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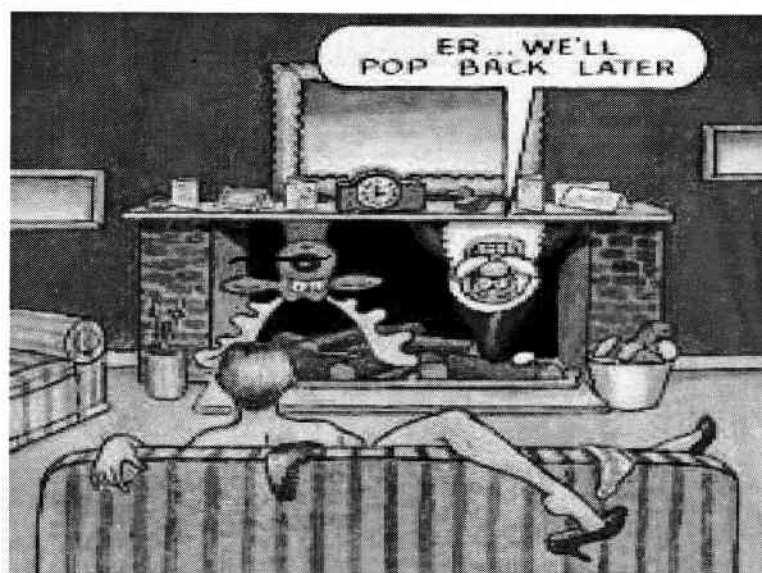
MASTER

COPY

Newsletter of the Wellington Masters Athletics Inc.

Volume 3 Issue 5

December 2004



*Wishing all members a very Merry
Christmas and a Happy and
Prosperous New Year*

WELLINGTON MASTERS ATHLETICS INC.

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WGTM MARATHON:	Bruce Perry	61A Clifford Road, Johnsonville, Wellington	4783641
WGTM MASTERS:	Colleena Blair	43 Elmslie Road, Pinehaven, Upper Hutt	5282992

COMMITTEE MEETINGS 2nd MONDAY OF MONTH AT SCOTTISH HARRIERS CLUBROOMS, PRINCE
OF WALES PARK AT 5:30pm.

CLUB REPRESENTATIVES AND MEMBERS ARE ALWAYS WELCOME

THOUGHT OF BECOMING AN OFFICIAL?

With most of the newsletter prepared and ready to go to the printer I was still drawing a blank about what subject to write on for the editorial. With so much going on at work and in my personal side of life, I was struggling to come up with something that would be stimulating for this, the Christmas issue of the Master Copy.

After attending the NTC (National Teams Competition) 2nd qualifier at Newtown Park recently, it became evident that we are desperately short of officials, so I thought that I would base my editorial around a plea for members to consider becoming officials for the organisation. A large number of our officials at present are of a more "mature" age and over the past couple of years some have given officiating away altogether. The Centre has managed to recruit some younger people but is still short of qualified officials to successfully run a large meeting, such as the NTC.

Not only do we need qualified officials, we also need helpers to assist on the day as well. You don't need to be qualified to do some of these roles. The type of help required at a meeting could be to assist putting out the hurdles and steeplechase jumps, to help adjust the heights for the different age grades, or to remove the hurdles again once the events are finished. Out on the field there are people required to retrieve the throwing implements and return them back to the competitor area. These are mundane type of tasks, but extremely important in the functionality of a meeting.

So, why not considering becoming an important wheel in the cog and becoming an official? Come down one Saturday to one of the Black or Gold programmes held at Newtown Park, which usually start at 1.30pm with the race walk, see what is involved, offer to help out in some minor role and see how important officials are in the running of a successful meeting.

You can become qualified in a number of areas to do with athletics as an official:

Throws - javelin, discus, hammer;
Jumps - pole vault, high jump, long jump, triple jump;
Track - all events.

There are also other qualifications such as administration, athletes with disability, cross country, walk judging and more.

Without officials, it makes things very difficult when trying to offer competition events to athletes. For example, if a record is set at a particular event and certain aspects of officiating at that event have not been met, then the record will not stand and the athlete will miss out.

If you are interested in taking the first step towards becoming an official of the Centre, please contact Fred Goodall, Wellington Centre Officials Co-ordinator on 04 970 3860 or email dgoodall@paradise.net.nz and he will let you know what is involved with becoming an official and the dates of the upcoming courses.

Being an official at a big meeting allows you to get up close to see some of the competition on the track and in the field, from some of our top athletes, and Olympians.

The Wellington group of officials is a close-knit group and there is a good camaraderie amongst them.

We don't want to end up in the situation, where we cannot hold any important meetings in Wellington, like the New Zealand Track and Field Championships, because of the lack of officials.

Finally, I would like to take this opportunity of wishing everyone a very merry Christmas and a happy and safe New Year. Remember not to eat too much Christmas pudding, have a safe holiday and keep up the training over the break as it won't be too long before the Wellington Masters Track and Field Championships are upon us and the Opening Day of the harrier season has come round once again.

John Palmer
Editor



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Marton to Wanganui Relay - 11th September 2004

As the National Road Relay this year was not catering for walking teams, a group of us decided to go to Marton and take part in the Marton to Wanganui Relay. Even though it was a Scottish team, all but one team member was a member of Wellington Masters. During leg 3 and 4 we were able to see first hand the devastation caused by the flooding in February this year. The damage was unbelievable and one cannot imagine how much water must have been lying in some areas.

Despite some brilliant individual laps our team could not match the depth of the Taranaki Race Walking Club on the 10-lap 66.3km course. Taranaki and Scottish fielded 8-walker teams. Unfortunately there were no official intermediate lap times but our team must have taken three fastest lap times through Peter Baillie and a blistering ninth lap from Rupert Watson.

Taranaki A were first in a race record of 6:59:47. Their B team was second in 7:02:36 and we were third in 7:06:11 with Manawatu Striders fourth in 7:16:00. Fourteen teams finished in the walk section which was the best supported of all divisions. Hawera again were the winners of the running race from 12 other teams.

Five individuals, six two-person teams and seven composite running and walking teams finished the course - forty-six teams in total. We will definitely return next year to compete over this challenging and varied country course and I can recommend it as a well-organised event over a scenic course. Times were as follows:

Lap	Length	Name	Time	Av per km
1	7.6	John Palmer	51:03	6:43
2	9.0	Maryanne Palmer	56:46	6:18
3	7.0	Bart Jones	48:15	6:54
4	7.0	Peter Baillie	41:55	5:59
5	4.9	Margaret Bray	35:13	7:11
6	8.0	Murray Gowans	55:52	6:59
7	2.9	Peter Baillie	18:24	6:21
8	5.3	Peter Baillie	31:12	5:53
9	8.8	Rupert Watson	49:25	5:37
10	5.8	David Lonsdale	38:04	6:34
Total	66.3km			

(Courtesy Scottish website)

Long Service Awards presented to:

At the Athletics New Zealand AGM, Noeleen Perry and Peter Wrigley were awarded Long Service Awards for 20 years each of service as athletics officials. The awards were presented to them at the end of October during the opening of the track season at Newtown Park by new Athletics New Zealand Chief Executive, Jeremy Kennerley.

Wellington Master member Peter Wrigley lives and breathes running. When asked to run an extra lap, he is pre-programmed to say, "Of course!" He's been doing that for a quarter of a century on road, grass, track, and trail and as an official and organiser. Wriggles (as he is known to most) is well known as a runner you can depend on to run the extra lap for a relay team, who can act as a race walk judge, who can pace Bernie Portenski in her attempts to establish world age-grade records, be an all-round enthusiast for the sport, living and breathing running 24/7, and still cut out some respectable times, even as a mature competitor.

Noeleen Perry, also a Wellington Master member, used to cut out some good times when she was a race walker. Over the past few years competitive walking has given away to officiating, whether it be as a race walk judge, a track umpire or just someone that records and helps out at the field events. Noeleen and husband Bruce travel from North Cape to the Bluff in their roles as officials and judges - always eager to do their bit to ensure that the meeting goes off without too many hitches. To Peter and Noeleen - congratulations and well deserved from all at Wellington Masters.

Happy Christmas - How Traditions Begin:

One particular Christmas a long time ago, Santa was getting ready for his annual trip - but there were problems everywhere.

Four of his elves got sick, and the trainee elves did not produce the toys as fast as the regular ones, so Santa was beginning to feel the pressure of being behind schedule. Then, Mrs. Claus told him that her Mother was coming to visit.

This stressed Santa even more. Then when he went to harness the Reindeer, he found three of them were about to give birth and two had jumped the fence and were out, heaven knows where. More Stress.

Then when he began to load the sleigh one of the boards cracked and the toy bag fell to the ground, and scattered the toys.

So, frustrated, Santa went back into the house for a cup of coffee and a shot of whisky. When he went to the cupboard, he discovered that the elves had hidden the liquor and there was nothing to drink. In his frustration, he accidentally dropped the coffee pot and it broke into hundreds of little pieces all over the kitchen floor.

He went to get the broom and found that mice had eaten the straw it was made from. Just then, the doorbell rang and Santa cursed his way to the door.

He opened the door and there was a little angel with a great big Christmas Tree.

The angel said, very cheerfully, "Merry Christmas Santa. Isn't it just a lovely day? I have a beautiful tree for you. Isn't it just a lovely tree?"

Where would you like me to stick it?"

Thus began the tradition of the little angel on top of the Christmas tree.



RECIPE

SAUSAGE CASSEROLE

Jazz up the humble sausage in this rich red wine sauce

Ingredients:

1-2 tbsp oil
750 grams quality sausages (beef, pork or venison)
2-4 rashers bacon, diced (optional)
2 onions, peeled and diced
1 tsp minced garlic
1 tbsp flour
2 tbsp tomato paste
1 cup beef stock
½ cup red wine or use beef stock
1 tbsp chopped fresh thyme (or ½ tsp dried)
250 grams mushrooms
salt and pepper

Method:

Heat oil in frying pan and brown sausages slowly, turning regularly to prevent the skins bursting. Set aside.
Add the bacon if using, onions and garlic to the pan and cook 1-2 minutes.
Sprinkle in the flour and tomato paste, cook until frothy, stirring continuously.
Gradually stir in the beef stock and red wine, stirring continuously until the sauce thickens.
Return sausages to the pan with the thyme leaves, cover and simmer gently for 25 to 30 minutes. Add the halved or quartered mushrooms, and add to the sauce. Simmer 3-4 minutes. Season with salt and pepper.
Serve with creamy mashed potato and one other favourite vegetable.

Serves 4.

MAD WIFE DISEASE

He was sitting quietly reading his paper when his wife walked up behind him and whacked him on the head with a rolled up magazine.

"Ouch!! What was that for?" he asked.

"That was for the piece of paper in your pants pocket with the name Mary Lou written on it," she replied.

"Two weeks ago when I went to the races, Mary Lou was the name of one of the horses I bet on," he explained.

"Oh honey, I'm so sorry," she said. "I should have known there was a good explanation."

Three days later he was watching a ball game on TV when she walked up and hit him in the head again,

this time with an iron skillet, which knocked him out cold. When he came too, he asked, "Now what was that for?"

She replied, "Your horse phoned".

WEB MASTER

Wellington Masters have been offered the opportunity of a website on the Athletics Wellington site. A Master's module has been set up and all that is needed now is a web master. If there is any member out there who has some computer knowledge of maintaining a website and would be interested in maintaining the site for Wellington Masters, please contact John Palmer on 04 479 2130 or Geoff Henry on 04 388 3536. Geoff has a password that he will give to any interested person to obtain access. There is no cost to Wellington Masters - the only cost will be time.

MEMBERSHIP

At the time of going to print our membership for the current financial year stands at 94. A warm welcome to new members Joseph Bulbulia (WHAC); Barrie Truman (WMA); Diana Goodall (WHAC) and George Preddy (WMA).

COMMITTEE MEMBERS

In the last newsletter I sent out a plea for committee members to replace the two members who stood down at this year's AGM. Unfortunately, the response has not been great, but on the bright side, Brian Watson has put himself forward to fill the position of Vice President.

To be able to run Wellington Masters efficiently and successfully we really need two more committee members to come on board. This is another plea for members to consider putting themselves forward for the committee. The committee meets once a month and the meetings are not 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

Don't forget nominations for

WELLINGTON MASTERS
ATHLETICS INC.



SPORTSPERSON OF THE YEAR

It is time to put forward nominations for the Sportsman of the Year Award.

Award:

Known as the Sportsman of the Year Award.

Period Covered:

From 1 January to 31 December.

How Nominated:

Nominations may be made by Clubs, Centre Committees, and individuals or by athletes themselves.

Criteria for Award:

Achieving a medal at the WAVA or (WMA) Championships or World Masters Games.

Achieving a World Record or a World Best Performance.

Achieving a New Zealand Record or New Zealand Best Performance.

Achieving 90% or higher performance on the Age Graded Tables.

Achieving a meritorious performance or performances.

Closing Date:

The 20th January following the year for consideration.

Selection:

This is to be made by the Committee of Wellington Masters Athletics.

Presentation Date:

Either on the second day of the Wellington Masters Athletics Track and Field Championships in February following the year of consideration or at a special presentation dinner.

Form of Award:

A trophy has been donated by Jim and Colleena Blair and was won this year by Bernie Portenski.

WELLINGTON TRACK and FIELD PROGRAMME 2004/05

Date	Event	Venue
2004		
13 November	NTC – 2nd Qualifier	Newtown Park
14 November	NZ Long Distance Walks Championships	Hamilton
20 November	Gold Programme	Newtown Park
26-28 November	North Island Masters Championships	Whangarei
27 November	NTC – 3rd Qualifier	Palmerston North
4-5 December	NZ Secondary Schools Championships	Hamilton
4 December	Black Programme	Newtown Park
7 December	Kiwi Milers Club 3000m	Palmerston North
11 December	Gold Programme	Newtown Park
18 December	Scottish Night of Miles – 6pm start	Newtown Park
18-19 December	Northern Regional Combined Event Championships	Hamilton
2005		
7-9 January	North Island Colgate Games	Sovereign Stadium
8 January	Black Programme (excluding throwing events)	Newtown Park
8 January	Kiwi Throwers Meeting – from 3.30pm	Newtown Park
14-16 January	South Island Colgate Games	Timaru
14 January	NZGP	Timaru
15 January	Gold Programme	Newtown Park
22 January	Black Programme	Newtown Park
29 January	Gold Programme	Newtown Park
5 February	Black Programme	Newtown Park
5 February	Sylvia Potts Classic	Hastings
6 February	Wellington Masters Track & Field Championships - Day 1	Newtown Park
9 February	Porritt Classic NZGP	Hamilton
12-13 February	Union NZ Combined Event Championships	Newtown Park
12 February	Capital Classic NZGP - from 6pm	Newtown Park
19 February	Athletics Wellington Champs – Wn Team Selection – all day meeting	Newtown Park
20 February	Wellington Masters Track & Field Championships - Day 2	Newtown Park
26 February	Central Regional Champs – Wn Team Selection – all day meeting	Palmerston North
5 March	Gold Programme and requested events	Newtown Park
11-13 March	Union NZ Track and Field Championships	Wanganui
16 March	Kiwi Milers Club	?
19 March	Black Programme	Newtown Park
19-20 March	IAFF World Cross Country Championships	France
26-27 March	NTC Final	tba

Black Programme

Time	Track	Field
1.30pm	3000m Track Walk	
2.00pm	80/100/110 hurdles on request	Long Jump/Shot/Pole Vault
2.10pm	800m	
2.25pm	100/60m sprints	
2.35pm	400m	Triple Jump
2.40pm	3000/5000m Men & Women	
3.00pm	200m	Discus

Gold Programme

Time	Track	Field
1.30pm	5000m Track Walk	
2.00pm	300/400m Hurdles on request	High/Triple Jumps/Hammer
2.15pm	100/60m Sprints	
2.25pm	1500m/1 mile/2000m	
2.45pm	200m	Long Jump
2.50pm	3000m/1500m/2000m steeplechase or other dist event on request	
3.00pm	400m (if no steeplechase on completion of 200m)	Javelin

Notes

Only two throws per meeting have been programmed due to lack of sufficient officials to run the events. Athletes competing in any unscheduled throwing event are not entitled to any records that may be broken.

All field events will commence at set start time. Warm up 15 minutes prior to start times please.

Times for Black and Gold Programmes may be altered depending on attendances. Please do not assume that your favoured event will be run at the stated time.

MASTERS 10km ROAD RACE & RACE WALK

Sunday 7th November 2004 at Ludlam Park, Lower Hutt

A strong northerly wind greeted the runners and walkers as they headed out towards the turn-around point at the junction of Guinness Street but on the way back the temperatures were somewhat warm. First walker home was Peter Baillie (Scottish) (59.44) and the first female walker was Maryanne Palmer (Scottish) 66.08. The first male runner home was John Houghton (Trentham) 37.32 and the first female was Bernie Portenski (Scottish) 38.24. The numbers this year were up on the previous years with 14 walkers and 26 runners.

The event also incorporated the Wellington Masters Championships and certificates have been sent out to the recipients.

Thanks to Peter Wrigley for again taking on the role of Race Director, the Hutt Valley Marathon Clinic for the use of their rooms at the Huia Pool, those who acted as marshals and timekeepers, and finally to all the athletes who took part to make the event the success that it was.

Place	Name	Club	Run/Walk	Time	Age place
1	John Houghton	Trentham	R	37.32	1M50-54
2	Bernie Portenski	Scottish	R	38.24	1W55-59
3	Chris Speakman	Olympic	R	38.34	1M40-44
4	Des Young	Scottish	R	38.58	1M45-49
5	Jenny McDonald	Scottish	R	39.39	1W45-49
6	Kim Harwood	Lake City	R	40.31	2M40-44
7	Paul Homan	Trentham	R	41.02	3M40-44
8	Suzanne Cookson	Scottish	R	41.07	1W30-34
9	Mike Winsborough	WHAC	R	41.31	2M50-54
10	Kevin Burney	Trentham	R	42.19	4M40-44
11	Neil Price	WHAC	R	42.56	5M40-44
12	Dave McIlwraith	Olympic	R	44.08	3M50-54
13	Glen Wallis	Scottish	R	44.22	6M40-44
14	John Barrington	WMA	R	44.28	1M65-69
15	Ken Howell	Scottish	R	45.54	4M50-54
16	Paul Rodway	Scottish	R	50.26	1M55-59
17	John Hammond	Kapiti	R	51.01	2M65-69
18	Loretta Desourdy	Scottish	R	52.29	2W45-49
19	Diane Rogers	Trentham	R	52.39	1W65-69
20	Peter Thomas	Trentham	R	53.27	1M75-79
21	Brenda Burke	Scottish	R	53.42	3W45-49
22	Brian McKeon	Kapiti	R	55.28	3M65-69
23	Ian Priest	Aurora	R	58.24	1M60-64
24	Martin Johnson	Aurora	R	58.28	5M50-54
25	Peter Hanson	Olympic	R	61.34	4W65-69
26	Shelley Dalton	Scottish	R	63.05	1W40-44
1	Peter Baillie	Scottish	W	59.44	1M55-59
2	John Palmer	Scottish	W	63.29	2M55-59
3	Maryanne Palmer	Scottish	W	66.08	1W50-54
4	John Hines	Scottish	W	68.08	1M65-69
5	Kevin Watson	WMA	W	70.50	1M45-49
6	Peter Tearle	Scottish	W	74.21	1M75-79
7	Mick Rice	Scottish	W	75.05	3M55-59
8	Kristeene Parkes	Scottish	W	75.29	1W35-39
9	Della Laird	Scottish	W/R	76.58	Pre Master
10	Melanie Watson	WMA	W	77.25	1W45-49
11	Margaret Bray	Scottish	W	79.21	1W55-59
12	Brian Read	WMA	W	79.55	1M70-74
13	Robert Bennett	Scottish	W	86.16	2M65-69
14	John Turner	Scottish	W	88.51	3M65-69

ATHLETICS WELLINGTON ROAD CHAMPIONSHIPS

Saturday 21st August 2004

A week of wild weather in the capital ended in a whimper as rain began falling during the first running race and the sun came out at the finish of the final event. Wellington Masters who competed were as follows:

Place	Name	Time
<u>Mens Race Walk 10km - Judged:</u>		
1	Peter Baillie	58:03
2	Rupert Watson	1:03:31
3	Murray Gowans	1:12:33
4	Mick Rice	1:14:22
<u>Womens Race Walk 10km - Judged:</u>		
2	Kristeene Parkes	1:10:39
3	Margaret Bray	1:26:05
<u>Fun Walkers 10km - Not Judged:</u>		
1	Mike Lane	1:03:30
2	John Hines	1:04:59
3	Peter Tearle	1:12:47
7	Gordon Smith	1:17:22
<u>Fun Walkers 4.5km - Not Judged:</u>		
1	Brenda Burke	31:55
<u>Masters Women Run 6km:</u>		
4	Robyn Stansfield	24:13
13	Loretta Desourdy	29:18
<u>Masters Men Run 10km:</u>		
2	Vaughan New	33:25
6	Chris Speakman	35:39
8	Peter Wrigley	36:24
22	Paul Homan	38:36
24	Mike Winsborough	39:18
27	David Eastgate	39:42
28	Andrew McNeill	39:45
29	Des Young	39:52
30	Bob Stephens	40:07
34	Neil Price	41:07
35	Barry Everitt	41:17
38	Francis Campkin	41:52
47	Richard Owen	43:33
52	John Caughley	44:45
53	Steve Plowman	44:47
61	Ellis Goodyear	47:18
64	John Hammond	48:05
70	Brian Watson	49:50
74	Michael Clark	54:29
75	Peter Hanson	56:07
79	Ralph Tonks	59:15

Open Women Run 10km:

1	Gabrielle O'Rourke	35:43
3	Bernie Portenski	37:14
5	Michele Allison	38:41

TWO RECORDS IN ONE DAY!

Bernie Portenski set two W55-59 world records in the 3000m and 5000m, during a College Athletics League and Open Meeting at Newtown Park on Saturday 9 October 2004. In a four-person time trial, Bernie Portenski set two masters age-group world records in the 3000m in 10:41.21 and then continued on for five more laps to set the 5000m record in 18:12.30. The former W55-59 records were set a dozen or so years ago by German Edeltraud Pohl: 3000m in 10:47.94 set in 1991 (when she was 55), while the 5000m record of 18:32.5 was set in 1992 (at age 56). Bernie holds many age world records (for individual years), but until now held only one WR for an age group, which is a more widely recognised achievement (10,000m in 36:35.96 for the W50-55 group which she set at Newtown Park on 15 March 2003 when she was 53). After turning 55 in August, she had her sights on these records.

THESE SHOES WERE MADE FOR WALKING

Sri Chinmoy 24-hour Race - 25-26 September 2004

At the Sri Chinmoy 24 hour race in Auckland, Peter Baillie in his first attempt at anything like this, walked 174.129km. This is the first time that a first timer has joined the elite club of New Zealand Centurions. Peter becomes "C13" being the 13th person to achieve Centurion status in New Zealand. He is not the 13th New Zealander, as the list includes a number from other countries.

Peter gave Gerald Manderson's New Zealand race record of 176.969km set in 1998 a bit of a fright, and that total would have not been beyond him if the weather had been kinder. Gerald has a best of 178km plus some metres set in Australia, and that too could have gone if it hadn't been for very wet and cold conditions.

The rain did keep up for much of the time, although Sunday did dawn with a beautiful clear blue sky. Rain wasn't the only problem, and gloves were required at the 9am start on Saturday. A cold wind persisted right through the event.

Peter's feet certainly suffered from "footrot," with many apparently semi-detachable areas that looked like white plastic components. A 24-hour race is a steep learning experience, and first timers seldom get near their potential. Peter achieved a great deal, but can clearly improve after this weekend's performance. He impressed the hardened ultra-runners, and finished fourth among the males overall with many runners well behind him. Peter went through 100km in 12hr 58min 56sec, and for much of the time was circulating the track at between about 2min 45sec to 3min 00sec per lap. (6:52 per km to 7:30 per km.)

SHARP AND SHARPER

by Norman Swan

A cure for Alzheimer's? Sorry not yet. But there's evidence you can help keep the Big A at bay.

When you reach a certain age, all sorts of things can bring on panic: a twinge in the chest, an unexpected lump, something going red and threatening to fall off. You know the scenario. And let me assure you that having a medical degree can mean greater levels of personal panic, not less. I've caught "cancer" and had a "heart attack" more times than I care to ...

Which leads us to probably the most common fear of advancing age: that our brains will crumble, ushering in dementia, dependence and, before you know it, a bath chair in a nursing home. Most of us would say *Beam me up, Scottie* rather than have that happen. So, it's natural that when we forget a name or an event, we see Alzheimer's lurking just around the corner.

Is it so scary because we know there's no cure? The real question is whether there's anything we can do to stave it off.

Well, I've good news for you, and bad. The good news is there are some things that we do seem to help. The bad news: the best of them require work.

That there's no simple solution isn't for want of trying. Indeed, there's a long list of disappointing pills and potions that once promised to enhance thinking and memory. Gingko biloba was once thought to be good for the brain's blood vessels. But trials to date have been a let down. The same goes for dehydroepiandrosterone acetate (DHEA), which is the raw material for testosterone.

On the other hand, scratch the surface of a doctor who deals with people with dementia and you're likely to find someone consuming vitamin E supplements. (Told you that medical degrees don't guarantee rational behaviour!) We know vitamin E is an antioxidant – it mops up highly damaging oxygen atoms that cause the biological equivalent of rust. What's not clear at this stage is whether it can prevent deterioration in thinking ability and memory. Some large studies, which report in a few years, should give us a better picture. Until then let me give you this advice: if the evidence for antioxidants' role in staving off heart disease is anything to go by, your best source is not a daily pill but a diet plentiful in antioxidant-rich foods like red-coloured vegetables.

Other Alzheimer's quick fixes with promises?

Oestrogen was in vogue for a while, but last year a large trial of hormone replacement therapy showed that artificially boosting oestrogen levels was actually associated with a greater mental decline, not less. Recent research from Western Australia suggests this disappointing finding may in part result from a number of women in the study carrying a gene called APOE4 that is known to increase Alzheimer's disease several fold.

What's interesting here though – apart from the fact that some form of oestrogen may be useful in a portion of women after all – is that APOE4 is also implicated in heart disease. So could it be that clogged arteries and clogged thinking go hand-in-hand? That is why the experts now want to see if cholesterol-lowering medications – statins – which keep the arteries clear also keep thinking clear.

Analysis of 60,000 people seeing general practitioners in the UK has already suggested that those people taking a statin had on average 70 per cent reduction in dementia risk, compared with similar people with untreated high blood fats. But before you rush off to the doctor for a prescription, researchers are warning that this wasn't a proper, controlled trial – and more work is needed to be sure the medications are safe and effective in this context. You see, statins also effect the immune system, which means the story could be a tad more complicated.

Nevertheless, similar observations without the benefit of trials have been made about the brain-boosting effects of exercise and non-steroidal anti-inflammatory drugs – medications like ibuprofen. And lowering blood pressure seems handy as well. In other words what's good for your heart is shaping up as being good for your brain.

So much for easy-to-swallow solutions. Now about that best bet, the one I warned you required more than a little effort.

Surprise, surprise. It involves learning and thinking – brain training starting early in life and continuing into the silver years. Also, having a strong network of friends and relatives seems to help: a study of healthy aged in Stockholm found that people with lots of social supports declined less.

One study followed 500 elderly people for over 20 years and found that, allowing for other factors, those whose activities involved mental effort – crosswords, playing musical instruments, dancing, board games and reading – three or four times per week developed significant protection against dementia. The big question here is whether by using it they didn't lose it – or whether they had more of it to use in the first place – if you see what I mean. (And if you do, I wouldn't worry about dementia just yet). In other words, perhaps they were never going to become demented because they were always in better shape.

But it now looks as though a fresh regimen of stimulating activities can indeed sharpen the mind.

Another recent study tested elderly people who were given structured tasks – researchers give it the fancy name of cognitive stimulation therapy but it's actually those same type of fun activities the other group of 500 had entered into voluntarily – and found significant benefits.

Seems the brain responds a bit like muscles do to weight training. It simply becomes more resilient and flexible.

So where does that leave us now?

- Be kind to your heart and you will probably do your brain a favour.
- Swallow whole nutritious foods rather than supplements.
- Get your children to think as much as possible.
- And keep yourself as mentally active in as many ways as you can.

Remember, the brain isn't some fixed organ that can't be changed. It responds to work and a bit of attention.

Well, I've come to the end of this month's workout. Now for a spot of cognitive stimulation therapy ...

Norman Swan is host of "The Health Report" for ABC Radio National and edits *The Choice Health Reader* with the Australian Consumer's Association.

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12th OCEANIA MASTERS ATHLETICS CHAMPIONSHIPS

21-27 October 2004, Rarotonga

260 athletes took part from 9 countries. New Zealand Team had a team of 115 athletes taking part. Wellington Masters who competed were as follows:

Place Time/Dist

Women:

45-49 - Melanie Watson

4	Hammer Throw	19.16m
3	Weight Pentathlon - Hammer	18.09m
4	Weight Pentathlon - Shot	6.49m
4	Weight Pentathlon - Discus	16.72m
4	Weight Pentathlon - Javelin	9.69m
4	Weight Pentathlon - Weight	6.99m
4	Javelin	12.72m
3	100m	17:67
1	Triple Jump	5.88m
4	Weight Throw	6.88m

Men:

35-39 - Andrew Bates

2	5000m Run	18:26.43
1	Half Marathon*	:27:52.60

45-49 - Kevin Watson

2	Javelin	18.80m
4	5000m Run	22:16.25
6	100m	14.11
5	Long Jump	3.88m
4	Pentathlon - Long Jump	3.82m
2	Pentathlon - Javelin	27.80m
2	Pentathlon - 200m	29:47
4	Pentathlon - Discus	13.36m
3	Pentathlon - 1500m	5:55.64
2	Discus	13.21m
6	8k Cross Country Run	40:12
5	200m	29:52
1	Triple Jump	7.22m
1	High Jump	1.24m

45-49 - Steve Plowman

1	3000m Steeplechase	12:49.53
3	8k Cross Country Run	35:17

55-59 - Ross McBeth

5	100m	14.11
2	Long Jump	4.53m
4	200m Qualifying Round	29:30
5	200m Final	29:55
2	triple Jump	9.69m
7	400m	1:13.08

65-69 - Fred Goodall

4	Shot Put	8.21m
2	Javelin	33.43m
4	Discus	28.75m

65-69 - John Hines

5	5000m Run	27:05.13
4	Half Marathon*	:43:51.40

70-74 - Ellis Goodyear

2	5000m Run	23:26.26
1	800m	3:07.33
1	8k Cross Country Run	41:35
1	1500m	6:30.08
1	Half Marathon*	:54:57.90

*The half marathon times are displayed as shown in the ANZ website where I obtained these results from, and I was also informed by a competitor who went to Rarotonga that some of the results and times could be incorrect and also some names were missed from the results. My apologies if I have omitted any names of Wellington Masters who competed - Editor.

Ship High In Transport

Manure:

In the 16th and 17th centuries, everything had to be transported by ship and it was also before commercial fertilizer's invention, so large shipments of manure were common. It was shipped dry, because in dry form it weighed a lot less than when wet, but once water (at sea) hit it, it not only became heavier, but the process of fermentation began again, of which a by product is methane gas. As the stuff was stored below decks in bundles you can see what could (and did) happen. Methane began to build up below decks and the first time someone came below at night with a lantern, BOOOOM!

After that, the bundles of manure were always stamped with the term "Ship High In Transit" on them which meant for the sailors to stow it high enough off the lower decks so that any water that came into the hold would not touch this volatile cargo and start the production of methane.

Thus evolved the term "S.H.I.T." (Ship High In Transport) which has come down through the centuries and is in use to this very day. You probably did not know the true history of this word.

WANTED - A Volunteer

Is there any member who would be prepared to take on the role of supplying articles, results etc for Jim Tobin to be included in Vetline.

I somehow ended up with the role of supplying the material, but on one or two occasions have been too busy with other things and missed getting the material through by the deadline, hence the editions of Vetline with no Wellington News included.

I would be grateful if someone could take on this role. (Contact Editor if interested).

MASTERS 10km ROAD RACE & RACE WALK - LOWER HUTT, SUNDAY 7th NOVEMBER, 2004



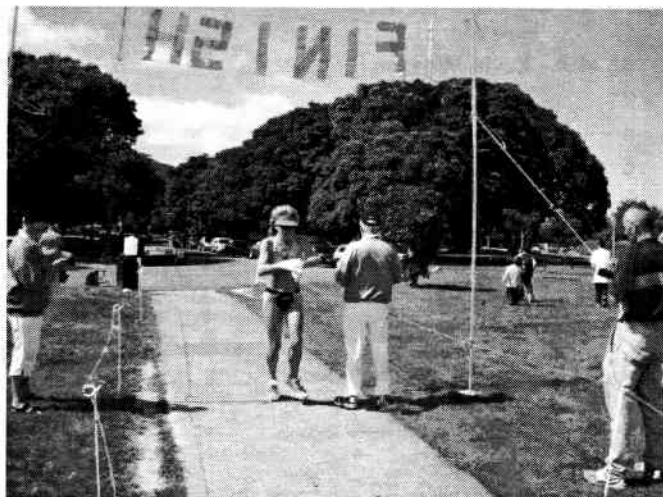
1



2



3



4

1. First male walker – Peter Baillie
2. First female walker – Maryanne Palmer
3. First male runner - John Houghton
4. First female runner – Bernie Portenski



Wellington Masters Athletics - Track and Field Records as at 12/5/04

100m

M35	R Ward	11.70	M40	W Sharp	11.80	M45	W Sharp	12.34	M50	J Kearns	12.68
M55	J Kearns	13.33	M60	W MacIntyre	14.02	M65	W Nicholson	14.90	M70	H Robinson	15.60
M75	B Kaiser	15.01	M80	B Kaiser	15.80	M85	B Kaiser	19.20			
W30	P Hunt	12.45	W35	P Hunt	12.70	W40	P Hunt	13.20	W45	P Hunt	13.56
W50	V Gould	14.30	W55	V Gould	14.49	W60	C Blair	14.90	W65	C Blair	16.60
W70	C Blair	18.50									

200m

M35	R Ward	23.50	M40	M Macfarlane	24.56	M45	W Sharp	25.40	M50	A McLaughlin	26.19
M55	J Kearns	27.25	M60	I Williams	29.85	M65	T Bartlett	30.69	M70	W Nicholson	32.25
M75	B Kaiser	30.70	M80	B Kaiser	33.30	M85	B Kaiser	41.00			
W30	P Hunt	25.61	W35	P Hunt	26.36	W40	P Hunt	27.36	W45	P Hunt	27.54
W50	S Gower	30.11	W55	J Hammond	33.12	W60	J Hammond	31.90	W65	J Hammond	34.91

400m

M35	R Ward	54.30	M40	B Turnbull	52.70	M45	A McLaughlin	55.40	M50	A McLaughlin	56.45
M55	R Aust	62.00	M60	J Powell	67.54	M65	T Bartlett	70.68	M70	W Nicholson	32.25
M75	B Kaiser	76.52	M80	B Kaiser	84.87						
W30	P Hunt	57.16	W35	P Graham	64.87	W40	P Graham	63.83	W45	J Hurdle	70.90
W50	P Scholes	74.06	W55	J Hammond	73.90	W60	J Hammond	74.30	W65	J Hammond	85.44

800m

M35	B Hyslop	2 08.68	M40	B Turnbull	2 00.19	M45	A McLaughlin	2 04.89	M50	A McLaughlin	2 09.41
M55	I Blythe	2 23.41	M60	J Eccles	2 32.80	M65	E Goodyear	2 44.05	M70	E Goodyear	2 51.28
M75	T Taylor	4 12.90	M80	T Taylor	6 00.00						
W30	C Clegg	2 40.00	W35	A Hare	2 28.69	W40	P Graham	2 18.55	W45	P Graham	2 24.27
W50	J Hurdle	2 51.17	W55	T Brown	3 00.7	W60	P Fletcher	2 59.5	W65	P Fletcher	3 10.29
W70	B Meyers	5 30.39									

1500m

M35	B Newth	4 23.0	M40	E McLachlan	4 06	M45	G Blacklaws	4 14.4	M50	C MacLachlan	4 23.8
M55	R Jackson	4 49.69	M60	J Eccles	5 07.82	M65	J Eccles	5 13.71	M70	J Eccles	5 49.69
M75	C Green	7 42.1	M80	T Taylor	13 26.99						
W30	Bowness	5 39.0	W35	J Stewart	4 51.15	W40	P Graham	4 43.14	W45	P Graham	4 49.28
W50	B Portenski	5 00.58	W55	D Rogers	6 03.42	W60	P Fletcher	5 58.04	W65	P Fletcher	6 25.63
W70	B Meyers	10 27.06									

3000m

M35	B Newth	9 38.0	M40	E McLachlan	8 39.0	M45	R Jackson	9 14.65	M50	C MacLachlan	9 29.31
M55	D Melrose	10 10.4	M60	D Melrose	10 36.28	M65	M Browne	12 37.01			
W30	G O'Rourke	9 38.74	W35	V Humphries	10 14.87	W40	B Portenski	9 56.70	W45	J Cornish	13 19.0
W50	J Cornish	14 29.2	W55	J Dunn	14 15						

5000m

M35	M Wilkinson	16 59.5	M40	E McLachlan	14 43.89	M45	C MacLachlan	15 46.03	M50	J Weatherley	15 55.55
M55	D Melrose	17 31.8	M60	D Melrose	18 11	M65	J Eccles	18 45	M70	J Eccles	21 34.02
M75	J Eccles	25 36	M80	C Green	28 00.54						
W30	G O'Rourke	16 31.72	W35	N Drake	16 47.63	W40	B Portenski	16 49.8	W45	B Portenski	17 32.13
W50	B Portenski	17 22.22	W55	B Portenski	?	W60	P Fletcher	21 13.78	W65	P Fletcher	23 31.00
W70	B Meyers	33 32.00									

10,000m

M35	J Skinnon	33 52.57	M40	E McLachlan	30 53.3	M45	B Everitt	32 49.8	M50	R Robinson	32 24.00
M55	D Melrose	36 15.84	M60	D Melrose	37 55.26	M65	J Eccles	39 15	M70	J Eccles	43 23.77
M80	C Green	56 04.67									
W30	G O'Rourke	34 28.31	W35	N Drake	35 11.3	W40	B Portenski	34 48.95	W45	B Portenski	35 35.5
W50	B Portenski	36 34.24	W55	B Portenski	37 32.03	W60	P Fletcher	44 59	W70	B Meyers	73 55.63

Marathon (Best known performances)

M40	K Jury	2 23 47	M45	J Weatherley	2 32 29	M50	J Weatherley	2 38 21	M55	E Goodyear	2 47 02
M60	E Goodyear	3 04 44	M65	W Childs	3 29 44	M70	W Childs	4 08 05			
W30	G O'Rourke	2 38 47	W40	B Portenski	2 34 39	W45	B Portenski	2 43 38	W50	M Hewitson	3 59 26
W55	?	?	W60	J Hammond	4 23 31	W65	J Hammond	4 57 41			

3km Steeple											
M40	C Morris	9 46.5	M40	C Morris	10 13.38	M45	C Morris	10 38.47	M50	F Campkin	12 04.99
M55	F Campkin	12 03.04	M60	C Green	13 48.25	M65	T Bartlett	13 35.0			
2km Steeple											
M60	J Eccles	7 54.29	M65	J Eccles	7 53.0	M70	J Eccles	8 39.20	M75	J Eccles	9 59
W35	V Humphries	4 47.36	W40	J Stewart	8 07.42	W45	J Stewart	8 10.5	W50	M Hawkins	9 47.8
W55	T Brown	9 29.8	W60	F McCracken	11 32.28						
2km Steeple (2'6")											
M70	J Eccles	8 44.65									
110m Hurdles											
M35	M Macfarlane	20.9	M40	J Penny	16.7	M45	A Robinson	20.14	M50	J Blair	21.1
100m Hurdles											
M40	R Whiteman	17.8	M45	R Ball	16.8	M50	J Penny	19.52	M55	M Keenan	20.82
M60	J Blair	21.13									
W30	P Hunt	16.6	W35	P Hunt	15.4	W50	C Blair	21.3	W60	C Blair	22.3
80m Hurdles (8m between hurdles)											
M45	J Penny	14.26	M50	R Ball	13.6	M55	J Blair	16.37	M60	W MacIntyre	14.7
M65	L Frances	17.4									
W40	P Hunt	13.2	W45	P Hunt	13.5	W50	C Blair	16.45	W55	C Blair	17.46
W60	C Blair	17.1									
80m Hurdles (7m between hurdles)											
M70	W MacIntyre	15.75									
W60	C Blair	16.64	W65	C Blair	17.35						
200m Hurdles											
M40	B Turnbull	34.1	M45	T Jones	31.7	M60	J Parker	35.58	M55	J Powell	37.1
M60	J Powell	38.4									
W40	P Hunt	31	W50	P Scholes	41.7						
300m Hurdles											
M50	J Penny	49.64	M55	J Powell	53.7	M60	J Powell	56.15	M65	L Frances	61.19
M75	W Nicholson	75.2									
W40	E Teahan	88.3	W50	P Scholes	61.81	W60	J Hammond	65.9	W65	J Hammond	71.04
400m Hurdles											
M35	B Hyslop	64.64	M40	B Turnbull	60.56	M45	K Berryman	69.48	M50	F Campkin	75.02
M55	F Campkin	75.3									
3000m Walk											
M35	N Wilton	16 44.0	M40	N Wilton	15 52.3	M45	M Burkinshaw	15 59.3	M50	D Kirby	15 59.1
M55	P Baillie	16 29.5	M60	P Tearle	16 49.2	M65	P Tearle	18 04.8	M70	P Tearle	19 04.67
M75	A Kefalas	20 10.7									
W35	K Parkes	20 54.33	W40	M Watson	21 50.17	W45	K Blyth	19 50.3	W50	J Cornish	18 02.8
W55	J Cornish	17 47.3	W60	F McCracken	19 02.5	W65	N Perry	19 57.1	W70	N Perry	21 49.37
5000m Walk											
M40	R Bennett	27 46	M45	M Burkinshaw	28 53.2	M50	R Bennett	29 31.1	M55	M Burkinshaw	28 2
M60	P Tearle	28 55.3	M65	B Reid	35 22.4	M75	B Kaiser	40 38.5			
W40	A de Lorenzo	27 08.1	W45	A Bowles	33 48	W50	J Cornish	30 47.9	W55	F McCracken	34 01.7
W60	F McCracken	32 56	W65	N Perry	33 24.63						
1500m Walk											
M40	K Watson	9 38.61	M45	M Lane	8 14.14	M50	I Blyth	9 56.49	M55	M Burkinshaw	8 21.51
M60	M Burkinshaw	8 53.9	M65	B Read	9 32.13						
W35	K Fraser	9 35.18	W40	B Burke	9 35.71	W45	K Blyth	10 05.05	W50	M Eades	9 35.6
W65	N Perry	10 11.56	W70	N Perry	10 36.25						
10km Road Walk (Best Performances)											
M40	N Wilton	56 53	M45	N Wilton	55 54	M50	D Kirby	57 48	M55	M Burkinshaw	64 03
M60	P Tearle	60 29	M65	P Tearle	63 57	M70	A Kefalas	69 09	M75	A Kefalas	72 34
W35	M Watson	75 32	W40	A de Lorenzo	57 00	W45	M Palmer	68 22	W50	B Tucker	63 28
W55	F McCracken	69 24	W60	N Perry	67 35	W65	N Perry	69 54	W70	E Meyers	85 38
10,000m Track Walk											
W60	N Perry	67 34.1	W65	N Perry	71 30.5						

20km Road Walk (Best Perf)

M40	R Bennett	2 02 47	M45	M Lane	2 00 41	M60	P Tearle	2 07 47
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High Jump

M35	T Newport	1.90m	M40	K Berryman	1.67m	M45	K Berryman	1.69m	M50	J Blair	1.52m
M55	W MacIntyre	1.45m	M60	W MacIntyre	1.45m	M65	W MacIntyre/J Blair	1.35m	M70	J Blair	1.31m
M75	W Nicholson	1.05m	M80	W Nicholson	0.95m						
W30	C Clegg	1.44m	W35	P Workman	1.32m	W40	K Armitage	1.20m	W45	G Dick	1.13m
W50	G Dick	1.17m	W55	H May	1.13m	W60	H May	1.17m	W65	J Hammond	1.06m

Long Jump

M35	M Macfarlane	5.70m	M40	K Berryman	5.38m	M45	W Sharp	5.30m	M50	J Kearns	5.03m
M55	J Kearns	4.82m	M60	W MacIntyre	4.57m	M65	W MacIntyre	4.25m	M70	W Nicholson	3.88m
M75	W Nicholson	3.47m	M80	B Kaiser	2.83m	M85	S Hogg	2.10m			
W30	C Clegg	4.95m	W35	P Workman	4.36m	W40	P Hunt	4.35m	W45	P Hunt	4.44m
W50	V Gould	4.21m	W55	C Blair	4.10m	W60	C Blair	3.79m	W65	C Blair	3.53m
W70	C Blair	2.93m									

Pole Vault

M35	M Macfarlane	2.70m	M40	R Louis	2.75m	M45	R Ball	3.60m	M50	R Ball	3.81m
M55	V Marks	2.04m	M60	J Powell	2.05m	M65	E Drummond	2.16m	M70	W Nicholson	1.40m
M75	W Nicholson	1.40m									

Triple Jump

M35	M Macfarlane	11.31m	M40	K Berryman	11.13m	M45	K Berryman	10.32m	M50	M Keenan	9.48m
M55	W MacIntyre	10.43m	M60	W MacIntyre	10.17m	M65	W MacIntyre	9.22m	M70	W MacIntyre	8.59m
M75	W MacIntyre	7.66m	M80	B Kaiser	6.35m	M85	S Hogg	4.88m			
W30	B Doherty	9.23m	W35	P Workman	9.32m	W40	E Teahan	6.80m	W45	P Hunt	9.44m
W50	P Scholes	7.43m	W55	C Blair	8.06m	W60	C Blair	7.76m	W65	C Blair	7.30m

Discus

M35	H Smith	47.24m	M40	R Louis	39.32m	M45	R Ball	39.75m	M50	R Ball	44.84m
M55	R Harris	38.28m	M60	R Harris	42.10m	M65	P Popa	43.38m	M70	P Popa	37.40m
M75	P Popa	31.92m	M80	S Hogg	20.80m	M85	S Hogg	16.46m			
W30	J Chung	28.42m	W35	P Workman	26.78m	W40	K Armitage	24.26m	W45	E Teahan	21.96m
W50	C Blair	20.33m	W55	C Blair	21.86m	W60	C Blair	22.20m	W65	H May	21.98m
W70	H May	20.30m	W75	H May	14.00m						

Hammer

M35	W Nicol	52.72m	M40	R Louis	39.80m	M45	R Louis	35.30m	M50	R Ball	40.76m
M55	V Marks	29.26m	M60	V Marks	30.32m	M65	E Drummond	26.58m	M70	W MacIntyre	21.40m
M75	P Popa	19.46m	M80	S Hogg	20.16m	M85	S Hogg	17.90m			
W30	J Chung	21.82m	W35	K Fraser	18.04m	W40	M Watson	22.19m	W45	E Teahan	19.98m
W50	V Gould	23.39m	W55	V Gould	23.64m	W60	C Blair	15.98m	W65	H May	28.60m
W70	H May	27.30m	W75	H May	19.46m						

Javelin

M35	H Smith	36.45m	M40	T Jones	41.04m	M45	R Ball	51.00m	M50	R Ball	53.24m
M55	V Marks	39.36m	M60	V Marks	40.20m	M65	F Goodall	34.98m	M70	P Popa	31.97m
M75	P Popa	27.06m	M80	B Nicholson	19.65m	M85	S Hogg	15.30m			
W30	J Chung	26.34m	W35	F Dornan	25.96m	W40	K Armitage	21.54m	W45	E Teahan	21.58m
W50	P Scholes	23.50m	W55	C Blair	24.88m	W60	C Blair	25.40m	W65	H May	23.74m
W70	H May	21.84m	W75	H May	15.72m						

Shot Put

M35	R Thomson	16.42m	M40	L Voight	11.05m	M45	R Harris	13.02m	M50	R Harris	14.39m
M55	R Harris	13.41m	M60	R Harris	13.51m	M65	R Harris	12.95m	M70	H Robinson	9.29m
M75	P Popa	8.45m	M80	S Hogg	7.93m	M85	S Hogg	6.98m			
W30	P Workman	8.44m	W35	K Fraser	8.57m	W40	K Armitage	7.50m	W45	C Ashkettle	7.19m
W50	P Scholes	8.83m	W55	P Scholes	8.51m	W60	H May	8.38m	W65	H May	8.27m
W70	H May	7.27m	W75	H May	5.87m						

Weight Throw 15.88kg (35lb)

M35	P Jensen	21.01m	M40	L Voight	12.34m	M45	G Guenole	11.97m
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Weight Throw 11.34kg (25lb)

M50	E Rowan	9.68m	M55	K Bade	9.93m
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Weight Throw 9.072kg (20lb)

W30	J Chung	8.69m	W35	K Fraser	6.47m	W40	K Armitage	8.32m	W45	K Armitage	8.02m
W50	V Gould	8.55m	M60	V Marks	12.50m	M65	V Marks	11.40m	M70	J Blair	10.11m

Weight Throw 7.26kg (16lb)

M75	P Popa	10.04m	M80	S Hogg	9.08m			
W55	V Gould	9.26m	W65	H May	7.74m	W70	H May	7.42m

Weight Throw 5.44kg (12lb)

W60	C Blair	9.46m	W65	C Blair	9.62m	W70	C Blair	9.48m	W75	H May	7.86m
M80	S Hogg	11.34m	M85	S Hogg	8.42m						

Pentathlon (International Men: Long, Javelin, 200m, Discus, 1500m; Women: Hurdles, High, Shot, Long, 800m)

M35	R Hannan	1804	M40	K Berryman	2456	M45	T Jones	2067	M50	V Marks	2743
M55	J Powell	2603	M60	J Powell	2523	M65	L Frances	2266	M70	W Nicholson	2915
M75	W Nicholson	2702	M80	W Nicholson	2169						
W35	S Ratapu	1411	W50	C Blair	2117	W55	F McCracken	649	W60	H May	2174

Pentathlon (NZ women: 200m, Shot, Long, Javelin, 800m)

W30	J Chung	1472	W35	P Workman	2036	W40	P Hunt	1921	W45	G Dick	1928
W50	P Scholes	2792	W55	P Scholes	2791	W60	J Hammond	3275	W65	J Hammond	3441

Decathlon

M35	M Macfarlane	4553	M40	K Berryman	4906	M45	K Berryman	5777	M60	J Powell	4771
M70	W Nicholson	4142	M75	W Nicholson	4704						

Heptathlon

W50	G Dick	2935	W60	J Hammond	4466	W65	C Blair	4566	W70	C Blair	2878
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Weight Pentathlon

M35	H Smith	3265	M40	L Voight	2274	M45	G Guenole	2540	M50	E Rowan	2166
M55	R Harris	2655	M60	V Marks	3072	M65	V Marks	2925	M70	W Nicholson	1050
M75	P Popa	3307	M80	S Hogg	3051	M85	S Hogg	2809			
W30	J Chung	2015	W35	K Fraser	1562	W40	K Armitage	1959	W45	K Armitage	2092
W55	V Gould	2495	W60	C Blair	2619	W65	H May	3099	W70	H May	3659
W75	H May	3258									

PUT THESE DATES ON YOUR CALENDAR***Sunday 6th February 2005 - (day 1)******and******Sunday 20th February 2005 - (day 2)******Wellington Masters Track and Field Championships at Newtown Park*****SPIKES ON MONDO TRACK**

The maximum length of spikes to be used on the track for sprinters and distance runners is 6mm. Recommended are Pyramid, Conical or Tree spikes. Extra long grass spikes **MUST NOT** be used. Needle spikes are not suitable. 9mm spikes may be used on the Javelin and Jumps runways.

Spike checks will be carried out by WCC staff and Wellington Track and Field Committee members.

Your co-operation is requested to protect the Mondo track at Newtown Park.

COMING EVENTS

2004

Nov

26-28 North Island Masters Championships Whangarei

Dec

11 3 Bridges Marathon & Half Marathon, 5k & 10k Wanganui
18 Scottish Night of Miles Newtown Park

2005

Feb

6 Wellington Masters Track & Field Champs (day 1) Newtown Park
12 Buller Gorge Full & Half Marathon Westport
20 Wellington Masters Track & Field Champs (day 2) Newtown Park

Mar

4-7 NZ Masters Track & Field Championships Dunedin
11-13 NZ Track & Field Championships Wanganui

April

3 Marathon de Paris Paris
17 25th 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 SINGLET'S CAN BE ORDERED THROUGH MICHAEL CLARK - TELEPHONE 566 8755

NEWTOWN PARK GATE KEY

The lock on the gate has been changed.

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

CHANGE OF ADDRESS

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

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

WELLINGTON MASTERS ATHLETICS INC.

SUBSCRIPTION FOR THE 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