed by the big bucks of advertising and overseas influences, tends to spoil a good nights viewing by slotting in a game of basketball between USA and Russia while track or field events are omitted from coverage or you only get some brief highlights or edited coverage. Then there has to be the question of "professional" players in a so-called amateur arena - but I won't go down that avenue this time.

With the recent positive drug testing of sprinter Kellie White and her ban of 2 years, rids the games of another drugs cheat. Her willingness to co-operate as part of a drugs inquiry with American officials seems to indicate there will be more big names stripped of medals from the recent World Championships, have bans imposed on them for the upcoming games and will get rid more drug using athletes. This evens up the playing field for those striving to achieve top results on natural ability and hard training alone. Marion Jones seems to be touted by the newspapers as being suspected of taking banned substances but nothing has been proved to date.

Finally, I feel that if you have reached a qualifying standard for the games you should be given the opportunity to go and experience competing against the best in the world. It saddens me to see some of the bodies being taken to task by disgruntled "athletes" who are peeved at missing selection. Yachting is one recent case that comes to mind.

On TV recently it showed the women's basketball team who have made the selection for Athens. They have no ranking in the world, some team members look small in comparison to say the netballers, the coach is trying hard to bring them up to being competitive in the international scene, and in my opinion they are going to be outclassed at Athens. Though I previously said that I feel that you should be allowed to go if you reach the required standard, here is a case where I think the team should stay at home to avoid real humiliation at Athens. They would be better to be playing at top level and gain some international experience and target the next Commonwealth or Olympic Games. Maybe I will be proven wrong and they will succeed beyond everyone's expectations.

But in the final analysis the women's basketballers are a team sport and if we were to go back to the basics of the Olympic movement, they would not be part of the games anyway.

John Palmer, Editor

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## MEMBERSHIP

At the time of going to print our membership for the current financial year stands at 131. Welcome to the following members who have renewed their membership:- Loretta Desourdy (Scottish); Rupert Watson (Scottish); Jan Fulstow (Olympic); Pam Graham (Scottish); Ellis Goodyear (Capital) and also to new member David Eastgate (Victoria).

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## Cellphones at Petrol Stations

*The Shell Oil Company recently issued a warning after three incidents in which mobile phones (cell phones) ignited fumes during fueling operations.*

In the first case, the phone was placed on the car's trunk lid during fueling; it rang and the ensuing fire destroyed the car and the gasoline pump.

In the second, an individual suffered severe burns to their face when fumes ignited as they answered a call while refueling their car.

And in the third, an individual suffered burns to the thigh and groin as fumes ignited when the phone, which was in their pocket, rang while they were fueling their car.

### You should know that:

- Mobile Phones can ignite fuel or fumes
- Mobile phones that light up when switched on or when they ring release enough energy to provide a spark for ignition
- Mobile phones should not be used in filling stations, or when fueling lawn mowers, boats etc.
- Mobile phones should not be used, or should be turned off, around other materials that generate flammable or explosive fumes or dust, (i.e. solvents, chemicals, gases, grain dust, etc.)

### To sum it up, here are the Four Rules for Safe Refueling:

- (1) Turn off engine
- (2) Don't smoke
- (3) Don't use your cell phone - leave it inside the vehicle or turn it off
- (4) Don't re-enter your vehicle during fueling.

Bob Renkes of Petroleum Equipment Institute is working on a campaign to try and make people aware of fires as a result of "static electricity" at gas pumps. His company has researched 150 cases of these fires.

### His results were very surprising:

- (1) Out of 150 cases, almost all of them were women.
- (2) Almost all cases involved the person getting back in their vehicle while the nozzle was still pumping gas. When finished,

they went back to pull the nozzle out and the fire started, as a result of static.

- (3) Most had on rubber-soled shoes.
- (4) Most men never get back in their vehicle until completely finished. This is why they are seldom involved in these types of fires.
- (5) Don't ever use cell phones when pumping gas.
- (6) It is the vapors that come out of the gas that cause the fire, when connected with static charges.
- (7) There were 29 fires where the vehicle was re-entered and the nozzle was touched during refueling from a variety of makes and models. Some resulted in extensive damage to the vehicle, to the station, and to the customer.
- (8) Seventeen fires occurred before, during or immediately after the gas cap was removed and before fueling began.

### Mr. Renkes stresses to NEVER get back into your vehicle while filling it with gas.

If you absolutely HAVE to get in your vehicle while the gas is pumping, make sure you get out, close the door **TOUCHING THE METAL**, before you ever pull the nozzle out. This way the static from your body will be discharged before you ever remove the nozzle.

As mentioned earlier, The Petroleum Equipment Institute, along with several other companies now, are really trying to make the public aware of this danger.

You can find out more information by going to <http://www.pei.org/>. Once here, click in the centre of the screen where it says "Stop Static".

Please pass this information to ALL your family and friends, especially those who have children in the car with them while pumping gas. If this were to happen to them, they may not be able to get the children out in time.

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## A Blonde Joke with a difference . .

Dear Diary:

Last year I replaced all the windows in my house with those expensive double-pane energy efficient kind - but this week I got a call from the contractor complaining that his work had been completed a whole year ago and I had yet to pay for them.

Boy oh boy, did we go around!!! Just because I'm blonde doesn't mean that I am automatically stupid...So, I proceeded to tell him just what his fast talking sales guy had told me last year...that in one year the windows would pay for themselves.

There was silence on the other end of the line, so I just hung up and have not heard back.

Guess I won that stupid argument....

# WEEK AT THE GYM – ONE MAN'S STORY

Dear Diary,

For my fortieth birthday this year, my wife (the dear) purchased a week of personal training at the local health club for me.

Although I am still in great shape since playing on my college rugby team 25 years ago, I decided it would be a good idea to go ahead and give it a try.

I called the club and made my reservations with a personal trainer named Belinda, who identified herself as a 26-year old aerobics instructor and model for athletic clothing and swimwear. My wife seemed pleased with my enthusiasm to get started!

The club encouraged me to keep a diary to chart my progress.....

## Monday:

Started my day at 6:00am. Tough to get out of bed, but found it was well worth it when I arrived at the club to find Belinda waiting for me.

She is something of a Greek goddess – with blond hair, dancing eyes and a dazzling white smile.

Woo Hoo!

Belinda gave me a tour and showed me the machines. She took my pulse after 5 minutes on the treadmill. She was alarmed that my pulse was so fast, but I attributed it to standing next to her in her Lycra aerobic outfit.

I enjoyed watching the skilful way in which she conducted her aerobics class after my workout today.

Very inspiring. Belinda was encouraging as I did my sit-ups, although my gut was already aching from holding it in the whole time she was around.

This was going to be a FANTASTIC week!!

## Tuesday:

I drank a whole pot of coffee, but I finally made it out the door.

Belinda made me lie on my back and push a heavy iron bar into the air - then she put weights on it! My legs were a little wobbly on the treadmill, but I made the full mile. Belinda's rewarding smile made it all worthwhile. I feel GREAT!!

It's a whole new life for me.

## Wednesday:

The only way I can brush my teeth is by laying on the toothbrush on the counter and moving my mouth back and forth over it. I believe I have a hernia in both pectorals.

Driving was OK as long as I didn't try to steer or stop. I parked on top of a GEO in the club parking lot.

Belinda was impatient with me, insisting that my screams bothered other club members. Her voice is a little too perky for early in the morning and when she scolds, she gets this nasally whine that is VERY annoying.

My chest hurt when I got on the treadmill, so Belinda put me on the stair monster. Why the hell would anyone invent a machine to simulate an activity rendered obsolete by elevators?

Belinda told me it would help me get in shape and enjoy life. She said some other shit too.

## Thursday:

Belinda was waiting for me with her vampire-like teeth exposed as her thin, cruel lips were pulled back in a full snarl. I couldn't help being a half hour late, it took me that long to tie my shoe laces.

Belinda took me to work out with the dumbbells. When she was not looking I ran and hid in the men's room. She sent Lars to find me, then, as punishment, put me on the rowing machine – which I sank.

## Friday:

I hate that bitch Belinda more than any human being has ever hated any other human being in the history of the world. Stupid, skinny, anaemic little cheerleader. If there were a part of my body I could move without unbearable pain, I would beat her with it.

Belinda wanted me to work on my triceps. I don't have any triceps! And if you don't want dents in the floor, don't hand me the \*&#(%\*\*!!@\*\*@ barbells or anything that weighs more than a sandwich. (Which I am sure you learned in the sadist school you attended and graduated magna cum laude from).

The treadmill flung me off and I landed on a health and nutrition teacher. Why couldn't it have been someone softer, like the drama coach or the choir director?

## Saturday:

Belinda left a message on my answering machine in her grating, shrilly voice wondering why I did not show up today. Just hearing her made me want to smash the machine with my planner. However, I lacked the strength to even use the TV remote and ended up catching eleven straight hours of the Weather Channel.

## Sunday:

I am having the Church van pick me up for services today so I can go and thank GOD that this week is over. I will also pray that next year my wife (the bitch) will choose a gift for me that is fun – like a root canal or a vasectomy.



# **KIWIWALKERS**

For several years there has been some half-hearted discussion about the desirability of officially welcoming into the Athletics New Zealand fold the group of walkers who regularly compete in events around the country.

This is a very large group of competitive and enthusiastic athletes who do not conform to the IAAF rules of race walking but believe that they should be accepted as an integral part of New Zealand Athletics under rules which are relevant to their style.

The Walks Review Panel that was set up following the 2003 AGM has failed to address this as they have been unable to agree on a definition for this style of competitive walking making it impossible to accept a new category of athletic prowess or discipline.

The proponents of this non-racewalking discipline have decided that they have come to the end of their patience and have decided to formally establish Sportwalking under the following definition and outside of the official Athletics New Zealand mantle.

"Sportwalking is a competitive walking event in which a progression of steps is so taken that the walker makes contact with the ground, so that no visible (to the human eye) loss of contact occurs."

To further this defined style from which it is hoped there will be a number of converts to the more demanding racewalking the proponents of sportwalking have joined forces with a number of the country's top racewalkers in establishing a new web-based Yahoogroup to jointly promote both racewalking and sportwalking under the one umbrella. This gives both groups the numbers that they need to achieve any necessary changes to the current competitive walking structure.

This new Yahoogroup is open to anyone interested in competitive walking and will provide a source of news and a forum for discussion. All members of the group will be able to post messages and Clubs involved in walking will be able to advertise upcoming events and results. The group will welcome all constructive submissions and postings but will not tolerate anybody being abusive or dictatorial. This will be a friendly group established for the mutual enjoyment and pleasure of anyone who wishes to join the free group.

**Group name:** Kiwiwalkers

**Group home page:**  
<http://groups.yahoo.com/group/Kiwiwalkers>

**Group email address:** [Kiwiwalkers@yahoo.com](mailto:Kiwiwalkers@yahoo.com)

Regards, Paul Godbaz.

## **Bits & Pieces**

**Masters Classic Relay** – Trentham Memorial Park, Sunday 16<sup>th</sup> May 2004. It rained on the way out to Trentham and it rained on the way back to Wellington, but during the relay we were treated to the traditional good weather that we have come accustomed to for this event. The ground was greasy in patches, which could explain the slower times this year. Valleys United won all the men's grades, with Olympic second and Scottish third in the open grade. Scottish won the women's grade and the walk, while Kapiti again won the composite grade. Fastest times of the day were for the run, Vaughan New (14:20) and Pam Graham (18:08) and for the walk Peter Baillie (24:08) and Kristeene Parkes (29:50).

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### **ANNUAL GENERAL MEETING**

The Annual General Meeting of Wellington Masters Athletics will be held on Wednesday 8<sup>th</sup> September 2004, commencing at 6pm at Wellington Scottish Harrier Clubrooms.

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If you have any results, articles or stories you would like included in "The Master Copy", please post to:

**The Editor, The Master Copy,  
122 Onslow Road, Khandallah,  
Wellington 6004, or**

**email to [palmer.palace@xtra.co.nz](mailto:palmer.palace@xtra.co.nz)**

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### **Harrier shot**

A group of Upper Hutt harriers were shot at last night by two men in a car armed with a BB gun. One was hit in the leg while running along Main Street at 6.30pm.

Another runner saw a pistol being pointed at a woman pedestrian. An 18-year-old man has been charged with offences under the Arms Act and a charge of assault. A 20-year-old has also been charged with possessing cannabis.

Dominion Post 21/5/04



## **RECIPE**

### **Salmon Rice Bake**

1 tablespoon butter or oil  
½ cup Celery – chopped  
1 Onion  
210gr can Salmond – drained  
1½ cups cooked Long Grain Rice  
1 pkt Maggi Creamy Vegetable Soup mix  
1½ cups water  
1 tablespoon Lemon juice  
Chopped Parsley

Heat butter and add celery and onion. Cook until soft.  
Stir in salmon and rice.  
Place in ovenproof dish.

Combine soup mix and water and bring to boil, stirring constantly.  
Simmer for 2-3 minutes. Add lemon juice and pour over fish mixture.

Cook in preheated oven for 180° c for 20 minutes.  
Sprinkle with chopped parsley before serving.

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## **Belmont Regional Park**

### **Kilmister Block**

Recently a new 2.5km route has been signposted and poled through the Kilmister Block in the Belmont Regional Park. This route passes through hill country farmland west of Kelson and offers new opportunities for walkers, runners and mountain bikers to plan loop trips from the Hill Road entrance of the park.

The route is signposted just west of Boulder Hill and drops down a ridge to a farm service track that links with the existing track along the main stream through the Kilmister Block, which links back to either Hill Road or Belmont Road.

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## **Centre Teams to Nationals**

Following close on two years of sport-wide debate culminating in a major discussion at last year's Annual Forum, the Board of Athletics New Zealand at it's March meeting approved a change to the Competition By-Laws that will see Centre [Provincial-regional] Teams only contest national championships.

Promoted to the sport for the statutory 42 days notice in December, the change was resoundingly backed by the

sport and means that athletes will again be selected by their Centre and wear Centre uniforms at all national events.

Club athletes may compete as individuals but only if they are not required as members of a Centre team.

The National Road Relay is the only event not affected by the change as this is an icon club-based championship.

Following the change, GM John Stewart commented, "This means that once again we have created a space for aspiration in our sport. Athletes young and old can now strive for a provincial singlet, something they have not been able to do since the mid 1990s when the rules changed to disarm Centres and prefer club teams at nationals. For many, this will be a stepping stone to international honours, for everyone it will provide a pathway through the sport."

John Stewart  
General Manager, Athletics New Zealand

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## **NEW ZEALAND RECORDS**

Christine McCahill has taken over as New Zealand Record Keeper from Colleena Blair. Any Master member who breaks a New Zealand record should forward the details to Christine at the following address with all the necessary paperwork:

Christine McCahill  
14 Aratonga Avenue  
Greenlane  
AUCKLAND.

World Age Best/World Records must still go to Colleena Blair.

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### **Words of Wisdom**

#### **THAT'S NOT MY JOB**

This is the story about four people named Everybody, Somebody, Anybody and Nobody.

There was an important job to be done and Everybody was sure that Somebody would do it.

Anybody could have done it, but Nobody did it.

Somebody got angry about that, because it was Everybody's job.

Everybody thought Anybody could do it, but Nobody realised that Everybody wouldn't do it.

It ended up that Everybody blamed Somebody when Nobody did what Anybody could have.

## Fifty years since the first sub-four-minute mile

**6 May 1954** - The occasion is being marked in England with a meeting that recreates the original Oxford University Athletics Club vs AAA (England) fixture of 6 May 1954. This meeting was where the first sub-four-minute mile was accomplished by Roger Bannister at the Iffley Road track in Oxford.

The All-Time Sub 4:00 Milers are listed in order of current personal best as of 5 May 2004.

Rank	Time	Name	Date
1	3:49.08	John Walker	7 July 1982
2	3:53.62	Rod Dixon	30 June 1975
3	3:54.03	Peter Snell	17 November 1964
4	3:54.10	Martin Johns	26 May 1996
5	3:54.40	Adrian Blincoe	7 September 2003
6	3:55.18	Tony Rogers	16 July 1984
7	3:56.13	Hamish Christensen	16 Jan 1999
8	3:56.23	Dick Quax	9 July 1976
9	3:56.55	Nick Willis	7 February 2004
10	3:56.80	John Davies	3 July 1965
11	3:57.00	Tony Pohill	15 September 1972
12	3:57.50	Murray Halberg	6 August 1958
13	3:57.70	Phil Clode	12 January 1991
14	3:58.20	Peter O'Donoghue	16 July 1984
15	3:58.61	Ian Studd	13 August 1966
16	3:58.80	Dick Taylor	23 January 1971
17	3:58.84	John Bowden	30 January 1982
18	3:58.94	Euan Robertson	26 August 1977
19	3:59.04	Steve Willis	26 January 2000
20	3:59.10	Alan Bunce	17 August 1990
21	3:59.20	Bill Baillie	1 February 1964
22	3:59.28	Simon Maunder	22 January 2000
23	3:59.35	John Henwood	6 February 1997
24	3:59.50	Kerry Rodger	13 February 1985
25	3:59.60	Mike Gilchrist	26 June 1983
26	3:59.70	Peter Renner	13 February 1985
27	3:59.80	Richard Potts	15 December 1993
28	3:59.96	Robbie Johnston	19 February 1994

### Notes about the mile list:

John Walker was the first man in history to break 3:50 in the mile and held the world record. In 1976, he was the 1500m Olympic Champion. He also was the first man to run 100 sub-4:00 miles.

Murray Halberg was the first man from New Zealand to run a sub 4:00 mile. Peter Snell ran the fastest mile on the track ever recorded for the month of November. He held the World Record in the mile. In 1964, he was the 800m/1500m Olympic Champion and in 1960 the 800m Olympic Champion. Cooks Gardens Wanganui, the home of Peter Snell's world record performance set on the original grass track is the top venue for the greatest number of sub-four-minute miles recorded at the one New Zealand venue. There have been over 40 recorded there with the most recent being Hamish Christensen in 2001 running 3mins 58.73 secs.

(Courtesy of Athletics New Zealand who wish to acknowledge Peter Heidenstrom and Carl Jackson for their statistical input).

## HUTT RIVER TRAIL

Running alongside the Hutt River from Hikoikoi Reserve, Petone to Birchville, Upper Hutt, the 27km Hutt River Trail is an easy scenic walk and cycle path. It also allows access to the river for swimming, fishing and kayaking.

The Trail runs the entire length of the eastern riverbank. There are trails on all but two sections of the western side to provide shorter loops between bridges.

The Hutt River Trail will eventually run as far as the Te Marua area of Kaitoke Regional Park, to link with the Rimutaka Rail Trail.

## History

Two million years of movement in the Wellington earthquake fault line underneath the Hutt Valley has helped form one of the region's most powerful rivers. Today the Hutt River flows from the southern Tararua Ranges through the Hutt Valley to the Petone foreshore.

The Hutt Valley has been occupied since at least 1200 AD when the Ngai Tara first settled there. They named the river Te Awa Kairangi or "the highly esteemed river" as it was a valued transport route and an important source of food. However, it was also difficult to defend and has seen significant battles, loss of life and a frequent change of guardians.

The first planned European Settlers arrived in the summer of 1839-40, to be welcomed by Te Ati Awa.

At that time, the plants of the Hutt Valley depended on their proximity to the river and coast. A sandy flat near the seashore supported pingao grass. Behind this flat were swampy marshes, which extended about 3 kms up the valley. This wetland was full of raupo, tall flaxes (harakeke) and toetoe, and was criss-crossed by winding tidal creeks. Kahikatea, matai, puketea, rata and rimu occupied the whole of the rest of the Hutt Valley, with totara, tawa and beech forests on the drier sites.

The 1855 earthquake raised the level of the Hutt Valley, making the previously navigable river impassable and draining the surrounding wetland. The lower valley could now be settled, although devastating floods during the 1850s and 1860s slowed the population growth.

The first steps to guard against floods were taken during the 1890s. Since then most of the native vegetation has been cleared and replaced with pasture and houses. Forest remnants are found, usually near the riverbanks, which were inclined to flood and unattractive for building or farming. Barton's Bush in Trentham Memorial Park is a remnant of the large kahikatea wetland in the upper valley, while Keith George Memorial Park near Silverstream contains rimu, rata, tawa, matai and beech forest.

Over one hundred years later, the Hutt Valley is a very popular residential, commercial and recreation area. Still, its particular geography - a narrow floodplain confined by steep valley sides - emphasises the risks posed by the river. Greater Wellington Flood Protection is responsible for minimising this risk, particularly when the river unleashes its full power.

## About the Trail

In the early days foot tracks along the banks of the Hutt River extended to the Wairarapa over Rimutaka Hill. The Hutt Valley Rotary Clubs and Greater Wellington developed



the idea of the Trail during the 1990s to remind us of these tracks and recognise 50 years of Rotary in the Hutt Valley. These organizations have signposted, surfaced and marked the Trail, with assistance from Hutt City Council, Upper Hutt City Council, service groups and government work schemes.

Many parts of the Trail are next to private land. Please stay on the Trail and respect private property.

Expect a gravel surface along most of the Trail, although some down river sections have been sealed. Be aware that some parts of the Trail are narrow and may be affected by high water flow e.g. Taiata Gorge near Silverstream.

The Greater Wellington Hutt River Ranger patrols the river environs five days a week including most weekends.

## How to get there

The Hutt River Trail starts at Hikoiko Reserve on Petone's Marine Parade or you can enter at many points along the Trail from here to Upper Hutt, 27 km away. These points include the bridges across the river: Hutt Estuary, Ava Rail, Ewen, Melling, Kennedy-Good, Silverstream, Moonshine, Totara Park, Harcourt Park and Birchville bridges.

Ava Melling, Pomare, Manor Park and Silverstream Railway Stations are handy to the Trail, together with various bus services.

The following describes individual sections and gives approximate walking times:

### **Petone to Ava**

Distance: 2.5km each way  
Time: 1.5 hours return

### **Ava to Melling**

Distance: 2.5km each way  
Time: 1.5 hours return

### **Melling to Avalon**

Distance: 2.5km each way  
Time: 1.5 hours return

### **Avalon to Silverstream**

Distance: 8km  
Time: 2 hours one way

### **Silverstream to Moonshine**

Distance: 4km each way  
Time: 2 hours return

### **Moonshine to Totara Park**

Distance: 4km  
Time: 1 hour each way

### **Totara Park to Birchville**

Distance: 2.5km each way  
Time: 1.5 hours return

(Reproduced (in part) from the Greater Wellington brochure on the Hutt River Trail.)

For more information contact Hutt Valley Visitor Information Centre, telephone 04 527 2141 or [www.upperhuttcity.com](http://www.upperhuttcity.com) or Greater Wellington at [www.gw.govt.nz](http://www.gw.govt.nz)

## The Dilemma

You are driving down the road in your car on a wild, stormy night, when you pass by a bus stop and you see three people waiting for the bus:

1. An old lady who looks as if she is about to die.
2. An old friend who once saved your life.
3. The perfect partner you have been dreaming about.

Which one would you choose to offer a ride to, knowing that there could only be one passenger in your car? Think before you continue reading.

This is a moral/ethical dilemma that was once actually used as part of a job application. You could pick up the old lady, because she is going to die, and thus you should save her first. Or you could take the old friend because he once saved your life, and this would be the perfect chance to pay him back. However, you may never be able to find your perfect mate again.

The candidate who was hired (out of 200 applicants) had no trouble coming up with his answer. He simply answered: "I would give the car keys to my old friend and let him take the lady to the hospital. I would stay behind and wait for the bus with the partner of my dreams."

Sometimes, we gain more if we are able to give up our stubborn thought limitations. Never forget to "Think Outside of the Box."

However, the correct answer is to run the old lady over and put her out of her misery, have sex with the perfect partner against the bus stop, then drive off with the old friend for some beers.

God, I just love happy endings.

### Jones shown evidence

Marion Jones was presented with evidence of her possible steroid use by the United States Anti-Doping Agency yesterday, but none of it was compelling enough to ban the star sprinter from the Olympics, her lawyer said. "I didn't see anything that would provide a basis for them to go forward," Joseph Burton said. "From my mind, what ought to come out of it is, she should be exonerated." Burton would not elaborate on what evidence of possible steroid use he and Jones were shown, and the USADA had no comment.

*Dominion Post 26/5/04*

## **ANZAC DAY ROAD RACES**

This year, these were held on Saturday 24th April. The course was around country roads, starting and finishing at Dalefield Hall, Carterton. The weather was fine, with hardly any wind.

### **10km**

#### **Men 40 to 49 yrs**

1 <sup>st</sup> Chris Speakman	Olympic	36:10
3 <sup>rd</sup> Paul Homan	Trentham	40:41

#### **Men 50+ yrs**

1 <sup>st</sup> John Caughley	Carterton	45:11
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#### **Women 50+ yrs**

1 <sup>st</sup> Julie Roots	Masterton	58:13
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## **ROTORUA MARATHON**

The conditions were ideal at start time but soon after the heavens opened and the runners and walkers had to contend with windy and wet conditions for the duration of the event.

### **Marathon:**

#### **Runners:**

Gabrielle O'Rourke	F35-39	2:49.05
Brenda Burke	F40-44	3:46.02
Michele Allison	F45-49	3:08.09
Kathy Young	F45-49	3:29.19
Bernie Portenski	F50-54	3:03.25

Chris Speakman	M40-44	3:09.58
Paul Homan	M40-44	3:13.14
Peter Wrigley	M40-44	3:35.13
Gordon Clarke	M40-44	3:40.04
Des Young	M45-49	3:03.18
Kelvin Moffatt	M45-49	3:16.04
Kevin Watson	M45-49	3:49.29
John Gallagher	M50-54	4:03.20
Bob Stephens	M55-59	3:16.47
Richard Hood	M55-59	3:53.56
John Hammond	M60-64	3:53.03

#### **Walkers:**

Karena Blyth	F50-54	5:26.44
Maryanne Palmer	F50-54	5:33.11
Peter Baillie	M55-59	4:46.42
Mick Rice	M55-59	5:57.58

### **10km:**

#### **Runners:**

Paul Rodway	M55-59	48:23
John Palmer	M55-59	49:37

#### **Walkers:**

Melanie Watson	F45-49	1:13.02
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## **WORLD MASTERS NON-STADIA CHAMPIONSHIPS 2004**

Manukau and Auckland 17-24 April

### **Wellington Masters results:**

#### **10km Road Run - Male:**

Peter Wrigley	M40-44	36:44
Vaughan New	M45-49	34:08
Richard Owen	M50-54	43:43
Roy Rogers	M65-69	51:29
Michael Browne	M70-74	52:11

#### **10km Road Run - Female:**

Gabrielle O'Rourke	F35-39	36:26
Bernie Portenski	F50-54	38:24
Diane Rogers	F65-69	49:15

#### **30km Road Walk - Male:**

Peter Baillie	M55-59	3:18.50
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#### **20km Road Walk - Female:**

Amelia De Lorenzo	F40-44	2:00.34
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#### **10km Road Walk - Male:**

Peter Baillie	M55-59	58:39
Mike Burkinshaw	M60-64	65:54
David Lonsdale	M60-64	68:02

#### **10km Road Walk - Female:**

Kristeene Parkes	W35-39	71:42
Amelia De Lorenzo	W40-44	55:44

#### **50km Road Walk - Male:**

Peter Baillie	M55-59	5:36.49
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#### **Half Marathon - Male:**

Peter Wrigley	M40-44	1:28.52
Paul Forster	M45-49	1:13.38
Vaughan New	M45-49	1:16.33
Michael Browne	M70-74	2:07.54

#### **Half Marathon - Female:**

Diane Rogers	F65-69	1:47.33
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#### **Marathon - Male:**

John Gallagher	M50-54	4:03.20
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#### **Marathon - Female:**

Gabrielle O'Rourke	F35-39	2:49.05
Bernie Portenski	F50-54	3:03.25

#### **Cross Country Teams event:**

Diane Rogers, leg 1 (20:30) - placed 1<sup>st</sup> W65

Vaughan New leg 1 (13:56); Peter Wrigley leg 2 (14:22); Peter Baillie leg 4 (19:29) - placed 2<sup>nd</sup> M40

Michael Browne leg 2 (21:20) - placed 1 M70

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

Trentham Memorial Park -  
Sunday 16<sup>th</sup> May 2004. It  
rained on the way out to  
Trentham, and it rained on the  
way back to Wellington, but  
during the relay we were  
treated to the traditional good  
weather associated with this  
event.

## Men:

### Valleys United A

Steve Malanchuk	15:24
Tony Madsen	14:57
Mike Lynskey	16:09
Vaughan New	14:20
Will Trompetter	15:28
Placing 1/8	1:16:18

### Olympic A

Gordon Blacklaws	15:15
Mike Rodden	16:56
Ged Brent	15:24
Glen Boyle	14:59
Dave Murgatroyd	16:42
Placing 2/8	1:19:16

### Scottish A

Peter Wrigley	15:04
Richard Sweetman	17:33
Dave Hadfield	15:16
Dean Madsen	16:07
Phil Valentine	18:22
Placing 3/8	1:22:22

### Valleys United B

Murray Corles	16:06
Owen McCarthy	19:52
Robbie Hannan	19:40
Carl Humphries	17:13
T McKone	19:09
Placing 4/8	1:32:00

### Trentham United B

Phil Taylor	18:25
Robin Curry	17:19
Jonathan Friedlander	20:53
Steve Bligh	18:18
Kevin Burney	17:11
Placing 5/8	1:32:06

### Victoria University

Richard Owen	17:47
David Eastgate	16:22
Colin Sasse	19:00
John Vickerman	22:38
David Smith	18:02
Placing 6/8	1:33:49

### Kapiti A

Bryn Kempthorne	19:19
Murray Lobb	22:57
John Stewart	17:06
Kevin Jones	17:15
Roger Childs	17:45
Placing 7/8	1:34:22

### Trentham United A

Jake Jacobsen	17:06
John Frederickson	21:07
Mike Pattison	19:53
Bill Barclay	19:55
Terry Bedlington	18:07
Placing 8/8	1:36:08

### **250+:**

#### Valleys United C

Brian de Montalk	16:04
Jan Blyth	17:39
Stuart Henderson	16:09
Steve Robertson	16:33
John Houghton	15:07
Placing 1/3	1:21:32

#### Scottish A

Rupert Watson	16:55
Harry Doig	18:14
Ross Lake	18:46
Ken Howell	18:03
Peter Wrigley	15:50
Placing 2/3	1:27:48

#### Scottish B

Peter Pohl	21:06
Mike Wells	20:37
Gordon Walker	23:52
John Skinnon	18:51
Paul Rodway	18:50
Placing 3/3	1:43:16

### **300+:**

#### Valleys United D

John Wood	16:44
Ron Stephens	20:28
Don Brodie	19:40
Albert van Veen	20:05
Bernie Ryan	17:25
Placing 1/3	1:34:22

#### Trentham United C

Diane Rogers	20:28
Peter Thomas	21:12
Roy Rogers	20:27
Mark Bassett	19:05
Paul Homan	16:22
Placing 2/3	1:37:34

#### Olympic B

Ken Ritchie	19:26
Jan Fulstow	19:24
Peter Hanson	22:50
Harold Alcock	21:44
Brian Watson	20:58
Placing 3/3	1:44:22

## Mixed:

### Kapiti B

Maurice Piper	16:32
Michelle Laurenson	17:40
Gail Kirkman	18:26
Diane Boorman	18:22
Steve McDonald	15:56
Placing 1/1	1:26:56

## Women:

### Scottish A

Brenda Burke	20:01
Christine Jones	20:09
Loretta Desourdy	20:54
Robyne Blackford	20:59
Pam Graham	18:08
Placing 1/2	1:40:11

### Kapiti

Bronwyn Kettle	21:05
Judy Hammond	25:34
Sally Ashley	22:42
Ann Bould	23:29
Petra Donnison	13:10
Placing 2/2	1:46:00

## Walkers:

### Scottish A

Peter Baillie	24:08
John Hines	28:12
David Lonsdale	28:13
Placing 1/6	1:20:33

### Trentham United A

Patrick Tito	28:21
Patrick Scholes	31:30
Viv Antcliff	31:09
Placing 2/6	1:31:00

### Scottish B

Murray Gowans	30:03
Peter Tearle	31:36
Kristeene Parkes	29:50
Placing 3/6	1:31:29

### Trentham United B

David Henry	30:06
Keith Stewart	37:09
Clive Keating	30:51
Placing 4/6	1:38:06

### Kapiti

Michelle Foxx	34:41
Brian McKeon	35:09
Pam Childs	31:30
Placing 5/6	1:41:20

### Trentham United C

Mary Newett	35:32
Carolyn Robertson	34:13
Julie Lewis	35:13
Placing 6/6	1:44:58

### Scottish C & D

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## NewstalkZB Wellington Sportsperson of the Year Awards

Having to separate eight Wellington teams that won national sporting titles during the past 12 months was only one of a number of challenges that faced the judging panel in the annual NewstalkZB Wellington Sportsperson of the Year Awards.

In naming the finalists for the awards, held at Wellington's Duxton Hotel on Wednesday, May 26, the judges selected the St Lawrence Saints basketball team, the Wellington Firebirds Cricket team and the Wellington Women's Hockey team as the three finalists for the UnitedNetworks Team of the Year.

Thirteen Awards were presented at the awards function including the DB Draught Sportsman of the Year, The Dominion Post Sportswoman of the Year, and the Accor Hotels Coach of the Year.

The supreme award, the NewstalkZB Sportsperson of the Year Award, was selected from the various category winners named on the night.

The qualifying period was from Easter 2003 until Easter 2004. This year 90 individuals and teams were nominated for awards from across the Wellington Region.

The 2004 judging panel was chaired by Bill Brien and consisted of Waimarama Taumanu, Gavin Larsen, Graeme Moody and Peter Bidwell.

### **The finalists were:**

#### **The Dominion Post Sportswoman of the Year:**

Lynette Brooky - Golf  
\*Melissa Moon - Athletics  
Suzie Muirhead - Hockey.

#### **DB Draught Sportsman of the Year:**

Stephen Fleming - Cricket  
\*Jarrad Martin - Softball  
Umesh Parag - Hockey.

#### **Accor Hotels Coach of the Year:**

Mike McHugh - Basketball  
Peter Miskimmin - Hockey  
\*Don Tricker - Softball.

#### **UnitedNetworks Team of the Year:**

\*St Lawrence Saints - Basketball  
Wellington Firebirds - Cricket  
Wellington Women's Hockey - Hockey.

#### **Carlton Hire Administrator of the Year:**

Steve Dundar - Rugby  
Arthur Klap - Triathlon  
Grant McCarroll - Softball.

#### **Angus Inn Personality of the Year:**

Terrence Lewis - Basketball  
Bernie Portenski - Athletics  
\*Mark Sorenson - Softball.

#### **Duty Free Stores Official of the Year:**

Lyndon Bray - Rugby  
Averil Roberts - Table Tennis  
Wayne Saunders - Softball.

#### **NZ Community Trust Volunteer of the Year:**

Gordon Dry - Cricket  
Robyn Dry - Tennis  
\*Chris Eales - Hockey.

#### **Ricoh Emerging Sportsperson of the Year:**

\*Todd Hammington - Karate  
Sarah Nicholson - Golf  
Ma'a Nonu - Rugby.

\*Donates winner

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## Wellington Cross Country and Road Committee

The AGM of the Wellington Cross Country and Road Committee was held on Wednesday 19<sup>th</sup> May 2004. The election of officers for the new committee were as follows:-

Chairman - John Gardiner  
Secretary - Peter Wrigley  
Treasurer - To be appointed  
Committee - Thomas Westgarth; Graham Tattersall;  
Warren Herlihy and Murray McGaughran  
Auditor - Centre Auditor  
Chief Referee - Alan Stevens  
Chief Timekeeper - Don Brown  
Team Managers - Don Dalglish (men)  
(women) still to be appointed  
Selectors - Don Dalglish and Graham Tattersall.

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### *When Running is running your life!*

*from the Runner's Handbook by Craig Tennis and Martin Ragaway*

You know that running has taken over your life when:-

Your lover leans over in bed and whispers "How was it for you?" and you automatically answer "It was okay, but it wasn't a personal best."

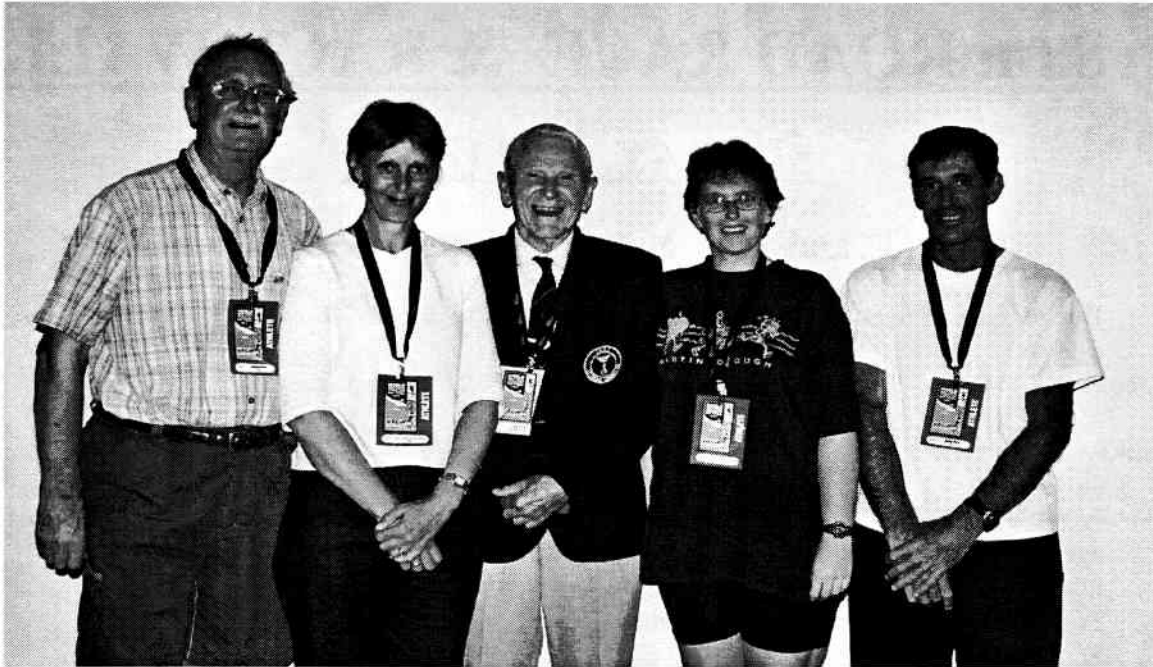
You can recognise the people you train with just by the sound of their footsteps.

You personally resent any car that uses the same street that you do.

Your idea of formal wear is shorts, a white mesh singlet and a headband.

You start buying Dr. Johnson's foot powder in economy 200kg barrels.

You stop seeing a new girlfriend because she never goes all the way ... She always quits at 38km into a marathon.



Wellington Masters Walkers at the recent World Masters Long Distance Championships held in Auckland, pictured with Clem Green (see below).

From left to right: David Lonsdale, Amelia de Lorenzo (W40 10km Champ), Clem Green, Kristeene Parkes and Peter Baillie.

**Clem Green** was one of the founders of Masters Athletics in New Zealand, and is a Life Member and the Patron of the NZMA. Through his job he travelled throughout the country and the Pacific, and took the opportunity to promote athletics and set up Masters groups. He was instrumental in getting the Oceania Association established, and is its only Life Member. He was awarded the QSM for his services to the sport of Athletics. He retired to his family home on the Akaroa Peninsula about 10 years ago.



**WELLINGTON MASTERS ATHLETICS**

**8km ROAD RACE & RACE WALK**

**SUNDAY, 1st AUGUST, 2004**

**Olympic Clubrooms, Alex Moore Park, Bannister Avenue, Johnsonville**

**Note:** Due to traffic the start and finish will now be in Kipling Street. The roads will NOT be closed to traffic

**Road Race:** 5 laps = 8 km                      Start 11.00 am

**Race Walk:** 4 laps = 6.4 km                      Start 10.45 am

**Prizes:** Prizes will be awarded to the first place runner in each age group plus additional prizes where warranted.  
Four to a team with at least one woman.  
Prizes for first two men and women in race walk.

Prizes for the first 2 Club teams  
Pre-masters are welcome

Results sent to all competitors

A light lunch will be provided

**Entries:** Entry Fee: \$8.00  
Entries received after 28<sup>th</sup> July: Late Fee: \$2.00

Non-members: \$15.00

Cheques made payable to Wellington Masters Athletics

Send entries with cheques to:-

Kathryn Fraser, 49 Dress Circle, Newlands, Wellington 6004 – Telephone 477 4914



**Wellington Masters 8km Road Race and Walk**

NAME: ..... TELEPHONE No. ....

ADDRESS: .....

CLUB: ..... AGE ON RACE DAY: .....

RUNNER or WALKER (Please delete or circle one)

**DECLARATION AND AGREEMENT TO BE SIGNED BY ALL PARTICIPANTS**

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 and walkers must use the footpaths provided or where there is no footpath, run/walk on the left hand side of the road.
5. Privacy Act: Information concerning this event may be used by Wellington Masters Athletics and its sponsors for promotional purposes.

Signed.....

# COMING EVENTS

## 2004

### 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

### Sept

12	Moro Dunedin Full & Half Marathon	Dunedin
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### 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	35 <sup>th</sup> New York City Marathon	New York
7	Masters 10km Road Race & Walk	Lower Hutt

## 2005

### April

3	Marathon de Paris	Paris
17	25 <sup>th</sup> Flora London Marathon	London
30	Fletcher Challenge Forests Marathon	Rotorua

### May

	Great Wall Marathon	China
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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, websites or event organisers.

## UNIFORMS

WELLINGTON MASTERS SHORTS AND POLY/COTTON MESH SINGLETS 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***



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

**If unclaimed please return to:-**

**WELLINGTON MASTERS ATHLETICS**