

THE

MASTER

COPY

Newsletter of the Wellington Masters Athletics Inc.

Volume 3 Issue 4

September 2004



Jim and Colleena Blair with the Certificates of Life Membership that were presented to them at the Wellington Masters AGM on Wednesday 8th September in recognition of their contribution over many years to athletics and in particular Masters Athletics.

WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2004-05

PATRON:	Arthur May	24 Motuhara Road, Plimmerton, Porirua 6006	2339412
PRESIDENT:	John Palmer	122 Onslow Road, Khandallah, Wellington 6004	4792130
VICE PRESIDENT:			
SECRETARY:	Veronica Gould	95A Ellice Street, Mt Victoria, Wellington 6001	9736741
TREASURER:	Dick Harris	11 Whitu Street, Khandallah, Wellington 6004	9715993
COMMITTEE:	Paul Rodway	88 Pitt Street, Wadestown, Wellington	9731500
	Peter Wrigley	42 Judd Crescent, Naenae, Lower Hutt 6009	
	John Hammond	148 Wellington Road, Paekakariki	04 2928030
	Kathryn Fraser	49 Dress Circle, Newlands, Wellington 6004	4774914
	Brian Watson	58 Bannister Avenue, Johnsonville, Wellington 6004	4786232
SUBSCRIPTIONS:	Veronica Gould	95A Ellice Street, Mt Victoria, Wellington 6001	9736741
EDITOR:	John Palmer	122 Onslow Road, Khandallah, Wellington 6004	4792130
MASTERS RECORDS:	Michael Clark	12B City View Grove, Lower Hutt 6009	5668755

CLUB CO-ORDINATORS

CAPITAL RUNNERS:	Ray Marten	68 Donald Street, Karori, Wellington	4768292
H V HARRIERS:	Ian Blyth	3 Chilton Grove, Lower Hutt	9349350
H V MARATHON:	Trevor Knowles	105 Major Drive, Lower Hutt	5650294
KAPITI:	John Hammond	148 Wellington Road, Paekakariki	04 2928030
KIWI:	Vic Marks	6 Blucher Avenue, Newtown, Wellington	3899993
OLYMPIC:	Brian Watson	58 Bannister Avenue, Johnsonville, Wellington 6004	4786232
RIMUTAKA:	Mike Clark	12B City View Grove, Lower Hutt	5668755
TRENTHAM UNITED:	Diane Rogers	42 Elmslie Road, Pinhaven, Upper Hutt	5282316
SCOTTISH:	John Hines	Flat 88, Central Park Flats, 20 Nairn St, Wellington	3843231
UNIVERSITY:	Colin Sasse	42 Naenae Road, Naenae, Lower Hutt	5679516
VALLEYS UNITED:	Don Brodie	30 Sunshine Crescent, Kelson, Lower Hutt	5650705
WAIRARAPA:	John Eccles	30 Cole Street, Masterton	06 3773479
WGTN HARRIERS:	Neil Price	11 Hurman Street, Karori, Wellington	4766956
WGTN MARATHON:	Bruce Perry	61A Clifford Road, Johnsonville, Wellington	4783641
WGTN MASTERS:	Colleena Blair	43 Elmslie Road, Pinhaven, Upper Hutt	5282992

COMMITTEE MEETINGS USUALLY 1ST MONDAY OF MONTH AT SCOTTISH HARRIERS

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

CLUB REPRESENTATIVES AND MEMBERS ARE ALWAYS WELCOME

CHAIRMAN'S REPORT

Wellington Masters Athletics Inc. 2003-2004

It gives me great pleasure in presenting this report for the Wellington Masters Athletics covering the period 1 September 2003 through to 31 August 2004.

After the elections last year we were in the situation of not having an elected President to carry us through for the upcoming year. I had put myself forward as Vice President so that at least we could have committee meetings with someone at the helm guiding the ship. Early in 2004 I approached Peter Hanson and asked if he would act as President of Wellington Masters, with the understanding that he did not have to attend committee meetings owing to the situation of his wife being unwell, and I would continue in the role of chairing the committee meetings. This suggestion met with Peter's approval and he became our "figure-head President", attending events whenever he was able, and in his role of President, awarding trophies and prizes to race and age-group winners. Peter was always supplied with an agenda for each committee meeting and a copy of the minutes so he was always aware of how things were being run and what was happening. There was always the odd phone call or discussion at an event whenever a matter needed some clarification. I thank Peter for his assistance in these matters and for his willingness to put himself forward as our President.

Membership:

Our membership has been maintained at a level comparable with previous years with the final total for the year being 131 slightly up on the past couple of years. This year we had 10 members renew their membership, and 14 new members join. With members moving away from the area and others not joining for whatever reason, we should be pleased that we are continuing to maintain a core group. Thanks to Veronica Gould for her role as Subscription Secretary. She efficiently maintains an up-to-date database, which provides instant figures when needed and enables us to produce the labels for posting out the newsletter. We must not be complacent however and should always be on the lookout for opportunities to recruit new members.

Masters Events:

Lower Hutt 10km - Sunday 2nd November 2003

Peter Wrigley again put himself forward as race director and this event attracted the same number as the previous year - 20 runners and 14 walkers. There was some concern whether we would be granted permission to hold the event owing to the outcome from the cycle race in Christchurch which caused some Councils to be wary and not approve management plans or allow permission for events to proceed. After an anxious wait, we were granted permission to hold the event. This event incorporated the Wellington Masters Championships and certificates were awarded to the winners and place getters in each 5 year age group.

Wellington Masters Track and Field Championships - Sunday 15th and 22nd February 2004:

Again these were held over two Sundays in February. The first Sunday's competition was held in atrocious weather conditions but still competitors managed to set records. The highlight must certainly have been Bernie Portenski's W54 5,000m age record set in what could only be described as "appalling conditions". She managed to slash 8 seconds off the time to record 18:17:47. The second day's competition were held in perfect conditions and again Bernie set another record by running consistent 90 second laps and lowering the W54 10,000m age record by over a minute to record 37:32:03. Thanks to all the officials and helpers who officiated to make the Championships a success - especially those who helped in the miserable conditions on the first day.

National Track & Field Championships - 12-14th March 2004:

This year the Championships were held at Newtown Park and although not many Wellington Masters competed, a lot were involved over the 3 days as officials and helpers. Bernie Portenski again set another W54 5,000m age record competing with athletes, some half her age, and breaking the record she set at the Wellington Championships a month earlier. She ran a time of 18:03:09.

World Masters Non-Stadia Championships - Auckland 17-24th April 2004:

Not a large number of athletes from Wellington attended these Championships, but those that did achieved some good results against the overseas competition. Only 16 members from Wellington Masters competed at Auckland in events ranging from a 4km cross country to the 50km walk and culminating in the marathon a week later at Rotorua. Performances worth mentioning were Amelia de Lorenzo (55:54), World Champion in the 10km Road Race in the W40-44 age group. Kristeene Parkes (71:42) won a silver medal in the W35-39 age group and finally Bernie Portenski (38:24), a World Champion in the W50-54 age group in the 10km Road Race. Congratulations to all those who took part - you all performed exceptionally well and did the Centre proud.

Masters Classic Relay - Sunday 16th May 2004:

Again held at Trentham Memorial Park, which was being developed in some parts but not enough to hinder the set-up of the course too much. The conditions were a little soft under-foot in some areas, and, as usual we were treated to the traditional good weather as in previous years. This year the event attracted 17 running and 8 walking teams compared with 2003 where we had 20 running and 6 walking teams. 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 Kapiti again won the composite grade.

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Johnsonville Road Race and Walk – Sunday 1st August 2004:

An early morning frost gave way to spring-like conditions for the 20th running of this event. The numbers for this event have remained static for the past two years but this year we managed to have an increase in entrants – 22 runners and 16 walkers. Olympic Harriers Clubrooms was again the venue and we were treated to the usual light lunch put on as part of the entry fee. I must express my sincere thanks to Brian Watson for again organizing this event – something he has been doing since its inception in 1985.

Newsletter (The Master Copy):

As well as Acting Chairman, I still maintain the role of Editor of our newsletter. At times I struggle to try and come up with an editorial that is interesting and which would maybe stimulate discussion, but in the end something seems to trigger an idea somewhere in the grey matter and the words start to flow. Trying to get an even balance of articles is a major task and the idea is to try and produce a newsletter with a little of everything in it, with the hope of at least providing something that each member can relate to, or find interesting and enjoy. In the early days of producing the newsletter there was not a lot of feedback, so I didn't know whether what was being produced was being well received by members, or whether they thought it was a load of rubbish. Some positive feedback early this year from a few members assured me that what is reaching the members is being well received. Congratulations to Brian Watson on the article "History of an Old Harrier" which he sent me for publication in our newsletter, which was then reproduced for publication in our national magazine Vettline. I guess the Wellington Centre can receive some kudos as the Editorial from the same issue of Master Copy, was also published along with Brian's article.

Financial:

Our finances (as shown on the statement of accounts distributed) show that our financial situation is in a healthy position. Thanks to Dick Harris for the sturdy work he carries out in his role as Treasurer. His astute financial head ensures that our term deposits are always re-invested at the best interest rate available. As we had a surplus of funds in the current account, in June we added another \$1000 to one of the term deposits. Revenue from some of the events we stage have been good, though the aim is to break even, we seem to have been making a profit on some of these events.

Committee:

I would like to take this opportunity to thank all the committee members for their input during the year. I am not going to single out any one person, as each member has a role and carries out their duties admirably. There is always positive comment during any matter being discussed, which makes my role as Chairman easier. I would like to thank the committee members for the times that they have assisted as timekeepers, marshals, recorders and "general dogs bodies" at the various events that we provide. Vic Marks and Michael Clark are standing down from the committee and I would like to thank them for all their contributions they have made over many years on the Committee. Michael has indicated that he is still prepared to manage the important role of keeping the Centre Records up to date. I am grateful for the other committee members who have put themselves forward again for nomination to this year's committee.

General:

Congratulations to Jim Blair on being made a Life Member of Athletics Wellington in recognition of his achievements and involvement in athletics over many, many years.

Kathryn Fraser, as well as being on our committee and just about every other committee in the Wellington Centre, has taken on the role of maintaining the National Database for NZMA. Kathryn has also shown her computer skills and ability by loading the NZMA computer programme for producing results into the laptop we purchased a couple of years ago and quickly and efficiently produces a list of finishers in age group, finishing order etc at races. This certainly makes things much easier.

I asked Peter Hanson if he wished to be considered for President again this coming year, but owing to the deteriorating condition of his wife, he asked that he not be considered for any positions on the Incoming committee. I respect Peter's wishes and thank him for his input as President and as a committee member over the past years.

It is with sadness we note that one of our members, Ken Elpinstone passed away on 9th June this year.

Throughout the year we have maintained a steady membership and the participation at the events Wellington Masters put on for our members seems to remain constant. It would seem that we must be doing something right but maybe it is time that we looked at how we can attract more members to participate in our events.

Finally, I would like to thank all those Masters Members who have supported the Centre throughout the year, whether as an entrant in one of our events, or acting as a marshal, timekeeper, recorder or as an official. Without your support the Centre wouldn't function.

John Palmer
Vice President and Acting Chairman
Wellington Masters Athletics

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WELLINGTON MASTERS ATHLETICS INC.

Statement of Receipts and Payments for the period ending 31 August 2004

2003		2004
RECEIPTS		
3,216.48	Balance of Current Account 1 August 2003	2,210.29
19,902.17	Total of Term Deposits 1 August 2003	19,861.53
<u>23,118.65</u>		<u>22,071.82</u>
3,615.00	Subscriptions Received	4,085.00
113.13	Interest on Current Account	49.81
940.98	Interest on Term Deposits	973.58
1,374.00	Race Fees	2,203.00
30.00	Uniforms Sold	-
414.00	Track and Field Entry Fees	250.00
1,000.00	Grant from the 4th Games Trust	105.00
<u>7,487.11</u>		<u>7,666.39</u>
30,605.76		29,738.21
PAYMENTS		
3,355.00	Subscriptions to N.Z.M.A	3,602.50
812.93	Race Expenses	1,142.72
852.06	Telephone, Postage and Newsletter expenses	750.60
0.00	Grant	30.00
3,036.37	Purchase of Computer	-
210.00	Athletic Equipment Purchased	787.50
267.58	Track and Field Championship Expenses	237.09
<u>8,533.94</u>		<u>6,550.41</u>
22,071.82	TOTAL FUNDS AT 31st August 2004	23,187.80
	Represented by:-	
2,210.29	National Bank Current Account	1,803.94
5,187.22	National Bank Term Deposit due 09/09/04	10,119.59
8,382.88	National Bank Term Deposit due 18/11/04	11,264.27
6,291.43	National Bank Term Deposit	-
<u>22,071.82</u>		<u>23,187.80</u>

Statement of Accounting Policies

The above statement is prepared on the basis of Receipts and Payments through the Associations banking accounts. No Provision is made for accruals of any amounts due at the end of the period. As the Association is not GST registered the amounts in the Statement include GST.

The above accounts cover a thirteen month period to bring the accounting period in line with the constitution.

To the Members of the Wellington Masters Athletics Inc.

Audit Report

To the readers of the financial report of the Wellington Masters Athletics Inc.

I have audited the financial report. The financial report provides information about the financial performance of the association and its financial position as at 31st August 2004

Committee's Responsibilities

The Committee is responsible for the preparation of a financial report which fairly reflects the financial position of the association as at 31st August 2004 and of the results of the operations for the period ended 31st August 2004.

Auditor's Responsibilities

It is my responsibility to express an independent opinion on the financial report presented by the committee and report my opinion to you.

Basis of Opinion

An audit includes examining, on a test basis, evidence relevant to the amounts and disclosures in the financial report. It also includes assessing:

- the significant estimates and judgements made by the committee in the preparation of the financial report, and
- whether accounting policies are appropriate to the association's circumstances, consistently applied and adequately disclosed.

I conducted my audit in accordance with generally accepted auditing standards in New Zealand except that my work was limited as explained below. I planned and performed my audit so as to obtain all the information and explanations which I considered necessary. I obtained sufficient evidence to give reasonable assurance that the financial report is free from material misstatements, either caused by fraud or error. In forming my opinion I also evaluated the overall adequacy of information in the financial report.

Qualified Opinion

Control over the revenues prior to being recorded is limited, and there are no practical audit procedures to determine the effect of this limited control. In this respect alone I have not obtained all the information and explanations that I have required as per all organisations of a similar nature.

In my opinion the financial report fairly reflects the financial position of the organisation as at 31st August 2004.

My audit report was completed on 05/09/2004 and my qualified opinion is expressed at that date.

G. H. Gould
BCA CA

MEMBERSHIP

At the time of going to print our membership for the current financial year stands at 19. Welcome to Geoff Henry who has renewed his membership, and a warm welcome to new member, Andrew Bates.

Keep Us Informed

If you know of any member or member's spouse who has passed away or is sick in hospital or at home, please let the Secretary know so that we can take the appropriate steps.

Recently one of our members Ken Elpinstone passed away on 9th June this year. We only found out about his passing when the July issue of the newsletter was returned with a message written on it informing us of Ken's death. The committee extends belated condolences to Ken's family.

SUBSCRIPTIONS

Subscriptions are now due for the 2004/05 financial year. Owing to the healthy situation of our finances, it was decided at the AGM that the subscription be maintained the same as last year at \$30.00.

Enclosed with this copy of the Master Copy is a subscription renewal form. If you have already paid your subscription, please ignore this form or pass it onto someone you know and encourage them to join Wellington Masters and enjoy the benefits offered by Masters athletics.

COMMITTEE MEMBERS

At this year's AGM, committee members Michael Clark and Vic Marks stood down after many years service to Wellington Masters. Unfortunately, we only managed to replace one of the vacancies and we have not filled the position of Vice President.

To be able to run Wellington Masters efficiently and successfully we really need 2 more committee members to come on board. This is a plea for members to consider putting themselves forward for the committee. The committee meets once a month and the meetings are no more than one to one and a half hours depending on the amount of business to be discussed. If anyone is interested, please contact me and I will answer any queries you may have. It would be good if we could get a member from the Hutt Valley to come onto the committee, as there is no

representation for the clubs in the Hutt Valley with the departure of Michael Clark from the committee.

John Palmer Telephone: 04 4792130

Email: palmer.palace@xtra.co.nz

Health & Fitness - The Facts:

Q: I've heard that cardiovascular exercise can prolong life. Is this true?

A: Your heart is only good for so many beats, and that's it...don't waste them on exercise. Everything wears out eventually. Speeding up your heart will not make you live longer; that's like saying you can extend the life of your car by driving it faster. Want to live longer?

Take a nap.

Q: Should I cut down on meat and eat more fruits and vegetables?

A: You must grasp logistical efficiencies. What does a cow eat? Hay and corn. And what are these? Vegetables. So a steak is nothing more than an efficient mechanism of delivering vegetables to your system.

Need grain? Eat chicken. Beef is also a good source of field grass (green leafy vegetable). And a pork chop can give you 100% of your recommended daily allowance of vegetable products.

Q: Should I reduce my alcohol intake?

A: No, not at all. Wine is made from fruit. Brandy is distilled wine, that means they take the water out of the fruity bit so you get even more of the goodness that way. Beer is also made out of grain. Bottoms up!

Q: How can I calculate my body/fat ratio?

A: Well, if you have a body and you have body fat, your ratio is one to one. If you have two bodies, your ratio is two to one, etc.

Q: What are some of the advantages of participating in a regular exercise program?

A: Can't think of a single one, sorry. My philosophy is: No Pain...Good

Q: Aren't fried foods bad for you?

A: YOU'RE NOT LISTENING! Foods are fried these days in vegetable oil. In fact, they're permeated in it. How could getting more vegetables be bad for you?

Q: Will sit-ups help prevent me from getting a little soft around the middle?

A: Definitely not! When you exercise a muscle, it gets bigger. You should only be doing sit-ups if you want a bigger stomach.

Q: Is chocolate bad for me?

A: Are you crazy? HELLO ... Cocabears ... another vegetable!!! It's the best feel-good food around!

Q: Is swimming good for your figure?

A: If swimming is good for your figure, explain whales to me.

Q: Is getting in-shape important for my lifestyle?

A: Hey! 'Round' is a shape!

Well, I hope this has cleared up any misconceptions you may have had about food and diets and remember, "Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well preserved body, but rather to skid in sideways - Chardonnay in one hand - strawberries in the other - body thoroughly used up, totally worn out, and screaming - WOO HOO! What a Ride!"



RECIPE

Lemon Chicken with Kumara

Ingredients:

1kg chicken pieces
500-600g kumara, peeled & cut into 1/2 cm slices
1/2 lemon, cut in half lengthways & finely sliced
1 tablespoon fresh rosemary leaves
Sea salt & freshly ground black pepper
60ml extra virgin olive oil

Method:

Preheat oven to 220°C. Place kumara, lemon and rosemary in a non-reactive roasting dish. Sprinkle with a little salt and pepper, then pour on 150ml boiling water. Roast in the oven for 25 minutes. Meanwhile, heat a fry pan and add the oil. Place the chicken pieces in, skin side down, and fry until crispy golden (about 3 minutes). Turn the chicken over and cook for barely a minute, then place on top of the kumara, skin side up. Sprinkle liberally with salt and the pan juices and oil it has been cooked in, and roast until done (about 12-18 minutes).

The chicken is cooked when the juices running from the meat are clear in colour. Serve the chicken with the cooking liquid spooned over it.

MAINTAINING YOUR MOUSE

This was a real memo sent out by IBM to its employees in all seriousness. It went to all field engineers about a computer peripheral problem. The author of this memo was quite genuine. The engineers rolled on the floor!

If a mouse fails to operate or should it perform erratically, it may need a ball replacement. Mouse balls are now available as FRU (Field Replacement Units). Because of the delicate nature of this procedure, replacement of mouse balls should only be attempted by properly trained personnel.

Before proceeding, determine the type of mouse balls by examining the underside of the mouse. Domestic balls will be larger and harder than foreign balls. Ball removal procedures differ depending upon the manufacturer of the mouse. Foreign balls can be replaced using the pop off method. Domestic balls are replaced by using the twist off method.

Mouse balls are not usually static sensitive. However, excessive handling can result in a sudden discharge.

Upon completion of ball replacement, the mouse may be used immediately. It is recommended that each person have a pair of spare balls for maintaining optimum customer satisfaction.

Any customer missing his balls should contact the local personnel in charge of removing and replacing these necessary items. Please keep in mind that a customer without properly working balls is an unhappy customer.

HYDRATION

One of the easiest ways to maintain energy levels is by making sure you drink enough fluids every day.

The more you exercise, the more you need to drink. The average adult needs around 2000-2800ml per day. A rule of thumb is to add another 300-500ml for every 30 minutes of exercise, depending on sweat rates.

If drinking water bores you, liven it up with a slice of lime or lemon, or drink sparkling water.

By the time you feel thirsty you are likely to be dehydrated already.

The most common symptoms of dehydration are lack of concentration, feeling irritable, headaches, fatigue, clumsiness, and increased heart rate.

Hydration enables the body to recover more quickly from exercise and helps prevent fatigue.

A one-hour workout will typically result in the loss of a litre of fluid. You can test this by weighing yourself before and after a workout.

You can keep hydrated by drinking a few mouthfuls every 15-20 minutes during a workout, as well as drinking after exercise. It is better to drink small quantities than a lot of fluid in one hit.

Fluid intake is enhanced when drinks are cool (below 15°C), flavoured and contain sodium.

Alcohol is not a suitable drink after exercise as it has a diuretic effect and can contribute to dehydration, especially in warm weather.

THE HOTEL BILL

Next time you think your hotel bill is too high...you might want to use this logic!

A husband and wife are traveling by car from Key West to Boston. After almost twenty-four hours on the road, they're too tired to continue, and they decide to stop for a rest. They stop at a nice hotel and take a room, but they only plan to sleep for four hours and then get back on the road.

When they check out four hours later, the desk clerk hands them a bill for \$350. The man explodes and demands to know why the charge is so high. He tells the clerk although it's a nice hotel; the rooms certainly aren't worth \$350. When the clerk tells him \$350 is the standard rate, the man insists on speaking to the Manager.

The Manager appears, listens to the man, and then explains that the hotel has an Olympic-size pool and a huge conference centre that were available for the husband and wife to use.

"But we didn't use them," the man complains.

"Well, they are here, and you could have," explains the Manager. He goes on to explain they could have taken in one of the shows for which the hotel is famous. "The best entertainers from New York, Hollywood and Las Vegas perform here," the Manager says.

"But we didn't go to any of those shows," complains the man again.

"Well, we have them, and you could have," the Manager replies.

No matter what facility the Manager mentions, the man replies, "But we didn't use it!" The Manager is not moved, and eventually the man gives up and agrees to pay. He writes a check and gives it to the Manager. The Manager is surprised when he looks at the check.

"But sir," he says, "This check is only made out for \$100."

"That's right," says the man. "I charged you \$250 for sleeping with my wife."

"But I didn't!" exclaims the Manager.

"Well," the man replies, "She was here, and you could have."

MASTERS ROAD RACE

Sunday 1st August 2004

Race headquarters was the Olympic Harrier Clubrooms, Bannister Avenue, Johnsonville. After an early morning frost the conditions were spring-like for the running of the 20th event around a mile lap on the roads. The run was five times around a hilly loop for a distance of 8km while the walkers did four laps for 6.4km. Peter Baillie (Scottish) was first man and Diane Isherwood (Wainuiomata) first woman on the walk. In the run, Chris Speakman and Dave Murgatroyd (Olympic) were first and second, ahead of Peter Wrigley (Scottish), giving Olympic the teams prize. Scottish was the runner-up. Fastest women were Bev Hodge and Christine Jones (Scottish). Peter Thomas (Trentham) won the Jim Lockhart and Mariette Hewitson Memorial Baton for being the closest to breaking an age record in the run. The number of entrants was up on the previous year with 22 runners and 16 walkers. Thanks to Brian Watson and his team for organising the event. He has organised this event since its inception in 1985.

Name	Club	M/F	Age	Age Category	Run Walk	Race Time	Race Place	Grade Place
Chris Speakman	Olympic	M	42	M40	R	0:30:34	4	1
Dave Murgatroyd	Olympic	M	43	M40	R	0:30:35	5	2
Peter Wrigley	Wellington Scottish	M	43	M40	R	0:31:04	8	3
Paul Homan	Trentham United	M	43	M40	R	0:33:26	13	4
Neil Price	WHAC	M	41	M40	R	0:34:27	17	5
Robin Curry	Trentham United	M	43	M40	R	0:36:09	21	6
Ged Brent	Olympic	M	48	M45	R	0:31:14	9	1
Kevin Watson	Wellington Masters	M	47	M45	R	0:38:06	23	2
Mike Winsborough	WHAC	M	51	M50	R	0:33:53	15	1
Paul Rodway	Wellington Scottish	M	56	M55	R	0:39:29	26	1
Albert van Veen	Hutt Valley Harriers	M	58	M55	R	0:43:10	31	2
Ray Wallis	Athletics Carterton	M	64	M60	R	0:38:45	25	1
Ken Ritchie	Olympic	M	60	M60	R	0:40:28	28	2
Harry Ross	Wellington Masters	M	64	M60	R	0:40:36	29	3
John Hammond	Kapiti	M	64	M60	R	0:45:10	34	4
Peter Hanson	Olympic	M	67	M65	R	0:48:19	35	1
Peter Thomas	Trentham United	M	75	M75	R	0:44:15	33	1
Lynn Broad	Olympic	W	44	W40	R	0:54:05	37	1
Megan Barber	None	W	40	W40	R	1:00:23	38	2
Bev Hodge	Wellington Scottish	W	46	W45	R	0:36:54	22	1
Christine Jones	Wellington Scottish	W	50	W50	R	0:38:29	24	1
Peggy Fletcher	Wgtn Marathon Clinic	W	73	W70	R	0:51:16	36	1
Peter Baillie	Wellington Scottish	M	55	M55	W	0:39:49	1	1
John Hines	Wellington Scottish	M	68	M65	W	0:43:03	2	2
David Lonsdale	Wellington Scottish	M	65	M65	W	0:45:37	3	3
Brendan McCauley	Wainuiomata	M	53	M50	W	0:46:54	7	4
Robert Bennett	Wellington Scottish	M	65	M65	W	0:49:04	12	5
Graham Williams	Wainuiomata	M	56	M55	W	0:49:34	14	6
Mick Rice	Wellington Scottish	M	55	M55	W	0:50:14	16	7
Gordon Smith	Valleys United	M	79	M75	W	0:50:38	18	8
John Turner	Wellington Scottish	M	68	M65	W	0:55:30	27	9
Diane Isherwood	Wainuiomata	W	48	W45	W	0:46:39	6	1
Kristeene Parkes	Wellington Scottish	W	36	W35	W	0:47:19	10	2
Melanie Watson	Wellington Masters	W	45	W45	W	0:48:08	11	3
Margaret Bray	Wellington Scottish	W	56	W55	W	0:51:16	19	4
Gretchen Lash	Trentham United	W	63	W60	W	0:51:28	20	5
Rosemary McManus	Hutt Valley Harriers	W	70	W70	W	0:57:28	30	6
Colleen Singleton	Olympic	W	60	W60	W	0:59:46	32	7

Teams Results:

1st Olympic with 28 points – Chris Speakman; Dave Murgatroyd; Ged Brent and Lynn Broad
2nd Scottish with 38 points – Peter Wrigley; Bev Hodge; Christine Jones and Paul Rodway

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SHOE CLINC HARBOUR CAPITAL HALF MARATHON & 10KM FUN RUN & WALK

Westpac Stadium - Sunday 27th June 2004

This is the second year the Wellington Marathon Clinic used the Westpac Stadium as race headquarters for their new out and back course, starting at the Stadium and travelling around the bays to a turn around point down Shelly Bay Road then following the same route back to the finish on the concourse entrance to the Stadium. This year as an added feature was a 10km option for runners and walkers that helped push the number of entrants up to nearly 2000. The weather, though not wet as in previous years, turned on a good brisk northerly for the competitors to contend with. Wellington Masters who took part are as follows:

Age Name Time Grade Place

10km Run:

M45-49 Vaughan New 0:35:02 1

10km Walk:

W45-49 Melanie Watson 1:12.38 2

M65-69 Roy Rogers 1:41.05 1

Half Marathon Walk:

W34-39 Kristeene Parkes 2:36.19 4

W40-44 Amelia De Lorenzo 1:59.50 1

W50-54 Maryanne Palmer 2:22.16 1

W70-74 Audrey Childs 3:39.08 3

M55-59 Peter Baillie 2:12.06 1

Mick Rice 2:37.51 4

M65-69 John Hines 2:22.41 1

Bruce Campbell 2:52.23 1

M75-79 Peter Tearle 2:44.41 1

Gordon Smith 2:52.43 2

M80-84 Bill Childs 3:08.54 1

Half Marathon Run:

W40-44 Robyn Stansfield 1:32.41 1

W45-49 Loretta Desourdy 1:52.24 6

W50-54 Kathy Young 1:39.45 1

Christine Jones 1:41.24 2

W55-59 Pam Graham 1:38.13 1

W60-64 Ann Bould 1:58.25 2

Julie Roots 2:03.14 3

W65-69 Diane Rogers 1:50.55 1

M40-44 Chris Speakman 1:21.23 2

Peter Wrigley 1:27.39 8

Paul Homan 1:29.13 14

Kevin Burney 1:32.14 15

Neil Price 1:33.06 17

Gordon Clarke 1:34.10 21

Robin Curry 1:35.29 27

M45-49 Des Young 1:28.04 3

Kelvin Moffatt 1:31.58 7

Kevin Watson 1:36.55 15

M50-54 Mike Winsborough 1:30.57 6

M55-59	Bob Stephens	1:31.37	3
	Richard Sweetman	1:38.22	7
	Paul Rodway	1:44.03	13
M60-64	Ken Ritchie	1:47.25	4
	John Hammond	1:52.17	7
	Harold Alcock	2:08.28	10
M65-69	John Barrington	1:36.44	1

2004 ATHLETICS WELLINGTON CROSS COUNTRY CHAMPIONSHIPS

Waikanae - Saturday 17th July 2004

A challenging new course over old territory - hills, mud, wet spots - a real cross-country course. Though it rained for most of the week leading up to the event, on the day the rain actually stayed away. Wellington Masters who competed are as follows:

Place Name Time

Masters Women 6km:

1 Gabrielle O'Rourke 22:10

6 Michele Allison 25:08

7 Robyn Stansfield 26:05

9 Bev Hodge 28:03

10 Pam Graham 28:07

13 Loretta Desourdy 30:07

15 Diane Rogers 32:26

20 Ann Bould 35:24

Masters Men 8km:

1 Paul Forster 28:23

2 Vaughan New 28:27

11 Peter Wrigley 30:50

17 Gordon Blacklows 31:55

20 Dave Murgatroyd 32:18

32 Francis Campkin 33:49

39 Neil Price 35:00

41 Ian Blyth 35:20

42 Bob Stephens 35:24

43 Steve Plowman 35:33

44 Colin MacLachlan 35:42

55 Phil Valentine 37:48

56 Barry Everitt 37:52

60 John Caughley 38:42

68 Ken Ritchie 40:56

69 Paul Rodway 41:25

70 Albert van Veen 41:38

76 Michael Clark 45:31

77 Peter Thomas 45:57

78 John Hines 48:10

Thoughts for the Day:

Sex is like air. It's not important unless you aren't getting any.

If you think nobody cares whether you're alive or dead, try missing a couple of mortgage payments.

LIFE MEMBERSHIP

At the Annual General Meeting of Wellington Masters held recently, the Centre felt it appropriate to award Life Membership of Wellington Masters Athletics to Jim and Colleena Blair for their contribution over many years to athletics and in particular Masters athletics.

The following is a history of their involvement:

COLLEENA BLAIR

Colleena became seriously involved with athletics at Hutt Valley High School in 1944 and excelled at sprinting and long jump as well as a number of other sports. Her involvement with athletics has continued for more than 50 years through supporting and coaching children's athletics to competing internationally as a Master athlete. Colleena currently holds more than 30 Wellington Centre Master records for all the sprint events, both flat and hurdles, as well as all the field events except for shot put! She has also held a number of national and world championship titles.

As well as being an outstanding track and field competitor Colleena has been an outstanding administrator for Masters Athletics. In the early 80's she assisted Jim in setting up what is now Wellington Masters Athletics Inc. and for many years served on the committee as Treasurer, Secretary, Subscriptions Secretary, Editor and Records Officer, relinquishing the last of these roles in 2001.

For the past 16 years Colleena has also been the Secretary of NZMA (formerly NZAVA) resigning from that position at the last AGM. She is still a member of the World Masters Athletics Records Committee, a position she has held for about 10 years now.

In 2003 Colleena received a NZMA Colours Award in recognition of her athletic achievements and in 2004 she received a Life Membership from NZMA, the first woman to be so honoured.

JIM BLAIR

Jim has been involved with athletics for almost 50 years. He was a member of Petone Athletic & Cycling Club from 1945, representing Wellington as a junior grade athlete in 1947 and as a senior athlete from 1948 to 1959, in hurdling, jumping and throwing events. From 1959, whilst still competing, Jim also became involved with coaching.

In 1995, Jim was elected Chair of the Wellington Track & Field Committee, a position he held for 8 years. His tenure saw the relaying of the all weather track at Newtown and the awarding of the National Track & Field Championships to Wellington.

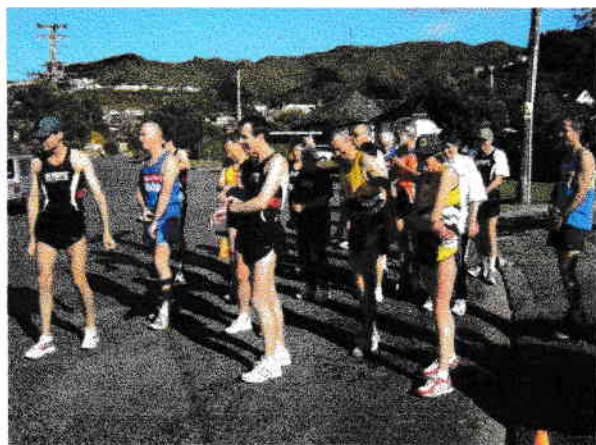
Jim Blair was the main instigator in the formation of Masters (Veteran) Athletics in Wellington, held the position of Chair for 4 years and still acts in an advisory capacity to the current committee. He has also been on the executive of New Zealand Masters Athletics (formerly NZAVA) holding the positions of Secretary (5 years), Vice President (6 years), and currently as President. At the same time Jim has also been the NZMA delegate to Athletics New Zealand.

Jim's involvement with Masters Athletics has extended internationally and has included being Oceania Delegate to the WMA (WAVA), a member of the WMA track & field technical committee, and a member of IAAF masters committee.

Jim Blair's contribution to track and field has been recognised by a number of organisations including:

Honorary Life Vice President of WMA
Life Membership of Athletics Wellington
Merit Award from Athletics NZ
Administrator of the Year: Athletics NZ
as well as awards from local civic and sporting bodies.

A Day at the Races Johnsonville 8k Road Race and Walk



1



2



3



4



5

- 1 Start of 8k run
- 2 Peter Baillie – 1st male walker
- 3 Chris Speakman – 1st male runner
- 4 Diane Isherwood – 1st female walker
- 5 Bev Hodge – 1st female runner

WALKING IN THE REGIONAL PARKS & FORESTS

From a stroll to an adventure

A walk in one of the regional parks and forests is a great way to explore the diverse landscapes of greater Wellington.

From coastal dunes to historic trails, farmland to lush forest, the parks and forests offer a variety of terrain and scenery to suit all ages and levels of fitness.

Most of the walks offer the chance to take a break and enjoy picnicking or swimming.

What to take

Many of the walks go through areas exposed to winds and changeable weather. Please take with you some food, water and sun hat especially on walks marked with a tramping/hiking symbol. Always take warm clothing and a rain jacket.

All times stated are estimates for the return trip. Where indicated, mountain bikers and horse riders may use the tracks.

Getting there on public transport

Entrances to Belmont Regional Park, Cannon Point Walkway, East Harbour Regional Park, the Hutt River Trail, Kaitoke Regional Park (Te Marua) and Tunnel Gully Recreation Area are close to public transport routes.

See www.gw.govt.nz for bus and train timetables.

Opening hours

The parks and forests are open daily from 8am to dusk. Parks or walks marked with a farm animal symbol may be closed for lambing August to November. Please check with the ranger or on our website www.gw.govt.nz

Battle Hill Farm Forest Park

Site of one of the last battles between Maori and early colonial forces in the region, the park showcases interesting examples of local heritage and environmental restoration. See sheep, cows, goats and deer, explore the native forest or take in panoramic views from the hilltops.

Bush Reserve Short Loop Easy – 15 minutes

Restoration Trail Easy – 1 hour

Wetlands Walk Easy – 1 hour

Battle Hill Summit Loop Moderate – 1.5 hours

Farm Loop Moderate – 2 hours

Transmission Gully/Puketiro Forest Track
Strenuous – 4 hours

Belmont Regional Park

The open hills, breathtaking views and bush-clad valleys of Belmont Regional Park make it a favourite space between the Hutt Valley and Porirua. With tracks up to ancient boulder fields and rolling hilltops the park also features the historic Korokoro Dam, World War II ammunition stores and the original coach road from Wellington to Porirua.

Stream Walk Easy – 15 minutes

Waterfall Track Moderate – 1 hour

Oakleigh Street – Korokoro Dam Loop Moderate – 1 hour

Korokoro Valley Walk Moderate – 3 hours

Boulder Hill Track Moderate – 2 hours

Kilmister Track Moderate – 3 hours

Belmont Trig Track Strenuous – 4 hours

Maara Roe Valley Loop Moderate – 1.5 hours

Cannons Head Track Strenuous – 4 hours

Cannon Point Walkway Moderate – 3 hours

East Harbour Regional Park

A backdrop to Eastbourne and Wainuiomata, East Harbour's sheltered valleys and sweeping bays offer beautiful bush and exhilarating views over Wellington Harbour. Tracks give access to historic Pencarrow lighthouse and nationally significant freshwater wetlands. Walk amongst superb beech forest up to Lowry Trig and the Main Ridge, or to the sheltered picnic spots of Butterfly Creek.

Butterfly Creek (from Kowhai Street) Moderate – 2 hours

Main Ridge Track Moderate – 3 hours (to Days Bay)

Less Grove Track Moderate – 2 hours

Pencarrow Lighthouse & Lakes Moderate – 4 hours

Hutt River Trail – see The Master Copy (Volume 3 Issue 3)

Kaitoke Regional Park

Only 45 minutes north of Wellington City, the magnificent native forest of Kaitoke Regional Park shelters the Hutt River Gorge. You will find large rata, rimu, and beech trees in this spectacular natural setting, and may see tui, kereru and rifleman. Relax in peaceful "Rivendell", swim in clear river pools or stay longer in the bush-lined campsite. All walks start from the Pakuratahi Forks carpark.

Loop Walk Easy – 15 minutes

Weir Walk Easy – 15 minutes

Pukuratahi River Walk Easy – 30 minutes

Terrace Walk Easy – 30 minutes

Swingbridge Track Easy – 1 hour

Ridge Track Strenuous – 3 hours each way

Pakuratahi Forest

Nestled within the Rimutaka ranges, the Pukuratahi Forest rises to the peak of Mt Climie and feeds the waters of the Pukuratahi River. A blend of native and exotic forest, the area is best known for its walking, swimming, mountain biking, and the historic structures of the 1870's Rimutaka Railway.

Rimutaka Rail Trail Moderate – 5 hours one way

Tane's Track Easy – 1 hour

Rimutaka Trig Track Strenuous – 1 hour

Queen Elizabeth Park

A "slice" of the Kapiti Coast, Queen Elizabeth Park's natural dunes, remnant forest and wetlands give a glimpse of the original coastal landscape. Bounded by Paekakariki, Raumati South and State Highway 1, the park is steeped in history including pa sites and reminders of the 20,000 strong US Marine camp from World War II.

Coastal Track Easy – 2 hours

Inland Track Moderate – 3 hours

Wainuiomata Recreation Area

A peaceful and sheltered valley surrounded by bush-clad hills east of Wainuiomata, the Recreation Area is a great

spot for family outings and picnics. Enter via Moores Valley Road or Hine Road.

The Gums Loop Easy – 1 hour

Nikau Creek Track Moderate – 1 hour

Sledge Track Easy – 1.5 hours

(Reproduced (in part) from the Greater Wellington brochure on Walking in the regional parks and forests). For a more indepth description of each walk refer to the brochure

For more information contact Greater Wellington Parks & Forests, 1056 Fergusson Drive, Upper Hutt – telephone 04 526 4133 or Greater Wellington Parks & Forests, 142 Wakefield Street, Wellington – telephone 04 384 5708 or email parkinfo@gw.govt.nz or visit www.gw.govt.nz

Helen Clark was driving to the airport to catch a plane to the rugby. Travelling at high speed the car went around a corner and there in the middle of the road was a cow. The driver tried to avoid a collision but alas crashed into the cow, killing it instantly.

The Prime Minister instructed the driver to get out and visit the farmer and notify him of the accident. The driver left the car and walked off down the farm track.

Two hours later he returned to the car clothes ripped and in a dreadful state. When asked what had happened the driver said that the farmer gave him lots of whiskey, the wife supplied him with cigars and the teenage daughter shagged him for an hour.

"What did you say to the farmer about the accident", he was asked.

All I said was "I am the Prime Minister's driver and have just had an accident and killed the cow."

POSSIBLE DEVELOPMENT OF NEWTOWN PARK

I attended a meeting called by the Wellington City Council's consultants this morning. Bruce & Noelene Perry, Ngaire Drake and Vic Marks were there as well as representatives of Soccer, Sport Wellington Region, the Resident's Association and the "Friends" of the Green Belt.

The proposal calls for development of more car parks outside the stand, on 3 sides of the top field, and off Russell Tce behind the top field. (We already compete with zoo patrons for parking: now the consent for the "Zoo Cafe" says that their patrons will use the parks in Newtown Park, too).

It proposes terraced seating on the south side of the main ground (where the brick steps are now), to seat 1000 people. It provides for the installation of the floodlights.

It proposes turnstile access at the western (Russell Tce) end of the ground on both sides. (Watch them with this one... what about our present "key" access for training? After all, they'll want to recoup the cost of their clerk!) It proposes an extension to the stand at the zoo end, and re design of the existing and additional space for storage and service rooms (change facilities, referees change room, drug testing room, medical room, etc). The extended stand will raise seating there to 1000. It proposes public access toilets (from the car park).

It also envisages an additional building, either at the western end (over the proposed turnstiles) or elsewhere, to house:

- * Offices for ANZ
- * Offices for Soccer (team Wellington)
- * Space for a Council booking and management clerk
- * Meeting and committee rooms for ANZ, Soccer, Regional Sports Assns (athletics & soccer) clubs and the community to use on a shared basis (presumably by booking and paying a rental).

Finally it also envisages either the top or the bottom field being covered with Astraturf. The structure being considered would not preclude javelin and hammer, and if javelin won't cut it, then discus shouldn't either. There is some concern about the potential cost of this option!

I asked about the Kiwi and WHAC interest in Clubrooms at the park. The likelihood is that the "community" rooms might be available, but only with the support of the Regional Sports Organisation (Athletics Wellington or the T & F Committee). Already there does not seem to be space available for a weights or fitness training room!

No mention was made of mundane things like kitchen facilities, which I took as a "given". But they weren't mentioned!

What happens now is that the proposals will be costed and presented to a joint meeting of the two Council committees implicated in any decision. (This is set for August).

My impression was that there was support from both sports and from the Resident's Assn. The "Friends of the Green Belt" sounded less well disposed, though not as negative as I have known them to be in the past!

Geoff Henry

COMING EVENTS

2004

Oct

2	NZ Road Relay Championships	Nelson
10	Melbourne Marathon	Melbourne
21-27	OAVA Masters Track & Field Champs	Rarotonga
9-17	South Island Masters Games	Timaru
17	30 th Masterton Full & Half Marathon	Masterton
30	Waimea Harriers Half Marathon	Richmond, Nelson

Nov

7	Masters 10km Road Race & Walk	Lower Hutt
7	35 th New York City Marathon	New York
14	Napier Half Marathon	Napier
26-28	North Island Masters Championships	Whangarei

Dec

18	Scottish Night of Miles	Newtown Park
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2005

Feb

6	Wellington Masters Track & Field Champs (day 1)	Newtown Park
20	Wellington Masters Track & Field Champs (day 2)	Newtown Park

Mar

11-13	NZ Track & Field Championships	Wanganui
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April

3	Marathon de Paris	Paris
17	25 th Flora London Marathon	London
18	Boston Marathon	Boston

May

7	Fletcher Challenge Forests Marathon	Rotorua
21	Great Wall Marathon	China
22	Huntly Half Marathon (NZ Champs)	Huntly

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 2004/2005 YEAR

(1 September 2004 to 31 August 2005)

\$30 = NZMA

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