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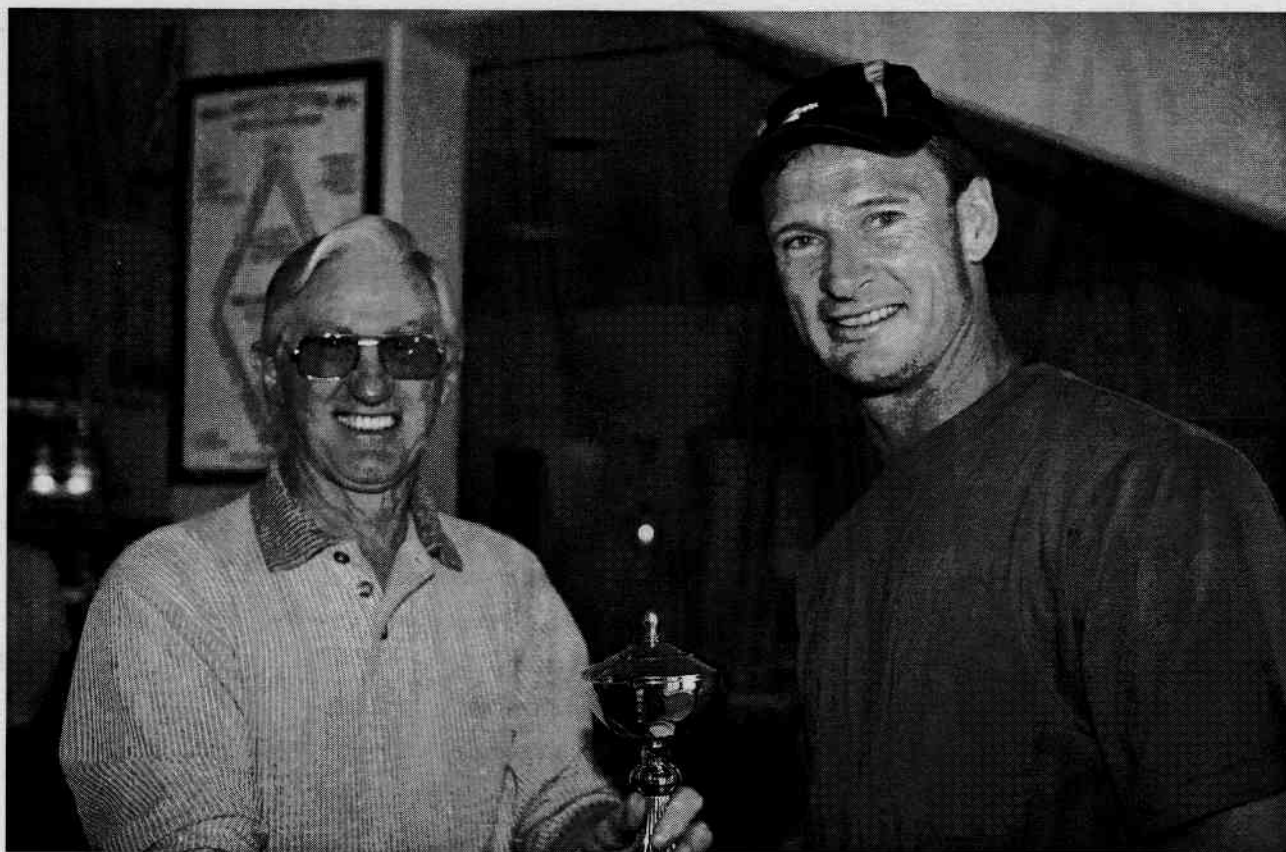
# MASTER

# COPY

Newsletter of the Wellington Masters Athletics Inc.

Volume 4 Issue 1

March 2005



Simon Poelman being presented with the Wellington Masters Athlete of the Year trophy by Jim Blair at the recent National Combined Events Meeting held at Newtown Park

## **WELLINGTON MASTERS ATHLETICS INC.**

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WGTN MASTERS:	Colleena Blair	43 Elmslie Road, Pinehaven, Upper Hutt 6007	528 2992

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

CLUB REPRESENTATIVES AND MEMBERS ARE ALWAYS WELCOME

## **EDITORIAL**

Welcome, to this the first issue of The Master Copy for 2005. I trust that everyone had an enjoyable and relaxing Christmas with family and friends, and are now ready with batteries fully recharged to front the athletic challenges for the coming year. It was a pity that the weather on some occasions was not really conducive for training let alone competition, and this was evident with the postponement of the scheduled Scottish Night of Miles and the Kiwi Throwers meeting, both because of the wet conditions that prevailed over the holiday period. Both of these events were rescheduled and took place on Saturday 15 January in fine conditions but with the presence of a strong northerly wind.

It would seem that we have somehow really upset the weather Gods, judging by the adverse weather patterns being experienced in different parts of the world recently, with the flooding, fires, droughts and melting icebergs etc. Watching the TV coverage of these disasters, we didn't really understand or appreciate how powerful and destructive the forces of nature can be. In New Zealand for most of last year, the weather went from one extreme to the other, with major flooding in the Manawatu in February, thru to the cold spell in December in the southern part of the country.

The Wellington region showed how vulnerable it is with the area once again cut off, not once, but twice in a period of a week, by the flooding on the Kapiti Coast caused by heavy rainfall over a short period in January. Some areas of Lower Hutt were also affected by flooding for the second time in 12 months. This is just one scenario in the unusual weather patterns that has been experienced over the country and the Wellington region during the past year.

The most tragic and devastating was the tsunami that followed the massive earthquake in the Indian Ocean which caused tens of thousands of deaths throughout Sri Lanka and Indonesia, and has left millions homeless and without the basics to survive. The countries of the world have rallied around, including New Zealand, and have come to the aid of those affected by way of financial donations and on-hand assistance. The devastation caused by this disaster will take many, many years to put right.

Closer to home it was also becoming a little worrying with the number of earthquakes that Wellington experienced in January, and one did begin to wonder if we were going to experience the "big one". It was also a little eerie that these shakes were coinciding with the 150th anniversary of the earthquake that caused immense damage through the Wairarapa countryside and the Wellington region all those years ago. I know that talking to friends and others at a couple of social functions I attended after the earthquakes, people were becoming very unsettled and wary.

In spite of all these catastrophes we must continue as "mature athletes" to keep up the training and strive to meet our goals, as over the years we have learnt to make the most of each day.

In December, it was also with great sadness that Arthur Lydiard passed away while on a lecture tour in the US. He was aged 87. Arthur was the pioneer of middle distance and distance training here in New Zealand and also in other parts of the world. Many of us will remember the 1960s Olympic champions Peter Snell and Murray Halberg who both used the Lydiard training method. Arthur inspired a generation of top New Zealand runners including former 5000m world record holder Dick Quax and 1976 Olympic 1500m champion John Walker. At the other end of the spectrum, he also inspired thousands of men and women to get out and jog. Many of us still base our training on the Lydiard principle of LSD (long slow distance) for our Sunday run. His influence even spread beyond athletics, with coaches in other sports adopting his training methods. I have reproduced a tribute given to Arthur at his funeral by Murray McKinnon, which can be found elsewhere in this edition.

The committee has set the dates for the three Masters events that we organise, the Classic Relay, the Johnsonville 8km and the Lower Hutt 10km. These dates are listed elsewhere in this edition. With the New Zealand and World Mountain Running Championships being held in Wellington this year, we have had to move some of the dates to avoid a clash with these events. Hopefully, they will meet with everyone's approval, as with a fairly full calendar it is difficult to slot in or move an event to another date where there is not going to be a clash of some sort. Where the likelihood of a clash was imminent, we have gone for the event that would not take too many members away from competing in our local Masters event. This year marks the 21st Anniversary of the Johnsonville 8km race and I know that Brian Watson is keen to do something special to mark this momentous occasion. The committee will keep you posted on developments as they come to hand.

On 2-4 December 2005, Wellington is hosting the North Island Masters Track and Field Championships at Newtown Park. At this stage a date has only been penciled in but won't be finalised until we hear back from

**Continued on page 4**

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## **EDITORIAL continued . . . .**

the South Island regarding the date of their Championships. Here is the opportunity for all Wellington Masters to be able to take part in a championship, right at your own back doorstep without the hassle of having to travel away.

Bernie Portenski is again setting world records, firstly, in the W55-59 3000m with a time of 10:38.8 at the Black Programme on 22 January, and then in the W55-59 with a new mile record of 5:31.9 at the Gold Programme on 29 January.

The Wellington Masters Track and Field Championships were held at Newtown Park on Sunday 6<sup>th</sup> and Sunday 20<sup>th</sup> February. The first day saw extremely hot conditions for officials and competitors alike, but this didn't stop 7 centre and 1 world record being set. Bernie Portenski was again to the fore setting a new 5000m time of 17:58.05 in the W55-59 age group.

The second day of competition was again held under hot conditions and the athletes had to contend with a fairly strong wind down the back straight. Whether the wind had any bearing on matters we don't know, as only 2 centre records were broken on the second day.

I would like to thank all the officials and helpers who gave up their weekends again to make the championships the successful two days they were. Without your continued support this event could not have taken place.

Congratulations to Simon Poelman who was the recipient of the Wellington Masters Sportsperson of the Year Award. The trophy was presented to Simon by Jim Blair during the National Combined Events held over the weekend 12-13 February at Newtown Park. This year proved to be more difficult for the committee to decide who should receive this award as we received four nominations – the most since the award's inception. The nominations received were Colleen Blair for World Age 73 and 74 Weight Throw Records; Simon Poelman for World Age Grade Decathlon Record; Ellis Goodyear for his M70 gold and silver medal haul at Rarotonga and Bernie Portenski for her 54 age and 55-59 age group records in the 3000m, 5000m and 10,000m. Congratulations to all the nominees – it was not an easy decision to make for the committee as it was felt that each nomination was deserving of this award.

Our membership continues to grow steadily and at present stands at 128. To date we have 4 members renew their membership after letting it lapse over the past couple of years, and 15 new members join, which is encouraging for the Committee and great for the future of the Association. These new members are listed elsewhere in this edition.

Finally, I hope that you all have a great year with your running and walking, whether it is on the track, on the road, up the side of mountains, or just across country, and that you manage to achieve the goals that you have set yourselves over the Christmas break.

John Palmer  
Editor

## **Subject: Did I send this already??**

I don't remember if I sent this one out.....

I don't think I did...or did you send it to me??

Funny, I don't remember being absent minded...

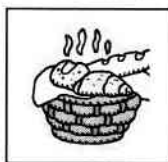
God grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones I do, and the eyesight to tell the difference.

Now that I'm 'older' (but refuse to grow up), here's what I've discovered:

1. I started out with nothing, and I still have most of it.
2. My wild oats have turned into prunes and All Bran.
3. I finally got my head together; now my body is falling apart.
4. Funny, I don't remember being absent minded...
5. Funny, I don't remember being absent minded...
6. All reports are in; life is now officially unfair.
7. If all is not lost, where is it?
8. It is easier to get older than it is to get wiser.
9. Funny, I don't remember being absent minded...
10. Some days you're the dog; some days you're the hydrant.
11. I wish the buck stopped here; I sure could use a few...
12. Kids in the back seat cause accidents.
13. Accidents in the back seat cause kids.
14. Funny, I don't remember being absent minded...
15. It's hard to make a come back when you haven't been anywhere.
16. The only time the world beats a path to your door is when you're in the bathroom.
17. If God wanted me to touch my toes, he would have put them on my knees.
18. When I'm finally holding all the cards, why does everyone decide to play chess?
19. Funny, I don't remember being absent minded...
20. It's not hard to meet expenses ... they're everywhere.
21. The only difference between a rut and a grave is the depth.
22. These days, I spend a lot of time thinking about the hereafter. I go somewhere to get something and then wonder what I'm here after.
23. I AM UNABLE TO REMEMBER IF I HAVE MAILED THIS TO YOU OR NOT!
24. Funny, I don't remember being absent minded...

Now, I think you're supposed to send this to 5 or 6, maybe 8, maybe 10, oh, heck, just send it to a bunch of your friends if you can remember who they are. Then something is supposed to happen. I think. Maybe you get your memory back or something! I think...





## **RECIPE**

### **LEMON PORK**

#### **Ingredients:**

500 gms NZ Trim Pork Schnitzel (or NZ Pork Stir Fry or NZ Pork Mince)  
1 Lemon  
1 tbsp Lee Kum Kee Sesame Oil  
Fresh herbs  
1 pkt Lee Kum Kee Ready Sauce for Lemon Chicken  
1 Capsicum (optional)

#### **Method:**

Slice pork schnitzel into strips and squeeze over the juice of lemon  
Chop fresh herbs (to make 1 tablespoon) and add to pork  
Heat the sesame oil in a wok or fry pan and stir-fry the drained pork until browned  
If using capsicum, slice and add to the pork  
Add the LKK Ready Sauce and heat through  
Serve on a bed of rice with a sprinkle of chopped fresh herbs

Serves 4.

#### **Some Tips:**

Pork and Lemon is a great flavour combination – no lemons? Try orange juice.  
A Ready Sauce such as LKK Lemon Chicken makes cooking quick and easy.  
For Variety, try other fruit stir fry/ready sauces such as apricot, pineapple (sweet & sour), creamy lemon and honey lemon.  
Keep a bag of stir-fry vegetables in the freezer and add a handful to your stir-fry – a great way to get the kids to eat vegetables.  
Always use separate boards for meat and vegetables.  
Marinating pork with lemon juice ensures succulence.

### **HYDRATION**

#### **The amount of fluid you need is dependent on:**

Genetics – some people sweat more than others.

Body size – larger people generally sweat more than smaller people.

Fitness – fitter people sweat earlier in exercise and tend to sweat more.

Environment – sweat losses are higher in hot, humid conditions.

Exercise intensity – sweat losses increase as exercise intensity increases.

#### **Water, sports water or sports drink?**

Sports drinks are the ideal choice during and after intense exercise because they contain carbohydrates and sodium that are quickly absorbed back into the body to speed up

recovery. They also replace electrolytes lost in sweat (sodium, chloride and potassium) and are lower in calories than soft drinks or fruit juice.

The sodium in sports drinks encourages you to keep drinking until you are fully re-hydrated after exercise, whereas sports water or plain water can suppress the thirst drive before fluid intake is complete.

Sports water is suitable for less intense exercise as it is lower in carbohydrate and kilojoules than sports drinks.

Water has no kilojoules at all and is the ideal everyday source of hydration. Water is suitable after light exercise such as a 45-minute walk and prior to exercise.

### **MEMBERSHIP**

At the time of going to print our membership for the current financial year stands at 128. A warm welcome to renewing members Leo Zonneveld (WMA); Barry Prosser (Olympic); Phillip Toye (WHAC) and to new members Meryl McKay (WMC); Michael Chadwick (WMA); Rob James (WMA); Helen Willis (Scottish); John Turner (WMA); Bart Jones (Scottish); Rod Plimmer (WMA); Phil Sadgrove (Scottish); Richard Brent (Scottish) and Ian Purvis (Valleys United). At the same time last year our membership was 109.

#### **Bernie's blitz**

Wellington runner Bernie Portenski broke her own world record in the 55-60 years age group in a 3000m race at Newtown Park on Saturday. Portenski shaved 3s off her previous record of 10min 41s.

Dominion Post Monday 24 January 2005

### **DECATHLON**

12-13 February 2005, Newtown Park

Simon Poelman, seven times New Zealand decathlon champion, showed that he has not lost any of his talent and technique for the event, winning the Masters men 40-44 age group. The 41 year old started with a 11.63s 100m, and was in surprisingly good form in a number of the other events, including a 6.42m long jump, a 1.92m high jump, a 15.16s 110m hurdles, and a 55.24m javelin throw.

He finished on 7826 points, well ahead of second place getter, Stephen Te Whaiti (Waik-BoP) who finished on 5759 points.

## Earthquake advice . . . Please read

A bit long but interesting reading, opposite of what we have been taught.

EXTRACT FROM DOUG COPP'S ARTICLE ON THE "TRIANGLE OF LIFE", Edited by Larry Linn for MAA Safety Committee brief on 13/4/04.

My name is Doug Copp. I am the Rescue Chief and Disaster Manager of the American Rescue Team International (ARTI), the world's most experienced rescue team. The information in this article will save lives in an earthquake.

I have crawled inside 875 collapsed buildings, worked with rescue teams from 60 countries, founded rescue teams in several countries, and I am a member of many rescue teams from many countries. I was the United Nations expert in Disaster Mitigation for two years. I have worked at every major disaster in the world since 1985, except for simultaneous disasters.

In 1996 we made a film which proved my survival methodology to be correct. The Turkish Federal Government, City of Istanbul, University of Istanbul Case Productions and ARTI cooperated to film this practical, scientific test. We collapsed a school and a home with 20 mannequins inside. Ten mannequins did "duck and cover," and ten mannequins I used in my "triangle of life" survival method. After the simulated earthquake collapse we crawled through the rubble and entered the building to film and document the results. The film, in which I practiced my survival techniques under directly observable, scientific conditions, relevant to building collapse, showed there would have been zero percent survival for those doing duck and cover. There would likely have been 100 percent survivability for people using my method of the "triangle of life." This film has been seen by millions of viewers on television in Turkey and the rest of Europe, and it was seen in the USA, Canada and Latin America on the TV program Real TV.

The first building I ever crawled inside of was a school in Mexico City during the 1985 earthquake. Every child was under their desk. Every child was crushed to the thickness of their bones. They could have survived by lying down next to their desks in the aisles. It was obscene, unnecessary and I wondered why the children were not in the aisles. I didn't at the time know that the children were told to hide under something. Simply stated, when buildings collapse, the weight of the ceilings falling upon the objects or furniture inside crushes these objects, leaving a space or void next to them. This space is what I call the "triangle of life". The larger the object, the stronger, the less it will compact. The less the object compacts, the larger the void, the greater the probability that the person who is using this void for safety will not be injured. The next time you watch collapsed buildings, on television, count the "triangles" you see formed. They are everywhere. It is the most common shape, you will see, in a collapsed building. They are everywhere.

### TEN TIPS FOR EARTHQUAKE SAFETY

(1) Most everyone who simply "ducks and covers" WHEN BUILDINGS COLLAPSE are crushed to death. People who get under objects, like desks or cars, are crushed.

(2) Cats, dogs and babies often naturally curl up in the fetal position. You should too in an earthquake. It is a natural safety/survival instinct. You can survive in a

smaller void. Get next to an object, next to a sofa, next to a large bulky object that will compress slightly but leave a void next to it.

(3) Wooden buildings are the safest type of construction to be in during an earthquake. Wood is flexible and moves with the force of the earthquake. If the wooden building does collapse, large survival voids are created. Also, the wooden building has less concentrated, crushing weight. Brick buildings will break into individual bricks. Bricks will cause many injuries but less squashed bodies than concrete slabs.

(4) If you are in bed during the night and an earthquake occurs, simply roll off the bed. A safe void will exist around the bed. Hotels can achieve a much greater survival rate in earthquakes, simply by posting a sign on the back of the door of every room telling occupants to lie down on the floor, next to the bottom of the bed during an earthquake.

(5) If an earthquake happens and you cannot easily escape by getting out the door or window, then lie down and curl up in the fetal position next to a sofa, or large chair.

(6) Most everyone who gets under a doorway when buildings collapse is killed. How? If you stand under a doorway and the doorjamb falls forward or backward you will be crushed by the ceiling above. If the door jam falls sideways you will be cut in half by the doorway. In either case, you will be killed!

(7) Never go to the stairs. The stairs have a different "moment of frequency" (they swing separately from the main part of the building). The stairs and remainder of the building continuously bump into each other until structural failure of the stairs takes place. The people who get on stairs before they fail are chopped up by the stair treads - horribly mutilated. Even if the building doesn't collapse, stay away from the stairs. The stairs are a likely part of the building to be damaged. Even if the stairs are not collapsed by the earthquake, they may collapse later when overloaded by fleeing people. They should always be checked for safety, even when the rest of the building is not damaged.

(8) Get near the outer walls of buildings or outside of them if possible - It is much better to be near the outside of the building rather than the interior. The farther inside you are from the outside perimeter of the building the greater the probability that your escape route will be blocked.

(9) People inside of their vehicles are crushed when the road above falls in an earthquake and crushes their vehicles; which is exactly what happened with the slabs between the decks of the Nimitz Freeway. The victims of the San Francisco earthquake all stayed inside of their vehicles. They were all killed. They could have easily survived by getting out and sitting or lying next to their vehicles. Everyone killed would have survived if they had been able to get out of their cars and sit or lie next to them. All the crushed cars had voids 3 feet high next to them, except for the cars that had columns fall directly across them.

(10) I discovered, while crawling inside of collapsed newspaper offices and other offices with a lot of paper, that paper does not compact. Large voids are found surrounding stacks of paper.

Spread the word and save someone's life.

## Dealing with Dogs when Walking or Cycling

Everyone, at some time, comes across dogs – particularly if using the cities or towns off-leash dog-walking areas.

Dogs are also to be found in urban settings – they should, in these circumstances be confined (and unable to intimidate passers-by), or on-leash, especially when on the pavements.

If a dog is off-leash and approaches you, and you are unsure of its intentions – slow down, especially if you are running or on a bicycle, and keep the dog in view. If the dog continues to approach, stop and yell at it – many 'town' dogs respond to 'Off' or 'Down'. If possible, pick up a stick or stone and throw it at the dog if necessary.

Do not speak to the dog (but shout to the owner if it is obvious who this is). Keep your hands down and clench them into fists. Dogs frequently follow the hands, just with their eyes normally. If a dog does jump at you, it will normally be towards the hands. With your hands at your sides, little damage will be done, unlike if your hands are near your face.

Once you know the dog is not going to attack you – eg it is quiet, sniffs at your hands or legs but is not growling – move away quietly and slowly.

Barking dogs, especially if they mill around you, can be very off-putting. Again, slow down a little and yell "Quiet" or "Shut up". Again, keep an eye on them as you move away.

If you frequently pass a problem dog, go prepared! For example, take a water bottle and squirt the dog full in the face with it. If the dog is a 'real mongrel', half fill a drinks bottle with vinegar, top it up with water, and give the dog a squirt of that! Make sure you don't accidentally drink it though!

If the dog is a real problem, contact your local authority dog control section and complain about it – knowing where the dog 'lives' helps, as the 'dog people' will visit the property. If you only see the dog when you are 'out and about', note when and where you see it. If it is a regular visitor to that area, again, tell the dog control staff.

It may also be a good idea to go out with someone else if you believe you may meet a problem dog – it's easier to deal with the owners at least when there are a few of you. If the problem really cannot be sorted out, then it may be necessary to avoid certain routes, but it is best to get something done about the dog.

### Friendly dogs

While some dogs are a nuisance and cause problems for runners and walkers, many owners train their dogs to leave people alone! However, it can take a dog a while to learn to ignore others! Runners and walkers (especially in groups) can be a great attraction/dis-traction! Also, some owners take their dogs running or cycling with them.

These dogs often view other runners etc as friends, particularly if people speak to each other. It sounds 'silly', but many dogs know the words 'Hello' or 'Hi' and respond to these.

Dogs also get to recognize other people very quickly. They will most often ignore you if you ignore them. They also quite like to 'say Hi' if you do – this is normally a touch of the hand or the dog will run alongside you for a few paces.

As the owner of a 'friendly' dog, I would ask that you ignore all 'friendly' approaches by dogs! Please do not stop and say 'What a nice dog' and stroke it – this just encourages it to approach you another time or to approach yet more people. If you see a dog on a long leash (line) or hear the owner saying 'Off' or 'Down', then be aware that the owner is in training mode and is trying to keep the dog away from you.

Also, don't chastise owners for telling their dogs off for being friendly. Unless you hear the dog yelp, you know it isn't being hurt (and there are times when they need to be hurt!).

If you see a dog ahead of you, going in the same direction and it is unaware of your presence, make some noise when approaching – this gives the owner time to check the dog, put it on a leash, or whatever. It also warns the dog, and owner, that someone is approaching and they are less likely to be surprised at your appearance. A startled dog is more likely to behave unexpectedly or negatively than one that is aware of your presence.

Cyclists, especially, should take note of this – it is very easy for them to approach quickly and noiselessly, and can startle both dog and owner – and can result in some not unexpected altercations!

Dogs have to learn to interact with other dogs and people in an appropriate manner. Treat all dogs with caution and make the dog and its owner aware of your presence.

Dogs are very much like small children – they can behave erratically and move quite quickly. If you see young children around, make concessions for them – similar considerations need to be made for dogs.

While they are expected to be under control (unlike many children, it often appears), they are animals and should be treated appropriately. New Zealand will never be dog-free. Owners and non-owners alike need to be responsible, considerate and, at times, understanding!

### Dogs as friends

Many people do not realize that dogs very quickly get to recognize other people. Dogs often view people they encounter on a regular basis as 'friends' and they will 'watch out' for these 'friends'. This can have very positive spin-offs – they will often assist you if you are approached by unfriendly dogs and even (more of a concern to many) if you are approached by 'unsavoury characters'.

Dogs are not called 'mans best friend' for no reason!

# WELLINGTON MASTERS T & F CHAMPIONSHIPS

## NEWTOWN PARK 6th & 20th FEBRUARY 2005

### 100m Women

W55	1 Veronica Gould	14.45
W65	2 Judy Hammond*	16.43

### 100m Men M35

M35	1 Rod Plimmer	12.85
M35	2 John Turner	12.93

### 100m Men 40-55

M45	1 Gary Rawson	12.08
M55	2 Laurie Malcolmson***	12.33
M40	3 Mark Macfarlane	12.44
M45	4 Phillip Toye	13.72

### 100m Men 55-80

M55	1 Rob James	15.35
M55	2 Paul Rodway	15.86
M80	3 Bill Nicholson	19.13

### 200m Women

W55	1 Veronica Gould*	31.12
W65	2 Judy Hammond	35.71

### 200m Men 35-55

M45	1 Gary Rawson	25.19
M40	2 Mark Macfarlane	25.36
M55	3 Laurie Malcolmson**	25.65
M35	4 Rod Plimmer	26.12
M45	5 Phillip Toye	27.89

### 200m Men M50-80

M50	1 Barry Prosser	30.88
M80	2 Bill Nicholson	41.67

### 400m Men

M35	1 Rod Plimmer	58.09
M50	2 Richard Brent	59.91
M45	3 Phillip Toye	1.02.64
M50	4 Barry Prosser	1.06.01
M65	5 Peter Hanson	1.18.19
M80	6 Bill Nicholson	1.38.74

### 1500m Mixed

M35	1 Joseph Bulbulia	4.18.25
M45	2 Alastair Leslie	4.34.08
M50	3 Richard Brent	4.39.84
M50	4 Barry Prosser	4.46.58
W40	5 Helen Willis	5.31.31
M55	6 Paul Rodway	6.01.01
W45	7 Brenda Burke	6.22.90
M55	8 John Palmer	6.28.46
M70	9 Ellis Goodyear	6.30.31
M75	10 Peter Thomas	7.09.39
M70	11 Michael Browne	7.25.70

### 3000m Walk Mixed

M55	1 Peter Baillie*	16.04.3
W50	2 Maryanne Palmer	19.25.4
W55	5 Margaret Bray	25.05.6
M65	6 Robert Bennett	25.21.4
W55	7 Val Campkin	25.29.6

### 400m Hurdles

M55	1 Francis Campkin	1.21.93
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### 3000m Steeplechase

M55	1 Francis Campkin	13.04.05
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### 5000m Mixed

M35	1 Joseph Bulbulia	17.52.41
M50	2 Richard Brent	17.52.61
M50	3 Barry Prosser	17.56.26
W55	4 Bernie Portenski**	17.58.05
M40	5 Peter Wrigley	18.22.76
M45	6 Des Young	18.29.50
M40	7 Neil Price	18.50.23

M55	8 John Palmer	24.00.95
M70	9 Ellis Goodyear	24.03.56
M65	10 Brian Watson	24.56.97
M65	11 Diane Rogers	26.07.34
W75	12 Peter Thomas	26.18.17
M65	13 John Hines	28.04.85
M70	14 Michael Browne	29.36.10

### 800m Men

M50	1 Richard Brent	2.16.06
M50	2 Barry Prosser	2.25.99
M70	3 Ellis Goodyear	3.04.46
M65	4 Peter Hanson	3.10.36
M55	5 John Palmer	3.12.53

### 800m Women

W40	1 Helen Willis	2.39.21
W40	2 Robyn Stansfield	2.49.78

### 110m Hurdles

M45	1 Gary Rawson	20.14
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### 100m Hurdles

M55	1 Francis Campkin	23.29
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### 80m Hurdles

W65	1 Judy Hammond	19.61
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### 1500m Walk Mixed

W50	1 Maryanne Palmer*	9.13.1
W55	2 Margaret Bray	11.55.5

### Weight Pentathlon Women

W70	1 Colleena Blair	2875 pts
W55	2 Veronica Gould	2282 pts
W45	3 Melanie Watson	1948 pts
W35	4 Kathryn Fraser*	1568 pts

### Weight Pentathlon Men

M70	1 Jim Blair	2678 pts
M45	2 Laurence Voight	2360 pts

### 10,000m Men

M40	1 Peter Wrigley	41.31.30
M70	2 Ellis Goodyear	49.45.28
M65	3 Brian Watson	50.17.74
M55	4 John Palmer	50.41.10
M65	5 John Hines	55.52.94
M70	6 Brian Read	77.17.1

### Pentathlon Women

W65	1 Judy Hammond	3056 pts
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### Pentathlon Men

M80	1 Bill Nicholson	1918 pts
M45	2 Kevin Watson	1461 pts
M55	3 Michael Clark	1402 pts

### Shot Put Women

W35	1 Kathryn Fraser	7.83m
W55	2 Veronica Gould	7.72m
W70	3 Colleena Blair	6.45m
W65	4 Judy Hammond	6.38m

### Shot Put Men

M70	1 Dick Harris*	11.40m
M45	2 Laurence Voight	10.58m
M35	3 John Turner	9.24m
M40	4 Mark Macfarlane	8.97m
M70	5 Jim Blair	8.32m
M45	6 Gary Rawson	7.59m
M45	7 Phillip Toye	6.35m
M80	8 Bill Nicholson	5.91m

### Triple Jump Women

W55	1 Veronica Gould	7.62m
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### High Jump Women

M65	1 Judy Hammond	1.03m
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### Pentathlon 100m Women

W65	1 Judy Hammond	16.87
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### Pentathlon Javelin Women

W65	1 Judy Hammond	14.13m
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### Pentathlon Shot Put Women

W65	1 Judy Hammond	6.43m
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### Pentathlon Long Jump Women

W65	1 Judy Hammond	3.30m
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### Pentathlon 800m Women

W65	1 Judy Hammond	3.45.44
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### Pentathlon 200m Men

M45	1 Kevin Watson	29.90
M55	2 Michael Clark	40.59
M80	3 Bill Nicholson	42.58

### Pentathlon Javelin Men

M45	1 Kevin Watson	18.75m
M55	2 Michael Clark	21.76m
M80	3 Bill Nicholson	16.21m

### Pentathlon Discus Men

M45	1 Kevin Watson	12.69m
M55	2 Michael Clark	20.93m
M80	3 Bill Nicholson	17.34m

### Pentathlon Long Jump Men

M45	1 Kevin Watson	3.73m
M55	2 Michael Clark	4.11m
M80	3 Bill Nicholson	2.54m

### Pentathlon 1500m Men

M45	1 Kevin Watson	6.04.37
M55	2 Michael Clark	7.27.43
M80	3 Bill Nicholson	9.30.97

### Triple Jump Men

M40	1 Mark Macfarlane	10.61m
M45	2 Gary Rawson	10.39m
M45	3 Phillip Toye	10.33m

### Discus Women

W70	1 Colleena Blair	13.49m
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### Discus Men

M70	1 Jim Blair	27.82m
M45	2 Gary Rawson	21.50m
M80	3 Bill Nicholson	17.28m
M45	4 Phillip Toye	15.22m

### Weight Throw Women

W55	1 Veronica Gould*	10.36m
W70	2 Colleena Blair	9.33m

### Weight Throw Men

M45	1 Laurence Voight	10.40m
M70	2 Jim Blair	9.54m
M45	3 Gary Rawson	7.11m

### High Jump Men

M35	1 John Turner	1.65m
M40	2 Mark Macfarlane	1.55m
M45	3 Phillip Toye	1.35m
M70	4 Jim Blair	1.25m
M80	5 Bill Nicholson*	0.94m

### Hammer Women

M35	1 Kathryn Fraser*	21.89m
W55	2 Veronica Gould	21.76m

### Hammer Men

M45	1 Laurence Voight	31.39m
M70	2 Jim Blair	20.38m
M45	3 Gary Rawson	17.41m

### Long Jump Women

W55	1 Veronica Gould	3.71m
W65	2 Judy Hammond	3.25m



## Wellington Masters T & F Results - continued

### Long Jump Men

M40	1 Mark Macfarlane	5.28m
M45	2 Gary Rawson	5.02m
M55	3 John Turner	4.79m
M35	4 Rod Plimmer	4.72m
M45	5 Phillip Toye	4.70m
M80	6 Bill Nicholson	2.34m

### Javelin Women

W70	1 Colleen Blair	15.24m
W65	2 Judy Hammond	13.73m

### Javelin Men

M45	1 Gary Rawson	33.59m
M45	2 Phillip Toye	30.36m

M70	3 Jim Blair	29.59m
M55	4 Rob James	29.33m
M80	5 Bill Nicholson	16.58m

Weight Pentathlon	Hammer	Shot	Discus	Javelin	Weight	Points
W45	Melanie Watson	18.56m	6.19m	16.42m	14.12m	7.25m 1948
W55	Veronica Gould	22.21m	7.41m	13.73m	12.95m	8.70m 2282
W70	Colleen Blair	13.89m	5.95m	14.14m	13.72m	9.33m 2875
W35	Kathryn Fraser	19.30m	7.77m	18.22m	13.34m	6.83m 1568

Weight Pentathlon	Hammer	Shot	Discus	Javelin	Weight	Points
M45	Laurence Voight	29.20m	10.24m	25.80m	26.30m	10.41m 2360
M70	Jim Blair	19.54m	8.30m	27.91m	25.04m	9.39m 2678

\* Centre Record

\*\* Non-member

\*\*\* World Record

## ATHLETICS WELLINGTON CROSS COUNTRY and ROAD COMMITTEE 2005 EVENTS

### March

Sun 20	Martinborough Round the Vines – 10km & Half Marathon
Tues 22	Lifestyle Sports 5km Series
Sun 27	Aurora Off Road – Full & Half Marathon, 10k Fun Run/Walk
Tues 29	Lifestyle Sports 5km Series

### April

Tues 5	Lifestyle Sports 5km Series
Tues 12	Lifestyle Sports 5km Series
Sun 17	Moonshine Half Marathon /10km Run and Walk
Sat 23	Shaw Baton Relay
Mon 25	ANZAC Day Races - Carterton

### May

Sat 1	Masters Classic Relay
Wed 4	Secondary Schools X Country Relays
Sat 7	University Relays
Sat 7	Rotorua Marathon + NZ Champs
Sun 15	NZ Mountain Running Champs
Sat 21	Vosseler Shield
Wed 25	Secondary Schools X Country Champs
Sun 29	Scottish 3 Peaks Series – 1

### June

Sun 5	Aurora Handicap Marathon
Sat 11	Dome Cup
Sat 18	National Secondary Schools & National Short Course XC Champs
Sun 19	Scottish 3 Peaks Series – 2
Sun 26	Harbour Capital Half Marathon

### July

Sat 2	North Island XC Championships - Taupo
Sun 10	Wainuiomata Mountain Run
Sat 16	Wellington XC Champs - Waikanae
Sun 24	Scottish 3 Peaks Series – 3

### August

Sat 6	NZ X Country Champs - Nelson
Sun 7	Masters 8km Road Race – Johnsonville

Tues 9	Lifestyle Sports 5km Series
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Sat 13	Bays Relay
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Tues 16	Lifestyle Sports 5km Series
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Sat 20	Athletics Wellington Road Champs
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Tues 23	Lifestyle Sports 5km Series
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Tues 30	Lifestyle Sports 5km Series
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### September

Sat 3	National Road Championships - Fielding
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Tues 6	Lifestyle Sports 5km Series
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Wed 7	Wgtn Secondary Schools Road Relay
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Tues 13	Lifestyle Sports 5km Series
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Wed 17	Belvedere Block Relays - Carterton
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Sun 18	Meridian Energy Wind Turbine Fun Run/Walk
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Tues 20	Lifestyle Sports 5km Series
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Wed 21	Wgtn Secondary School Road Champs
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Sat 25	World Mountain Running Champs
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Tues 27	Lifestyle Sports 5km Series
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### October

Sat 1	NZ Road Relay Champs - Akaroa
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Sun 16	Masterton Full & Half Marathon
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### November

Sun 6	Masters 10k Road Race & Walk
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Sat 12	Rimutaka Incline Run (TBC)
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Tues 22	Olympic Waterfront 5km Race
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### December

Tues 6	Olympic Waterfront 5km Race
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Tues 20	Olympic Waterfront 5km Race
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These dates were taken from the 2005 Syllabus that was sent out from the CC & R Committee

### Breaking News!

Camilla Parker Bowles says she is very happy to be getting married, but says she has turned down the Queen's offer of a free weekend in Paris with a car and a driver.

## CITY OF WGTN HALF MARATHON

KILBIRNIE, SUNDAY 23<sup>rd</sup> JANUARY 2005

Wellington Masters who took part are listed below.

Grade	Name	Time	Grade Pl.
<b>Men:</b>			
Open	Paul Forster	1:17:16	5
	Des Young	1:24:47	15
	Hank Leech	1:31:56	23
40-44	Chris Speakman	1:24:39	2
	Gordon Clarke	1:27:29	5
	Neil Price	1:30:49	11
50-54	Mike Winsborough	1:34:53	6
55-59	Paul Rodway	1:47:15	3
60+	John Barrington	1:36:29	2
	George Preddy	1:37:35	3
	John Hammond	1:50:28	5
<b>Women:</b>			
45-49	Brenda Burke	1:55:42	3
50-54	Kathy Young	1:44:10	1
55+	Meryl McKay	1:56:55	1
<b>Walkers: Men:</b>			
45-49	Kevin Watson	2:34:45	2
55-59	Peter Baillie	2:09:08	1
	Mick Rice	2:41:45	6
60+	John Hines	2:29:07	2
	Bart Jones	2:30:30	3
	Peter Tearle	2:36:30	4
<b>Women:</b>			
35-39	Kristeene Parkes	2:36:41	1
40-44	Amelia de Lorenzo	2:08:45	1

It was pointed out to me that the Masters results from the World Mountain Running Championships were not published in any of the Masters newsletters. My apologies - Ed

**WMRA Masters World Mt Running Championships**  
Sauze d'Oulx Italy - 28 August 2004

### **NZ Masters Team Results**

F35-40

Leanne Dury 5th

M 40-45

Graeme Pearson 17th

M 45-50

Patrick Meffan 3rd

Paul Forster 11<sup>th</sup> (Wellington)

Colin Earwaker 15th

M 55-60

Trevor Ogilvie 3rd

Fantastic performances by Pat and Trevor in hot conditions. 8km course starting at 1500m and finishing at 2200m so altitude an issue. Course in Sauze D'Oulx, 90k north of Turin in Italian Alps.

(Courtesy Athletics NZ website)

## Note on your Calendar or Diary

Sunday 1st May - Masters Classic Relay,  
Trentham Memorial Park

Sunday 7<sup>th</sup> August - 8km Masters Road Race  
& Walk, Johnsonville

Sunday 6<sup>th</sup> November - Masters 10km Road  
Race & Walk, Lower Hutt

## WELLINGTON MASTERS ATHLETE OF THE YEAR

### Past winners:

2000	Judy Hammond
2001	Ellis Goodyear
2002	Barry Prosser
2003	Bernie Portenski
2004	Simon Poelman

## **THE GOLD COAST MARATHON**

The Gold Coast Airport Marathon is held on the first Sunday in July every year, so mark down Sunday July 3 in your diary for 2005. In addition to the marathon there is also a half marathon, 10km run, 7.5km walk and two Junior Dash races for children under 14. With the start and finish located on the shores of the magnificent Gold Coast Broadwater and a course that winds its way along the Pacific Ocean past the world-renowned Gold Coast beaches, the pancake flat course offers fast running conditions for the novice and experienced runner.

The marathon starts at 6.50am with an average temperature of 10 degrees Celsius, rising to 18 degrees at 10:30am. Winds and humidity are traditionally low.

The Gold Coast Marathon supports the largest marathon field in Australia (over two thousand participants in 2004), is a member of AIMS and an IAAF certified event thereby offering world record and Olympic qualifications as well as recognised qualifiers for races such as the Boston Marathon.

If you are looking for an event in Australia offering value-for-money, ideal running conditions and plenty of atmosphere both on and off the course, then this is the race for you.

More information is available on the website:  
[www.goldcoastmarathon.com.au](http://www.goldcoastmarathon.com.au)

Ryan McDonald  
Event Liaison Officer  
Gold Coast Events Management Ltd  
Telephone: +61 7 5564 8733

## **Tributes flow for the man who changed the lives of many throughout the world**

By Murray McKinnon

Over 800 paid their final respects to Arthur Lydiard in the Auckland Town Hall on Tuesday December 21. It was a tribute that so many turned out to honour and share in the final run of a great coach and motivator. The service was led by one of "Arthur's Boys" Barry Magee, bronze medallist in the marathon at the 1960 Rome Olympic Games. Magee said that Lydiard had revolutionised the world of middle and long distance running and he had touched so many in the world in reaching their goals and stardom. In the last two lectures in the States, just days before he died in Texas, Lydiard received standing ovations after he had talked. Magee then asked the audience at the funeral to rise as one and give Arthur a standing ovation.

It was a magic moment to start the funeral.

Recently Magee talked to Lydiard about his departure from this life, and Arthur told him that he would only go to heaven if he could have a beer there. Lydiard was an excellent predictor of races and he was just as successful picking the winners of the four-legged variety as well as the two legged. Magee said that he was introduced to Arthur and began being coached shortly after his father had died. "He changed tragedy into triumph and he changed me from a nobody into a champion." "Arthur never used two words if he could use one. He called a spade a spade and we definitely know he never read a book about PR or how to win friends. You took him how he was."

The Hon Trevor Mallard, Minister for Sport and Recreation, said that Lydiard was a person who helped make New Zealand what it is today. "He shaped New Zealand, he is one of the original pioneers, like those who over 100 years ago decided women should have the vote, like those who fought at Gallipoli, like the Maori Battalion, those who made New Zealand nuclear free and Sir Edmund Hillary, Arthur put New Zealand on the centre of the world stage." Mallard said the wherever in the world there is an interest in athletics Arthur Lydiard has an instant meaning. Three things sum up Lydiard, Master Coach, Father of Training and God of the Jog. Mallard added that Lydiard's contribution to New Zealand had been recognised by being made an Order of New Zealand, one of only 20 at any one time. "He got everyday people off the couch and out running, he empowered people to believe in themselves."

Sir Murray Halberg said he was introduced to Arthur Lydiard 54 years ago by his then coach at the Owairaka Club, Bert Payne. "Arthur was a leader who didn't go half way, he was shrewd and had a forthright manner, but at the same time got a laugh a minute out of life." "He never wasted any words when talking to us, he lived life like a human dynamo." Halberg thanked Arthur's children, Roy, Gary, Fay and Bruce for sharing Arthur with all the runners he coached. "We used to run from Arthur's house and by the time Arthur hit the front door step we were off, and if you missed the start you were playing catch up the entire run." Halberg added that Lydiard had a love of nature and an appreciation of the world. "On one Sunday morning run on the Waiatarua course he stopped us all dead in our tracks to admire a native wood pigeon that had made its way down through the trees." Halberg talked about the days of training at Lydiard's beach house at Stanmore Bay, and of building a boat and going fishing. Halberg then fast tracked forward 50 years to the Athens Olympic Games and encountered the occasion that Lydiard spoke to the New Zealand track and field team. "They hung on every word that Arthur said that day. Every New Zealand medallist at Athens, would have been influenced in some way by Arthur Lydiard in their training for the games." Halberg summed up Arthur as "Master Coach".

Ari Hallenberg the Finnish Consulate General in New Zealand, said that after the success of Lydiard in the 1960's Finland secured his services to help get Finland back on the on the podium at the Olympic Games. Lydiard had also started the jogging boom in Finland.

Pat Clohessy from Australia, said that it had been a privilege to have been part of one of Arthur Lydiard's tours with his runners through Europe. "He was a master of psychology, he showed that by running marathons you can increase your speed. Peter Snell ran a marathon in November 1961 and two months later broke the world mile record." "Lydiard made a momentous contribution to Australian athletics. Ron Clarke employed Arthur Lydiard methods and he is on record as saying that the numerous world records he set were as a result of the Lydiard influence." Clohessy added that Lydiard is the greatest coach in the second half of the 20th century. "He has a lasting legacy to prove it. May the Lydiard influence live on forever."

Two of the athletes that he coached in the local Beachlands area, Damian and Mathew Shirley spoke of the ease at which Lydiard was prepared to help anyone who knocked on his door. "He was happy to help anyone as long as they were genuine and sincere in what they wanted to achieve," said Damian. Mathew recounted the time he went to Lydiard and said that he had run 80 miles that week in training. Arthur's reply was that he would start to see the results once he did 100 miles a week. So Mathew came back a week later and said that he had done 100 miles, and Arthur's reply was that Mathew would start to see the results once he did 120 miles a week.

Dick Tayler talked about the early days of sitting on the toilet reading Arthur's book "Run to the Top", while he tried to calm his nerves before a race. Lydiard believed the further an athlete ran, the better. Tayler said the year before he won the gold medal at set a Commonwealth record for 10,000m at the 1974 Christchurch Commonwealth Games, Lydiard told him to double his mileage from 161km a week to 322km a week over spring. The night before the race they went down to the Bush Inn and over three jugs of beer Lydiard told Tayler, "You are not the best athlete in the field, but you are the best prepared." "I believe that Arthur invented road rage. He used to say if they can't drive they should get off the road, as he drove one centimetre from the car in front." Tayler said one of the greatest things that Arthur told him was to drink beer.

"Thank God he never told me to stop." "Why did we do it, because Arthur said," added Tayler. Garth Gilmour, author of numerous books about Lydiard, said that Arthur's greatest pride and joy was to see people out jogging.

Peter Snell was unable to attend the funeral and sent the following tribute from the States.

"Today we bid farewell to a man who gave much of himself to inspire others to reach for lofty goals and provide the knowledge, tools and guidance for them to achieve success. I was one of those people and will be forever grateful for the way Arthur changed my life. I choose not to be sad about his death but to celebrate his unique contribution not only to the countless runners and sportsmen and women who applied his methods, but to those middle-aged and older people he gave new life to through his invention of jogging. It is with great regret that I cannot be present today but I am glad that I was able to dedicate to Arthur my presentations last week at a conference of coaches in Atlantic City. His legacy and place in history are secure. But more importantly Arthur you will be missed in all of our hearts."

Lydiard's coffin was carried out of the Town Hall by six of his nine grandchildren to Frank Sinatra's rendition of "I did it my way". Athletics New Zealand was represented at the funeral by president Don Chadderton and board members David Cosgrove, Dianne Rodger and Val Doring.

## **PC GONE OVERBOARD?**

Order the signal, Hardy."

"Aye, aye sir."

"Hold on, that's not what I dictated to the signal officer. What's the meaning of this?"

"Sorry sir?" "England expects every person to do his duty, regardless of race, gender, sexual orientation, religious persuasion or disability. What gobbledygook is this?"

"Admiralty policy, I'm afraid, sir. We're an equal opportunities employer now. We had the devil's own job getting 'England' past the censors, lest it be considered racist."

"Gadzooks, Hardy. Hand me my pipe and tobacco."

"Sorry sir. All naval vessels have been designated smoke-free working environments."

"In that case, break open the rum ration. Let us splice the main brace to steel the men before battle."

"The rum ration has been abolished, Admiral. Its part of the Government's policy on binge drinking."

"Good heavens, Hardy. I suppose we'd better get on with it. Full speed ahead."

"I think you'll find that there's a 4 knot speed limit in this stretch of water."

"Damn it man! We are on the eve of the greatest sea battle in history. We must advance with all dispatch. Report from the crow's nest, please."

"That won't be possible, sir."

"What?"

"Health and safety have closed the crow's nest, sir. No harness. And they said that rope ladder doesn't meet regulations. They won't let anyone up there until a proper scaffolding can be erected."

"Then get me the ship's carpenter without delay, Hardy."

"He's busy knocking up a wheelchair access to the fo'c'sle Admiral."

"Wheelchair access? I've never heard anything so absurd."

"Health and safety again, sir. We have to provide a barrier-free environment for the differently abled."

"Differently abled? I've only one arm and one eye and I refuse even to hear mention of the word. I didn't rise to the rank of admiral by playing the disability card."

"Actually, sir, you did. The Royal Navy is under-represented in the areas of visual impairment and limb deficiency."

"Whatever next? Give me full sail. The salt spray beckons."

"A couple of problems there too, sir. Health and safety won't let the crew up the rigging without crash helmets. And they don't want anyone breathing in too much salt - haven't you seen the adverts?"

"I've never heard such infamy. Break out the cannon and tell the men to stand by to engage the enemy."

"The men are a bit worried about shooting at anyone, Admiral."

"What? This is mutiny."

"It's not that, sir. It's just that they're afraid of being charged with murder if they actually kill anyone. There's a couple of legal aid lawyers on board, watching everyone like hawks."

"Then how are we to sink the Frenchies and the Spanish?"

"Actually, sir, we're not."

"We're not?"

"No, sir. The Frenchies and the Spanish are our European partners now. According to the Common Fisheries Policy, we shouldn't even be in this stretch of water. We could get hit with a claim for compensation."

"But you must hate a Frenchman as you hate the devil."

"I wouldn't let the ship's diversity co-ordinator hear you saying that sir. You'll be up on disciplinary."

"You must consider every man an enemy who speaks ill of your King."

"Not any more, sir. We must be inclusive in this multicultural age."

Now put on your Kevlar vest; it's the rules."

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## **NEW COMMITTEE MEMBERS**

At the December committee meeting of Wellington Masters, Michael Browne and Laurence Voight were co-opted onto the committee for the 2004-05 year.

Both of these new committee members have been around athletics for some time now and their experience and knowledge will be an asset to the committee and Wellington Masters.

Laurence, even though he is a member of the Kiwi Athletic Club, is resident in the Hutt Valley and is prepared to act as representative for the clubs in the Hutt Valley area. If any member of the Hutt Valley clubs requires any issue to be raised at the committee meeting, please contact Laurence and he will bring your issue to the meeting. As always, any member is welcome to attend any committee meeting if they wish to bring some matter to the attention of the committee.

My thanks also to Paul Homan who considered coming onto the committee but turned down the invitation owing to other commitments.

John Palmer, President

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## **THOUGHT FOR THE DAY . . . .**

I am willing to put myself through anything: temporary pain or discomfort means nothing to me as long as I can see that the experience will take me to a new level. I am interested in the unknown, and the path to the unknown is through breaking barriers, an often-painful process.

# THE SAFE SPORT

— by John M. Gray

## Race walking has all the benefits of running, without the risks

I'm a runner with an injured foot as I write this, but instead of going into psychological decline as injured runners tend to do, I'm still getting my five miles a day. I can do this because I am also a race walker, and my foot can stand ten-minute miles at a fast walk even though the same speed at a slow jog would be unbearable.

The key to this seeming paradox lies in what looks like the walker's wiggle, although it really isn't a wiggle at all. It is called the hip girdle, and because of this hip action the walker's torso moves forward on one level, never bouncing up and down. Thus there is only a fraction of the stress on the foot that there is with each stride of running. Walkers seldom have injuries, even the fastest ones, who can cover a mile in around six minutes and maintain a sub-eight minutes pace throughout distances longer than the marathon.

Of course, race walking is more difficult than running. You must learn a style and then monitor it on every step. The style involves working the arms and torso just as hard as the legs — you use all of your body when you race walk. Far from being a reason to avoid the sport, however, this is the reason that just about everyone in athletics could profit from walking. Race walking has all the benefits of running, without the risks. Furthermore, it's a pleasant exercise that benefits the entire body and concentrates weight loss around the mid-section. And race walking can be a shared activity for walkers of disparate ability. Although slow and fast runners are incompatible for training together, in race walking there are days when you concentrate on form only and others when you work for speed. If the fast walker does his formwork on the day his slower friend goes for speed, they can cruise along at, say, twelve-minute miles and both benefit.

Taking up race walking doesn't mean giving up any other activity. All sports combine well with walking. If you specialize in a comparatively inactive sport like bowling or golf, you don't have to be in top shape, but it helps. Walking for as little as three hours a week can give you a reasonably good conditioning. If your present sport has already put you in top shape, walking can help you stay there, both for strength and stamina. Also you can walk when time, weather, money, or injury keeps you from your main sport.

There is only one drawback to race walking, though. It's the ridicule factor. Certainly no one is going to deny that race walkers must accept the inevitable penalties for backfield in motion. Still, it's no worse now for walkers than it was for runners ten or fifteen years ago.

Perhaps it may be helpful for you to know that walking was a major sport until World War I. Most admired of all was Edward Payson Weston, a professional "pedestrian" who started in 1861 and who was still famed for his walking in 1929, when he died at the age of ninety. His start came when he lost an election bet and had to walk from Boston to Washington for Lincoln's inauguration. He loved the walk and took up walking seriously. He turned professional in 1867 and won \$10,000 for one race (from Portland, Maine to Chicago). He went to England and took away the Astley Belt, symbolic of world supremacy in walking; he also took away lots of money. Weston stopped walking when he grew "old", but he resumed training (thirty four miles a day) to cure himself of rheumatism at the age of fifty. Weston took many amazingly long walks after the age of seventy. When he was seventy-one for example, he walked from San Francisco to New York in seventy-seven days and won \$6,000 (in a year when Cy Young was paid \$4,500 for his pitching exploits).



If you start walking, you need to do it correctly, and while the technique is infinitely perfectable, the basics are simple. First of all, each time you start out, walk as you would if you were going to the store. As you feel your muscles loosen, pick up the pace a bit, to a brisk but still normal walk, a pace that will cover a mile in about fifteen minutes. Next, bend your arms to a 90-degree angle at the elbows and start to pump back and forth, as though you were hitting an imaginary punching bag in front of you. The arms should cross in front of your body no more to the middle, just about at your navel, and they should be kept in close at the sides. As the arm goes backward vigorously the opposite foot will be thrust slightly forward on each stride. (Sir Isaac Newtown explained the basis for this).

That's enough for the first few days. You want your muscles to get accustomed to the new exercise gradually. Race walking presents remarkably little risk or injury but if you give any muscle an all-out work out in a new way, you can leave yourself stiff and aching for days. Remember then you are walking as a backup exercise for your entire athletic future. You don't have to rush anything.



But don't be so cautious that you never advance beyond a stroll. It's quite easy to determine when you've crossed the border from strolling to the land of profitable race walking. It isn't your style or watch that tells you; it's your breathing and pulse. You should work hard enough to make yourself breathe heavily, without gasping (which is a sign you're trying to do too much) but still breathing hard and working up a sweat. The pulse rate is more specific. Scientists have determined that the maximum heartbeat for a human is about 220 beats per minute. Little children can reach this, but the maximum declines at the rate of about one beat a year, meaning that at twenty your maximum would be 200, and at fifty somewhere around 170. The target during a workout should be roughly three quarters of your theoretical maximum. In other words, a twenty-year-old should get up around 150 beats, a thirty-year-old around 142, a forty-year-old 135, and so on. If you get yourself breathing hard and couple that with a pulse rate within 10 beats of your goal, your race walking, no matter what your speed or how awkward your style. Count your pulse; two checks per workout, for fifteen seconds (multiplied by four), will give you the information you need.

When you feel quite confident with brisk walks, start on the hip girdle. If you have been walking fast, you have been taking longer strides than in your normal stroll, and stride length is the key to and the reason for the hip action. Walking fast thus has already started your hip action. The proper hip movement involves dropping the leg as it swings forward and moving it horizontally to the outside at the same time. The hip drop is about equal to the swing to the side. If you reach out with as long a stride as possible, you will tend to use the proper hip action.

To check that the hips and arms are helping you, you should take twenty strides in a fast conventional walk. Mark the points where the twenty strides start and end. Then start at the same point and walk with proper arm and hip action. You should find you reach the second mark in fewer than twenty strides. How many fewer gives you a check on just how effective your race walking style is.

With the legs, the main thing to concentrate on is keeping them straight and to lock the knee on each stride. No Groucho Marx-style walk allowed; it isn't effective anyway. You keep your body almost perpendicular to the ground, with a 5-degree forward lean at the most. As you become smoother you will find that you can place your feet in a direct line with each other, another indication of good form. You should have the feeling that your hips are leading your legs, pulling them through the stride. You should also keep your rear foot in contact with the ground as long as you can to give the other leg a chance to move as far forward as possible when the hip drops. Be sure to go at a less-than-all-out pace at first, concentrating on form, not speed. You will want either to alternate fast, comparatively styleless workouts with slower, in-form ones until you begin to feel comfortable with the hip action, or to alternate style and speed sessions during the same workout.

Since you are not likely to have a coach, I strongly recommend that you find a friend to take up walking as a backup sport along with you. That person can check on the angle at which your foot strikes the ground (45 degrees is ideal), on the body lean (never backward and no more than 5 degrees forward), on the straightened leg (you should look as though you are walking, not running), on the arm action (right-angle bend at the elbow and not too much swing across the front of the body), and on a general appearance of smoothness and relaxation (hands not clenched, face calm, head and torso moving forward smoothly, and feet hitting the ground one in front of the other).

How often you train is an individual decision. There is no maximum, as Weston's thirty-four miles a day proved, but there is a minimum. If you don't work out at least three times a week for thirty to forty-five minutes each time, you are kidding yourself if you think walking is going to benefit your athletic career. Walking definitely is not the magic cure to your physical woes; it is hard, honest work. It is also, however, work in which the athletic rewards are most certain and gained with less boredom than other exercises I have come across.

As the equipment is minimal (clothes that satisfy the indecent-exposure laws and shoes, probably light running shoes), you aren't going to be wasting any money on the sport, and you could be starting something that will hold you together physically almost indefinitely, leaving you better prepared to succeed in your main sport.

Watch out, though. Walking races are being held everywhere these days. You may find yourself entering one of them, getting hooked, and ending up with walking as your main sport, not the backup. There are worse fates.

*John M Gray is a free-lance writer living in Massachusetts*

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## 5 Tips To Better Nutrition

1. During 1-2 weeks, log what you eat.
2. Use a website that can help you total the nutrients and calorie count each day.
3. Eat more often — 6-10 times a day (same food, smaller meals).
4. Balance each meal with about 19-29% protein, 15-24% fat, and the rest in complex carbohydrates.
5. Consume a recovery snack within 30 min of finishing a run of 80% carbohydrate/20% protein.



## **100k Walking Championship**

Ultra-walker Peter Baillie powered home to win the 2005 New Zealand 100km Walking Championship, at the Great Lake Relay, Taupo, on 19 February 2005. Peter not only broke the race record, but completely smashed it, taking 1hr 23mn off the previous record (13:58) in finishing in an amazing 12:25! Starting at midnight on Friday, Peter walked through the night, passing the marathon distance in under 4:50. Most of us walkers would be happy to just break 5hrs and call it quits but Peter still had another 60k to go – and GO he did. He passed 50k at 5:49 (6:57 per km!) and he was able to change-down a gear as he was 25mins ahead of his pre-race schedule.

The final 50k of the eastern side of the lake was always going to be a battle against exhaustion – so the battle began. Feeding every 20mins, and with fluid replacement became a priority as the sun rose and the day heated up. The pace (understandably) dropped and the eking away of the kilometers went on. 40k to go, 30 to go and it was getting tough. Peter's face showed the strain – his food intake became intermittent.

The battle against the sun became all important. The kms went past – 20 to go – down the Hatepe Hill and the Taupo township was in sight. The pace is slowing but Peter is still 20mins ahead of his planned pace. The hill is gone and the airport is near – "hell it's hot," we think – and we are only the support crew!

The pace is steadied with 12k to go and Peter is setting himself to attack the last 10k. He's in the township (the traffic is crazy) and 5k to go – more water, more water. The end is in sight. He pounds down past the Lakeside Harbour, around behind the Park, and on to the finishing line – 12:25:00 – amazing!

Now here is something to ponder – Peter did the last 3k in 20mins – UNDER 7min/kms (try it sometime). To show the respect Peter has engendered in the walking fraternity, every member of the two relay teams from New Plymouth (who finished 1<sup>st</sup> & 2nd in the relay) waited at the finishing line to greet Peter. A wonderful gesture.

We were privileged to be Peter's support team and witness this epic effort. We were there to see it but still wonder just how he does it. Congratulations Peter.

Article courtesy Scottish website - supplied by Bart and Daphne Jones

## **The Way Children See Things!**

### **NUDITY**

I was driving with my three young children one warm summer evening when a woman in the convertible ahead of us stood up and waved. She was stark naked! As I was reeling from the shock, I heard my 5-year-old shout from the back seat, "Mom! That lady isn't wearing a seat belt!"

### **HONESTY**

My son Zachary, 4, came screaming out of the bathroom to tell me he'd dropped his toothbrush in the toilet. So I fished it out and threw it in the garbage. Zachary stood there thinking for a moment, then ran to my bathroom and came out with my toothbrush. He held it up and said with a charming little smile, "We better throw this one out too then, 'cause it fell in the toilet a few days ago."

### **OPINIONS**

On the first day of school, a first-grader handed his teacher a note from his mother. The note read, "The opinions expressed by this child are not necessarily those of his parents."

### **KETCHUP**

A woman was trying hard to get the ketchup to come out of the jar. During her struggle the phone rang so she asked her 4-year-old daughter to answer the phone. "It's the minister, Mommy," the child said to her mother. Then she added, "Mommy can't come to the phone to talk to you right now. She's hitting the bottle."

### **MORE NUDITY**

A little boy got lost at the YMCA and found himself in the women's locker room. When he was spotted, the room burst into shrieks, with ladies grabbing towels and running for cover. The little boy watched in amazement and then asked, "What's the matter haven't you ever seen a little boy before?"

### **ELDERLY**

While working for an organization that delivers lunches to elderly shut-ins, I used to take my 4-year-old daughter on my afternoon rounds. The various appliances of old age, particularly the canes, walkers and wheelchairs, unfailingly intrigued her. One day I found her staring at a pair of false teeth soaking in a glass. As I braced myself for the inevitable barrage of questions, she merely turned and whispered, "The tooth fairy will never believe this!"

### **DRESS-UP**

A little girl was watching her parents dress for a party. When she saw her dad donning his tuxedo, she warned, "Daddy, you shouldn't wear that suit." "And why not, darling?" "You know that it always gives you a headache the next morning."

### **SCHOOL**

A little girl had just finished her first week of school. "I'm just wasting my time," she said to her mother. "I can't read, I can't write and they won't let me talk!"

## **5 Ways to Get Faster**

1. Be sure you choose a realistic goal.
2. Extend the length of your long run — and run slower.
3. Run hill repeats for strength, one day a week.
4. Schedule a series of speed sessions that gradually build to your goal.
5. Schedule a series of "test races" that give you a reality check on your goal.

### **LAI D LOW**

It has been brought to the Committees attention that Wellington Masters member, Mick Rice has been taken to hospital with what looks like a serious back ailment. He has been "on his back" for two weeks and it is getting worse according to Mick's partner Joan.

Speaking with Joan on the 2nd March, she said "Mick had a herniated disc and was seeing a specialist during the week where a decision will then be made whether to operate".

Our thoughts are with you Mick, and we wish you a speedy and safe recovery.

# For Junk Food Junkies: Nutrition Resolutions

By Nancy Clark, RD, [www.nancyclarkrd.com](http://www.nancyclarkrd.com)

"I know I should eat more bananas, better breakfasts, and less junk - but I just don't want to..." Sound familiar? Yes, if you are among the cluster of runners who rationalizes your consumption of "junk food" is OK because you exercise hard, burn off the calories and hence "deserve" a reward. You undoubtedly know an optimal sports diet includes more fresh fruits, more vegetables, more whole grains and less fast-and-fatty foods, gooey sweets and tempting treats. But Cinnabons taste good. So do Big Macs, Pringles and Haagen Dazs. What's life without ice cream? Or chocolate chip cookies?

Yes, the American diet includes an abundance of foods with lackluster nutrition. Some favourites have even been dubbed heart-attacks-on-a-plate! But for you, donuts are more fun than bran muffins. And bacon tastes better than oatmeal. Coke is preferable to skim milk. Let's face it; America's abundance of tempting treats is a haven for junk food junkies. Junk food may be fun for the moment, but good health is better for the long run. Given the New Year is a good time for nutrition resolutions; you may be ready to say, "Enough is enough?"

You know what you should eat ... yet, you just don't want to. Yuck — whole wheat bread, bran cereal, oatmeal, skim milk, spinach, fish, fruit for snacks and desserts. If the thought of revamping your diet sends you running to Fast Food Alley, this article is designed to help you choose the road towards a healthier food plan that's liveable. Even YOU can eat well and still have fun with food! Here are a few suggestions.

## Whole wheat bread

If you are an aficionado of squishy white bread, just the thought of a sandwich on whole-wheat slices can zap the fun out of your lunch. Take note: Whole wheat bread is not the only way to boost your intake of wholesome grains. A reasonable goal is to have at least half of your grain-foods be unrefined. That means you can enjoy white bread for lunch and whole grains at other times: Cheerios, oatmeal or granola for breakfast; brown rice or corn (canned or frozen) with dinner; low fat Triscuits, popcorn or baked corn chips for a snack. Take note: A wholesome diet need not be a "perfect" diet (read that, a diet that bans white bread).

## Oatmeal

Some runners call it oatmeal; others call it wallpaper paste. While there's no denying that folks who regularly eat oats can lower their cholesterol (and risk of heart disease), you still have to eat the stuff. If you have had undesirable encounters with gluey, gloppy oatmeal, here's a suggestion for happily including this health protective grain into your diet: Eat oats raw. Yup. That way, you avoid their gluey consistency. Here's how I conquered the "I should eat oatmeal" guilt-trip. I enjoy a half-cup of raw oats (either old fashioned or instant oats taste fine) with some crispy cereal for texture and crunch (like whole grain Wheaties), plus milk, sliced banana, a handful of slivered almonds and a sprinkling of (dried) blueberries. Yum! I enjoy this simple and satiating meal both at breakfast and often in the afternoon as a pre-run energizer.

## Skim milk

If you grew up drinking skim milk, you have an advantage over runners who were trained to like the "real thing." Unfortunately for our health, a glass of whole milk contains the equivalent of two pats of butter. That's 10 grams of fat, 50 calories of cloggage. Your best bet is to gradually wean yourself from whole milk (3.5% fat) to 2% fat milk, then 1%, and then skim. You can stop at 1% or 2% milk, as long as you keep other fatty foods at a minimum throughout the rest of your day's intake. For example, cut back on cheese, butter and obviously greasy foods. Your overall diet will end up being low in fat.

## More milk

Now that you are drinking lower fat milk, the trick is to enjoy milk (yoghurt or other calcium-rich foods) three times a day to get the calcium needed to protect your bones, help keep blood pressure under control, and manage weight. Choose cereal (with milk) for breakfast, a (decaf) latte in the morning and another in the afternoon, hot cocoa (with milk powder added to hot cocoa mix), and cups of yoghurt for snacking.

## Spinach

You've undoubtedly heard you'll be strong to the finish if you eat your spinach. But what if you don't like the stuff, even though it offers iron, folate, potassium, beta-carotene and abundant other health-protective nutrients? Before saying "yuck," try a salad made with baby spinach leaves (available in the "bagged salad" section of most grocery stores). Baby spinach offers a sweeter, gentler taste than regular frozen or fresh spinach. Here's a lip-smacking good sweet & spicy salad dressing (courtesy of marathon king Bill Rodgers) that will find you coming back for more spinach: Combine 2 to 4 tablespoons olive oil, 2 tablespoons red wine vinegar, 1/2 to 1 tablespoon sugar, 1 tablespoon ketchup, and salt as desired. (This makes enough for a whole bag of spinach.) Add your choice of slivered almonds, mandarin oranges, mushrooms, broken walnuts... Mmmm.

## Fruit for dessert, snacks

Without a doubt, runners who eat fruit several times a day protect health far better than any vitamin supplement might do. But if a pear just doesn't "do it" for a snack, nor does an apple satisfy your hankering for apple pie, try these tips to fatten your fruit intake.

1) Do your "fruit duty" at breakfast, the meal when fruit appeals to most people. By enjoying a tall glass of orange juice along with a banana (on cereal), you'll have a firm foundation to your day's fruit intake.

2) Eat a heartier lunch, so fruit will become an appealing dessert. For example, convert your light lunch into a peanut butter sandwich. You'll then be content to enjoy grapes for dessert (instead of a big cookie).

3) Snack on an apple plus (low fat) cheese, banana plus peanut butter, berries plus yoghurt. One piece of fruit for about 100 calories is generally too little for a runner who may need 300 calories per snack.

## Costs vs. Benefits

Making dietary improvements offers benefits: better health, more energy, fewer dental caries, longer life, etc. But eating healthier comes along with costs. That is, eating breakfast means you have to wake up earlier, have breakfast-food available, and take the time to eat. But the benefits are: you'll be more alert, less hungry mid-morning, have a better workout that afternoon, and be better able to control your weight. When the benefits of breakfast out-weigh the costs, you'll integrate that dietary improvement into your life. The same goes for ice cream. When you eat heartier, wholesome meals at breakfast and lunch, you'll be content to eat a lighter dinner and less ice cream (or other evening snacks) afterwards. You may not even miss the goodies, or will easily eat smaller portions.

By acknowledging the costs and benefits of your food choices, you can better understand why you eat the way you do, and then move forward. Keep focused on this over-riding benefit: When you eat well, you feel better and you feel better about yourself. Everyone always win with good nutrition!

Sports nutritionist Nancy Clark, MS, RD offers nutrition consultations to casual and competitive athletes at her private practice in Healthworks (617-383-6100), the premier fitness centre in Chestnut Hill MA. Her Sports Nutrition Guidebook (\$23) and Food Guide for Marathoners (\$20) can help you improve your sports diet.

Both books are available at:  
<http://www.jeffgalloway.com/merchandise/index.html>

## Wellington Masters Athletics - Track and Field Records as at 22/2/05

### 100m

M35	R Ward	11.70	M40	W Sharp	11.80	M45	G Rawson	12.01	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	14.26	W60	C Blair	14.90	W65	J Hammond	16.43
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			
W35	P Hunt	26.36	W40	P Hunt	27.36	W45	P Hunt	27.54	W30	P Hunt	25.61
W50	S Gower	30.11	W55	V Gould	31.12	W60	J Hammond	31.90	W65	J Hammond	34.91

### 400m

M35	R Ward	54.30	M40	B Turnbull	52.77	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	78.38
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 39.3	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	M70	M Browne	14 42.07
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	B Portenski	10 41.21						

### 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	17 58.05	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 Steeples**

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 Steeples**

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 Steeples (2'6")**

M70	J Eccles	8 44.65									
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**110m Hurdles**

M35	M Macfarlane	20.9	M40	J Penny	18.7	M45	A Robinson	20.14	M50	J Blair	21.10
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**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	15.73									
W60	C Blair	16.64	W65	C Blair	17.35						

**200m Hurdles**

M40	B Turnbull	34.1	M45	T Jones	31.7	M50	J Parker	35.58	M55	J Powell	37.1
M60	J Powell	38.4									
W40	P Hunt	31.1	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	62.19
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 04.3	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 27.2
M60	P Tearle	28 55.3	M65	B Read	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 Palmer	9 13.1
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						
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**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	W MacIntyre	1.30m
M75	W Nicholson	1.05m	M80	W Nicholson	0.94m						
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	1.10m

**Long Jump**

M35	M Macfarlane	5.70m	M40	M Macfarlane	5.47m	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	V Gould	4.13m	W60	C Blair	3.79m	W65	C Blair	3.53m
W70	C Blair	2.93m									

**Pole Vault**

M35	M Macfarlane	2.80m	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	V Gould	8.27m	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	21.89m	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	36.46m	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	R Harris	11.40m
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	H Smith	11.88m	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
W55	V Gould	10.36m									

**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	2458	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	2038	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	J Hammond	4773	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	1568	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									



## COMING EVENTS

### 2005

#### Mar

4-7	NZ Masters Track & Field Championships	Dunedin
11-13	NZ Track & Field Championships	Wanganui
20	Round the Vines	Martinborough

#### April

10	Mt Lowry Challenge	Eastbourne
17	25 <sup>th</sup> Flora London Marathon	London
18	Boston Marathon	Boston
25	ANZAC Day Races	Carterton

#### May

1	Masters Classic Relay	Trentham Memorial Park
1	Nelson Half Marathon	Nelson
7	Fletcher Challenge Forests Marathon	Rotorua
15	NZ Mountain Running Championships	Mt Victoria
21	Great Wall Marathon	China
22	Huntly Half Marathon (NZ Champs)	Huntly

#### June

5	Aurora Handicap Marathon	Upper Hutt
26	Harbour Capital Half & Full Marathon	Westpac Stadium

#### July

2	North Island Cross Country Championships	Taupo
3	Gold Coast Full & Half Marathon	Queensland
16	Wellington Cross Country Championships	Waikanae

#### Aug

7	Masters 8km Road Race & Walk	Johnsonville
7	Levene Half Marathon	Taupo
14	Manawatu Half Marathon	Palmerston North

#### Sept

25	World Mountain Running Championships	Mt Victoria
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#### Nov

6	Masters 10km Road Race & Walk	Lower Hutt
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#### Dec

2-4	North Island Track & Field Championships	Newtown Park
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**Note:** While every attempt is made to provide correct dates of events, intended dates and venues can change. It is advisable to check the information from official entry forms, websites or event organisers.

## UNIFORMS

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

## 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**

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**SUBSCRIPTION FOR THE 2004/2005 YEAR**

**(1 September 2004 to 31 August 2005)**

**\$30 = NZMA**

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