

THE

MASTER

COPY

Newsletter of the Wellington Masters Athletics Inc.

Volume 4 Issue 4

December 2005



WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2005-06

PATRON:	Arthur May	24 Motuhara Road, Plimmerton, Porirua 6006	233 9412
PRESIDENT:	John Palmer	122 Onslow Road, Khandallah, Wellington 6004	479 2130
VICE PRESIDENT:	Brian Watson	58 Bannister Avenue, Johnsonville, Wellington 6004	478 6232
SECRETARY:	Veronica Gould	95A Ellice Street, Mt Victoria, Wellington 6001	973 6741
TREASURER:	Dick Harris	11 Whitu Street, Khandallah, Wellington 6004	971 5993
COMMITTEE:	Peter Wrigley	42 Judd Crescent, Naenae, Lower Hutt 6009	973 6637
	John Hammond	148 Wellington Road, Paekakariki, Kapiti 6010	04 292 8030
	Kathryn Fraser	49 Dress Circle, Newlands, Wellington 6004	477 4914
	Michael Browne	85 Owen Street, Newtown, Wellington 6002	973 7404
	Laurence Voight	17 Tarras Grove, Kelson, Lower Hutt 6009	565 0718
SUBSCRIPTIONS:	Veronica Gould	95A Ellice Street, Mt Victoria, Wellington 6001	973 6741
EDITOR:	John Palmer	122 Onslow Road, Khandallah, Wellington 6004	479 2130
MASTERS RECORDS:	Michael Clark	12B City View Grove, Lower Hutt 6009	566 8755

CLUB CO-ORDINATORS

CAPITAL RUNNERS:	Ray Marten	68 Donald Street, Karori, Wellington 6005	476 8292
H V HARRIERS:	Ian Blyth	3 Chilton Grove, Lower Hutt, 6009	934 9350
H V MARATHON:	Trevor Knowles	105 Major Drive, Lower Hutt, 6009	565 0294
KAPITI:	John Hammond	148 Wellington Road, Paekakariki, Kapiti 6010	04 292 8030
KIWI:	Vic Marks	6 Blucher Avenue, Newtown, Wellington 6001	389 9993
OLYMPIC:	Brian Watson	58 Bannister Avenue, Johnsonville, Wellington 6004	478 6232
RIMUTAKA:	Mike Clark	12B City View Grove, Lower Hutt 6009	566 8755
TRENTHAM UNITED:	Diane Rogers	42 Elmslie Road, Pinehaven, Upper Hutt 6007	528 2316
SCOTTISH:	John Hines	Flat 88, Central Park Flats, 20 Nairn St, Wellington 6001	384 3231
UNIVERSITY:	Colin Sasse	42 Naenae Road, Naenae, Lower Hutt 6009	567 9516
VALLEYS UNITED:	Don Brodie	30 Sunshine Crescent, Kelson, Lower Hutt 6009	565 0705
WAIRARAPA:	John Eccles	30 Cole Street, Masterton 5901	06 377 3479
WGTN HARRIERS:	Neil Price	11 Hurman Street, Karori, Wellington 6005	476 6956
WGTN MARATHON:	Bruce Perry	61A Clifford Road, Johnsonville, Wellington 6004	478 3641
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 COMMENCING AT 5:30pm.

CLUB REPRESENTATIVES AND MEMBERS ARE ALWAYS WELCOME

EDITORIAL

PRESIDENT'S REPORT

Wellington Masters Athletics Inc. 2004-2005

It gives me great pleasure in presenting this report for the Wellington Masters Athletics covering the period 1 September 2004 through to 31 August 2005. I have tried to give an overall view of the year by covering certain aspects of the past 12 months as follows:

Membership:

Our membership has been maintained at a level comparable with previous years ending with 135 for the year – slightly up on numbers over the past couple of years. This figure was reached in May and has remained static since then without any further members joining. This year we had 3 members renew their membership and 18 new members join. With members moving away from the area and others not rejoining for whatever reason, we should be pleased that we are continuing to maintain a core group. Thanks to Veronica Gould for her role as Subscription Secretary. She efficiently maintains an up-to-date database of all our members, which in turn ensures members receive their Vetline and masters newsletter. However, we must not be complacent and should always be on the lookout for opportunities to recruit new members.

Masters Events:

Lower Hutt 10km – Sunday 7th November 2004

Peter Wrigley again put his hand up as race director and for this I offer my thanks for his support in this important role. This event attracted similar numbers as previous years - 26 runners and 14 walkers. Again this event incorporated the Wellington Masters Championships and certificates were sent out to the winners and place getters in each 5 year age group. Peter has again offered to be Race Director for this year's event, set down for Sunday 6th November. Planning is already underway and we are looking at the possibility of a slight alteration to the course as a safety measure.

Wellington Masters Track and Field Championships - Sunday 6th and 20th February 2005:

The first day's competition was held in conditions that were a complete contrast from the previous year's atrocious conditions with the weather extremely hot for competitors and officials. There were 7 centre and 1 world record set. Bernie Portenski setting a new 5,000m W55-59 age group record in a time of 17:58:05. Conditions on the second day were also hot but competitors had to contend with a strong headwind down the back straight. Only 2 centre records were broken on the second day. Thanks to all the officials and helpers who gave up their weekends to help make the Championships a success.

Union ANZ Track & Field Championships – 11-13th March 2005 at Wanganui:

Wellington Masters walkers performed with distinction with a national title to Amelia de Lorenzo (1:55:30) and a Bronze medal to Peter Baillie (1:57:08) in the 20km Road Walk. Amelia also placed third in the 3000m Track Walk with a time of 15:36.

Masters Classic Relay - Sunday 1st May 2005:

This year the event attracted 19 running and 10 walking teams compared with 2004 where we had 17 running and 6 walking teams. Scottish took out the Open Men, Women and the Walk; Valleys United the 250 and 300+ grades, and Kapiti, once again took out the mixed grade. A special thanks to Dick Harris who donated two trophies for this event - one for the Walkers and one for the 300+ grade.

Johnsonville Road Race and Walk – Sunday 7th August 2005:

With this being the 21st running of the event the Committee tried to make something memorable of the occasion. Each finisher received a figure of a runner, a cake was cut to mark the occasion, and some extra spot prizes were awarded. What was disappointing was the turnout – 24 in total made up of 20 runners and 4 walkers. A Certificate of Appreciation was awarded to Brian Watson in recognition for organising this event – something he has been doing since its inception in 1985.

Newsletter (The Master Copy):

The newsletter continued to be published on a regular basis. Late last year I managed to obtain the services of Printlink in Petone to print the newsletter at no cost to Wellington Masters. This is a big saving in costs over the year and I would ask members should they require any printing, to please consider supporting Printlink. I must add my thanks to Printlink for their continuing support of Wellington Masters.

Financial:

Our finances (as presented in the statement of accounts) show that our financial situation is in a healthy position. Thanks to Dick Harris for the sturdy work in his role as Treasurer. His astute financial head ensures that our term deposits are always re-invested at the best interest rate available. Revenue from some of the

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events held has been good, and though the aim is to break even, we lost some of the good profit from the Classic Relay subsidising the Johnsonville event.

Committee:

I would like to take this opportunity to thank all the committee members for their input during the year. I am not going to single out any one person, as each member contributed in some way to assure the success of Wellington Masters during the past year. There is always positive comment from committee members during any matter being discussed, which makes my role as Chairman easier. I would also like to thank the committee members for the times that they have assisted as timekeepers, marshals, recorders and "general dog's bodies" at the various events that we provide. Paul Rodway is standing down from the committee and I would like to thank him for his contribution over the past two years as a committee member. I am grateful to the other committee members who have put themselves forward again for nomination to this year's committee.

General:

During the year a number of our members suffered ill health and spent some time in hospital. I hope that you are all on the road to recovery and that we will see you again out and about at events. Two members suffered bereavements of a family member recently and I offer my condolences to them and their families. To any one else that we have not been informed about who may have lost a family member or have suffered health problems our thoughts and best wishes are with you as well.

I would like to thank Kathryn Fraser, who as well as being on our committee, still serves on a number of committees in the Wellington Centre. Our committee, and the Wellington Centre have shared the expenses in upgrading our laptop computer. Kathryn uses this laptop for recording and producing results at our Masters events and also most of the Centre events held at Newtown Park and around the region. This certainly makes things much easier for the organisers of these events. Kathryn without hesitation, always volunteers to be the recipient to receive the entries for all the events that we stage. Thank you Kathryn for the tremendous work that you continue to do for Wellington Masters and the Wellington Centre.

In December, Wellington Masters are hosting the North Island Masters Track and Field Championships at Newtown Park. The LOC consisting of myself, Kathryn Fraser, Veronica Gould and Laurence Voight have met and have things well under way. The upgrade to Newtown Park shouldn't have too much effect on the North Island champs, but could cause some disruption to our Wellington Centre Track and Field Championships in February.

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

John Palmer
President,
Wellington Masters Athletics

Masters race dates for 2006:

Classic Relay – Sunday 14 May - Trentham Memorial Park

Johnsonville 8km Road Race – Sunday 6 August – Olympic Harrier Clubrooms

Lower Hutt 10km Road Race – Sunday 5 November – Huia Pool, Lower Hutt

also

Postal Weight Pentathlon – July (date and venue to be confirmed)

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WELLINGTON MASTERS ATHLETICS INC.

Statement of Receipts and Payments for the period ending 31 August 2005

<u>2004</u>	<u>RECEIPTS</u>	<u>2005</u>
2,210.29	Balance of Current Account 31 August 2004	1,803.94
19,861.53	Total of Term Deposits 31 August 2004	21,383.86
22,071.82		23,187.80
4,085.00	Subscriptions Received	3,935.00
49.81	Interest on Current Account	39.47
973.58	Interest on Term Deposits	1,592.21
2,203.00	Race Fees	2,235.00
0.00	Uniforms Sold	36.00
250.00	Track and Field Entry Fees	250.00
105.00	Grant from the 4th Games Trust	-
7,666.39		8,087.68
29,738.21		31,275.48
	<u>PAYMENTS</u>	
3,602.50	Subscriptions to N.Z.M.A	4,020.00
1,142.72	Race Expenses	1,886.31
750.60	Telephone, Postage and Newsletter expenses	525.87
30.00	Grant	-
0.00	Purchase of Computer	1,099.00
787.50	Athletic Equipment Purchased	-
237.09	Track and Field Championship Expenses	505.12
6,550.41		8,036.30
23,187.80	TOTAL FUNDS AT 31st August 2005	23,239.18
	Represented by:-	
1,803.94	National Bank Current Account	2,285.64
10,119.59	National Bank Term Deposit due 03/02/06	10,000.00
11,264.27	National Bank Term Deposit due 04/11/05	10,953.54
23,187.80		23,239.18

Statement of Accounting Policies

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

Audit Report

To the readers of the financial report of the Wellington Masters Athletics Inc. I have audited the financial report. The financial report provides information about the financial performance of the association and its financial position as at 31st August 2005.

Committee's Responsibilities

The Committee is responsible for the preparation of a financial report which fairly reflects the financial position of the association as at 31st August 2005 and of the results of the operations for the period ended 31st August 2005.

Auditor's Responsibilities

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

Basis of Opinion

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

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

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

Qualified Opinion

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

In my opinion the financial report fairly reflects the financial position of the organisation as at 31st August 2005.

My audit report was completed on 14/09/2005 and my qualified opinion is expressed at that date.

G. H. Gould, BCA CA

Please detach and send to subscriptions secretary

WELLINGTON MASTERS ATHLETICS INC

SUBSCRIPTION FOR THE 2005/2006 YEAR
(1 September 2005 to 31 August 2006)

\$35 NZMA

NAME(S): _____

ADDRESS: _____

BIRTH DATE(S): _____ E-MAIL _____

CONTACT PHONE No. _____ CLUB (if any) _____

\$35 (\$70) 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



Please detach and send to subscriptions secretary

WELLINGTON MASTERS ATHLETICS INC

SUBSCRIPTION FOR THE 2005/2006 YEAR
(1 September 2005 to 31 August 2006)

\$35 NZMA

NAME(S): _____

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CONTACT PHONE No. _____ CLUB (if any) _____

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

Please advise any change of address as soon as possible

WELLINGTON TRACK and FIELD PROGRAMME 2005/06

<u>Date</u>	<u>Event</u>	<u>Venue</u>
2005		
5-6 November	North Island Combined Events Championships	Hastings
5 November	WIL Pentathlons Meeting – all day Junior & Senior	Newtown Park
12 November	NTC – 2nd Qualifier	Newtown Park
19 November	Black Programme	Newtown Park
25-27 November	South Island Masters Championships	Invercargill
26 November	NTC – 3rd Qualifier	Wanganui (tbc)
2-4 December	North Island Masters Championships	Newtown Park
3 December	Selected under distances/jumps during Masters Programme	Newtown Park
10 December	Gold Programme	Newtown Park
14 December	Porritt Classic	Hamilton
17 December	Northsport Classic	North Shore
17 December	Black Programme	Newtown Park
24 December	Blackboard Meeting – 5pm start	Newtown Park
31 December	Training Sessions – No official timing	Newtown Park
2006		
6-8 January	North Island Colgate Games	Hamilton
7 January	Kiwi Throwers Meeting – from 3.00pm	Newtown Park
7 January	Scottish Night of Miles – from 5.30pm	Newtown Park
13-15 January	South Island Colgate Games	Dunedin
13 January	Capital Classic	Newtown Park
14 January	Gold Programme	Newtown Park
14-21 January	Oceania Masters Championships	Christchurch
15 January	Sylvia Potts Classic	Hastings
21 January	Black Programme	Newtown Park
21 January	NZ 10,000m Championships	Inglewood
27-28 January	NZ Championships – Combined Events & Road Walks	Christchurch
4 February	Gold Programme	Newtown Park
5 February	Wellington Masters Track & Field Championships - Day 1	Newtown Park
11 February	Mayor's Mile Race	Wanganui
11 February	Black Programme	Newtown Park
12 February	Wellington Masters Track & Field Championships - Day 2	Newtown Park
18-19 February	NZ Junior/Youth/Masters Combined Events Championships	Palmerston North
18 February	Wellington Championships - all day meeting	Newtown Park
25 February	Blackboard Programme	Newtown Park
4-7 March	NZ Masters Track & Field Championships	Wanganui
4 March	Gold Programme	Newtown Park
11-12 March	NTC Final	Newtown Park
14 March	CSW Regional Championships	Newtown Park
15-25 March	Commonwealth Games	Melbourne

Black Programme

<u>Time</u>	<u>Track</u>	<u>Field</u>
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

<u>Time</u>	<u>Track</u>	<u>Field</u>
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.

Don't forget nominations for

WELLINGTON MASTERS

ATHLETICS INC.



SPORTSPERSON OF THE YEAR

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

Award:

Known as the Sportsperson 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 this year was awarded to Simon Poelman.

Wellington Masters 10k Road Run and Walk - Lower Hutt, 6 November 2005

Richard Brent was fastest male runner (36:26), while Meryl McKay held that honour for the women (50:00). Peter Baillie won the men's walk in 57:44 and Bridget Hesketh was the fastest woman (72:25). 35 people participated this year slightly down in numbers from last year. This year we trialed a new course starting outside Sacred Heart College and heading out the same way as in past years (on the road alongside the railway track towards Naenae) and then back to the finish at Sacred Heart College. The reason for the course change at the beginning was to be close to the facilities at Huia Pool and also the safety factor with fewer roads to cross and the need for not so many marshals. Thanks to Peter Wrigley who again acted as Race Director, Maryanne Palmer for compiling the results, and to all the officials and helpers that turned up on the day.

Name	Category	Time	Place	Grade
Andrew Bates	R	37.30	1	M35
Dave Murgatroyd	R	37.27	1	M40
Chris Speakman	R	39.41	2	M40
Des Young	R	39.11	1	M45
Paul Homan	R	39.22	2	M45
Richard Brent	R	36.26	1	M50
Ken Howell	R	42.46	2	M50
Steven Bligh	R	43.38	3	M50
Dave McIlwraith	R	45.29	4	M50
Albert van Veen	R	51.08	1	M55
Ken Ritchie	R	49.56	1	M60
Ian Priest	R	53.17	2	M60
Harry Ross	R	49.11	1	M65
John Hammond	R	52.41	2	M65
Peter Hansen	R	57.17	3	M65
Ellis Goodyear	R	49.38	1	M70
Roy Rogers	R	58.19	2	M70
Peter Thomas	R	53.31	1	M75
Michael Browne	R	57.17	2	M75
Maryanne Palmer	R	54.43	1	W50
Meryl McKay	R	50.00	1	W60
Diane Rogers	R	51.58	1	W65
Andrew Bell	W	69.46	1	M50
Peter Baillie	W	57.44	1	M55
Ian Andrews	W	69.01	2	M55
Bart Jones	W	71.16	1	M60
John Hines	W	71.59	1	M65
Brian Read	W	80.11	1	M70
Peter Tearle	W	72.43	1	M75
Gordon Smith	W	80.17	1	M80
Bridget Hesketh	W	72.25	1	W45
Sevana Minassian	W	72.26	1	W50
Margaret Bray	W	80.23	1	W55
Robyn Iremonger	W	88.18	2	W55
Daphne Jones	W	79.05	1	W60



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

This email came to me via the Secretary and I thought it appropriate that I advertised it in the newsletter for those who are intending to go to Christchurch for the Oceania Games next year and may be after suitable accommodation.



RE: A warm welcome & Southern Hospitality

I am contacting you in the hope that you'll consider recommending our accommodation for competitors during the Oceania Veteran Track & Field Championships 2006. We are confident we can offer you and your athlete's great accommodation options in a relaxed environment with a few unique extras.

Our centrally located (recently upgraded) accommodation complex is very well priced. The complex has been further enhanced by the addition of "Bealeys" an impressive SPEIGHT'S Ale House and restaurant, due to open in a couple of weeks.

We will send you an invitation to the opening closer to the day.

At Pacific Park our philosophy is to ensure that while in Christchurch, our guests enjoy genuine *southern hospitality* and that your individual needs are met. The recently refurbished rooms are tastefully presented, clean and comfortable, and given the current off season SPORTPAC room rate, represent exceptional value for athletes.

Please feel free to make it widely available to entrants in the various regions. I look forward to talking with you soon.

Yours sincerely,

pp. Richard and Tane Norton

VETERAN TRACK & FIELD SPORTS PAC!

Sportpac is our very special accommodation package for Sports Teams, Social Groups and Clubs. We hope you can take advantage of the rates and ask that you pass this information onto your members.

We can offer accommodation for up to 150 people in a variety of rooms, including a large number of triple rooms each with private facilities.

Shared Triple	\$30.00 per person
Shared Double/Twin	\$37.50 per person
Single Room	\$70.00 per person
Cooked Breakfast	\$12.50

All rates are GST inclusive

BITS and PIECES

Membership

Since the AGM and the new subscription renewal notices have been circulated, our membership stands at 92. Welcome to new members Dave McIlwraith (Olympic); Graham McPhail (Kiwi); Tare Teautama (WMA); Ian Andrews (Walk4Health); Bridget Hesketh (WMA); Andrew Bell (WMA); Daphne Jones (Scottish); Barbara Prosser (Olympic); Steven Bligh (Olympic); Albert van Veen (Valleys); Sevana Minassian (Victoria); David Creamer (WMA); Diane Turner (WMA) and John Skinnon (Scottish).

* * * * *

Congratulations

To Colin Maclachlan who has been elected President of Athletics New Zealand for 2005/06. Colin takes over the reins from Don Chadderton of Canterbury. Colin is a member of Wellington Masters and also a current member and a life member of Wellington Scottish Harriers.

* * * * *

New Zealand Record

Congratulations to Peter Baillie, who on 1-2 October set a new New Zealand 24-hour record in the Annual Sri Chimoy 24-hour track race at Sovereign Stadium in Takapuna, Auckland. Peter covered a record distance of 182.648km over the 24-hour period. Last year, Peter walked 174.129km in wet conditions losing the skin off the soles of his feet. This time surgical tape saved his soul; all he got was some toe blisters. Well done, Peter – a fantastic effort.

* * * * *

Complimentary Copy

A "complimentary copy" of the Wellington Masters newsletter "The Master Copy" has been enclosed in each race pack for competitors taking part in the North Island Masters Track and Field Championships. I hope that you get as much pleasure and enjoyment reading this issue of our newsletter as our own members do. – John Palmer, Editor.

* * * * *

Spikes on Mondo Track

For all those taking part in the North Island Masters Track and Field Championships, please ensure that you use the correct spikes when competing on the Mondo surface of the 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.

* * * * *

Subscription Form

This issue of the Master Copy will be sent to all members who were financial as at 31 August 2005 plus any new members who have joined since 1 September. A new subscription form is enclosed in this issue for those that wish to renew their membership. To those that already have renewed, thank you for your continuing support of Wellington Masters. To those that haven't yet, this will be the last issue of the newsletter that you will receive. Just a reminder for those that are contemplating entering the Wellington Masters Track and Field Championships in February, you need to be a current financial member of Wellington Masters.

* * * * *

Thinking of You

Our thoughts are with John Turner from Lyall Bay who has to go into hospital for cardiac surgery. Our thoughts are with John and we wish him well and hope the surgery is successful and he has a speedy recovery.

* * * * *

Donald Rumsfeld is giving the President his daily briefing.

He concludes by saying: "Yesterday, 3 Brazilian soldiers were killed in an accident".

"OH DEAR GOD NO!!!" George W. Bush exclaims. "that's terrible!!"

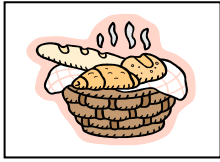
His staff sits stunned at this display of emotion, nervously watching as the President sits, head in hands.

Finally, the President, devastated, looks up and asks.....

"How many is a Brazillion??!"

* * * * *





RECIPE

GRILLED VENISON MEDALLIONS WITH PRUNE & APPLE CHUTNEY & CRISP FRIED LEEK

Ingredients:

6 Medallions
250 mls of oil

Chutney:

1 large Granny Smith apple - cut into dice
1 Medium onion – diced
12 Prunes (pitted – cut into halves)
½ tsp of Lemon zest (grated rind of lemon)
¼ Cup of apple juice
25gms of Butter or oil
Allspice, nutmeg, fennel seed oil, cumin – a pinch of each

Leek Garnish:

1 Large leek, white only, well washed
500 mls of cooking oil
Salt and pepper

Method:

Meat:

Pat medallions dry and season.
Sear over high heat in a heavy sauce pan for approximately 2 minutes each side. Reserve keep warm.
Rest.

Chutney: (Best made day before)

Saute onion until soft and lightly coloured.
Add apple and prunes – cook until apple is just soft.
Add all remaining ingredients and reduce by half and chutney is thickened. Chill.

Leek:

Wash leek well. Cut into long very thin strips (long match sticks).
Heat oil in a heavy sauce pan until moderately hot 160 C
Fry leeks until golden. Drain and season with salt and pepper.

Eight words with 2 meanings

1. THINGY (thing-ee) n.

Female..... Any part under a car's hood.
Male..... The strap fastener on a woman's bra.

2. VULNERABLE (vul-ne-ra-bel) adj.

Female.... Fully opening up one's self emotionally to another.
Male.... Playing cricket without a box.

3. COMMUNICATION (ko-myoo-ni-kay-shon) n.

Female... The open sharing of thoughts and feelings with one's partner.
Male... Leaving a note before taking off on a fishing trip with the boys.

4. COMMITMENT (ko-mit-ment) n.

Female.... A desire to get married and raise a family.
Male..... Trying not to hit on other women while out with this one.

5. ENTERTAINMENT (en-ter-tayn-ment) n.

Female.... A good movie, concert, play or book.
Male..... Watching sport.

6. FLATULENCE (flach-u-lens) n.

Female.... An embarrassing byproduct of indigestion.
Male..... A source of entertainment, self-expression, male bonding.

7 MAKING LOVE (may-king luv) n.

Female..... The greatest expression of intimacy a couple can achieve
Male... Call it whatever you want, just as long as we do it.

8. REMOTE CONTROL (ri-moht kon-trohl) n.

Female.... A device for changing from one TV channel to another.
Male... A device for scanning through all 375 channels every 5 minutes.

BRAND NEW BOOKS by Jeff Galloway

Walking – The Complete Book will motivate you to get moving, avoid aches and pains, and enjoy a more energetic life. Whether you are just starting to walk around the block, or have been active for years, "Walking – The Complete Book" has a world of information that will make you want to walk every day, as it helps you improve the experience.

Jeff Galloway has worked with over 150,000 average people, who were mostly couch potatoes before they followed his exercise routines. Many have gone on to finish 26-mile-marathons or half- marathons. Virtually all of them find that 20-30 minutes spent on this simple exercise bestows more vitality and a better mental attitude than anything else during their day. This book explains why, with step-by-step information to keep moving forward – for life.

US\$17.95

New MARATHON! Autographed

Jeff Galloway's new Marathon! is a total re-write of the 1996 bestseller, MARATHON! Not only will you find 50% new material on marathon training, eating, and mental preparation, you'll access the info much more easily. This is the only book that gives instructions on walk breaks: how often, how long, for training and racing. You'll find the latest info on fat-burning, training exercises to get motivated and stay fired up, when and how to eat during a run, how to run a faster marathon, how to recover, and how to continue running as you mature. He has included the half marathon in the race prediction table and goes from a 5:00 to 18:00 mile pace in the pace chart.

US\$15.95

Web site: <http://www.JeffGalloway.com>

A dancer from six to 60

by Trudi Sutcliffe

Hidden in the suburbs are many hidden treasures, Heather May is one of those gems whose spark has seen her live life to the full.

At 83-years of life Heather has fitted more into her life than many could fit into two, with careers as a "professional dancer" and an "amateur" athlete.

Heather and Arthur, her husband of 54-years, have lived in Plimmerton for many years, where together they raised two daughters, Kim and Pam.

Heather is modest and flustered to have a reporter in her house and lavishly talks about her four grandchildren's achievements and interests.

But she eventually reveals her first love – dancing – a dancer she says from age of six to 60 years.

Competing in Competition Society Festivals at an early age led to an invitation to perform with an Australian company as a professional solo dancer touring throughout Australia and New Zealand at the age of 15.

A memorable act was her comedy sailor routine, laughs Heather, when she stumbled onto stage acting drunk.

Her dancing career ended with World War II although she says she was put to good use entertaining with the 2YA Concert Party at military and air force camps.

After the war Heather discovered athletics and two years later won her first New Zealand high jump title and a year later broke the NZ resident high jump record.

Following 10 years of much success in high jump, hurdles, long jump, shot put, discus, javelin, relays and the pentathlon at Wellington and New Zealand track and field championships Heather retired to focus on her daughters.

But 20 years later, at age 59, heather picked up her track shoes and took part in the Wellington Championships and competed in the NZ Veteran Championship.

Fourteen years competing at the veteran level followed with achievements in several world events including two golds in the 80m sprint hurdles and pentathlon, and three silvers in the shot put, discus and high jump at the Puerto Rico 5th World Games.

This success carried through to the 1984 Oceania Games and stopped when she took time off for a full hip replacement.

An operation such as this would have led many to live a more sedentary life, but not Heather. Two years later she competed at the Melbourne 7th World Games and accomplished one of her career highlights, four golds in javelin, shot put, discus and pentathlon.

Heather retired in 1997 after much deliberation. "It took me five years to decide to retire after having a rather active life."

But she did not achieve this success by herself, her coach was her husband Arthur, a coach for the Lower Hutt Athletic Association for 46 years.

Both Heather and Arthur are Life Members of the Lower Hutt Athletic Club.

When Arthur was asked how he felt about his wife's accomplishments he reminisced with a smile: "Quite good, but she could have done better – I wasn't hard enough. But it's been a lot of fun."

Despite being in retirement for the last eight years, a full hip replacement and arthritic ankles, which Heather says have served her well, she still trains for all round fitness, belongs to a gym and works out on her exercycle daily.

Belonging to Attic Artists and painting sunsets witnessed from her lounge window is a new infatuation.

Heather is proud of all her grandchildren and is happy to support her eldest granddaughter, Katie, who is following her grandmother's footsteps in a dancing career. No doubt with her

grandmother's commitment, determination and spark.

Footnote: Arthur, Heather's husband and mentor is the Patron of Wellington Masters.

This article appeared in the Kapi-Mana News, 27/9/2005 – thanks to Peter Baillie for supplying the article.



Blonde Joke

I urgently needed a few days off work, but I knew the Boss would not allow me to take a leave. I thought that maybe if I acted "CRAZY" then he would tell me to take a few days off.

So I hung upside down on the ceiling and made funny noises. My co-worker (who's blonde) asked me what I was doing. I told her that I was pretending to be a light bulb so that the Boss would think I was "CRAZY" and give me a few days off.

A few minutes later the Boss came into the office and asked, "What are you doing?" I told him I was a light bulb. He said, "You are clearly stressed out. Go home and recuperate for a couple of days".

I jumped down and walked out of the office. When my co-worker (the blonde) followed me, the Boss asked her " ... And where do you think you're going?"

She said, "I'm going home too, I can't work in the dark!"

* * * *

Eastern Steaks

Ingredients:

- 4 NZ pork steaks
- 1 teaspoon each minced garlic, minced ginger
- 1 tablespoon each oil, honey, soy sauce
- 2 tablespoons vinegar
- ¾ cup tomato sauce

Method:

Pat dry the pork steaks.
Mix remaining ingredients together.
Put together in a plastic bag and refrigerate for 3-4 hours.
Pre-heat barbecue or grill to medium-hot.
Drain steaks and barbecue 6-10 minutes each side or grill according to cooking guide.

Serves 4

Weight Pentathlon

Wellington Masters Weight Pentathlon, Newtown Park

Men: M45

Laurence Voight	0006	Performance	Hammer 31.91	Shot Put 10.71	Discus 25.51	Javelin 25.74	Weight 10.90
Age 46		AF Perf	37.80	11.92	26.78	31.61	12.79
Wellington	Points	476	602	402	322	609	
1st		2411	476	1078	1480	1802	2411

M65

Fred Goodall	0003	Performance	Hammer DNS	Shot Put 7.68	Discus 26.24	Javelin 31.85	Weight DNS
Age 67		AF Perf	DNS	11.30	32.83	52.53	DNS
Wellington	Points	0	564	520	626	0	
1st		1710	0	564	1084	1710	1710

M70

Blair, Jim	0002	Performance	Hammer 21.42	Shot Put 8.24	Discus 24.89	Javelin 27.35	Weight 9.69
Age 74		AF Perf	34.51	10.72	35.16	47.75	12.54
Wellington	Points	423	529	567	555	595	
1st		2669	423	952	1519	2074	2669
Dick Harris	0004	Performance	25.24	10.48	29.30	12.12	8.85
Age 71		AF Perf	40.66	13.64	41.39	21.16	11.45
Wellington	Points	523	706	693	177	533	
2nd		2632	523	1229	1922	2099	2632

Results supplied by Jim Blair

Remember too, you are running too much if -

You've become so skinny that no one notices you behind your necktie!

The only erotic experience you can immediately recall is spreading vaseline on the inside of your thighs!

You find yourself wearing a running bra all the time, even with your strapless evening gown!

A beautiful women says "High, big guy, how can I make you happy?" and you immediately reply, "Tell me how to break 40 minutes for 10km?"

Marathon Photography: Did you know that probably the foremost race photography and videography company in the world involved in marathons, is based right here in Hamilton, New Zealand. Francis Kay and his team have developed from small beginnings taking local events to covering many of the world's major marathons and other running events - check out www.marathon-videos.com

The final word is out -

For those of you who watch what you eat...Here's the final word on nutrition and health. It's a relief to know the truth after all those conflicting medical studies.

1. The Japanese eat very little fat and suffer fewer heart attacks than the British or Americans.
2. The Mexicans eat a lot of fat and also suffer fewer heart attacks than the British or Americans.
3. The Japanese drink very little red wine and suffer fewer heart attacks than the British or Americans.
4. The Italians drink excessive amounts of red wine and also suffer fewer heart attacks than the British or Americans.
5. The Germans drink a lot of beer and eat lots of sausages and fats and suffer fewer heart attacks than the British or Americans.

CONCLUSION: Eat and drink what you like. Speaking English is apparently what kills you.

Taking slow road to mid-life fitness

If that sedentary job is taking its toll on your body the temptation might be to hit yourself with some hard exercise. But that could be a bad idea . . .

EXERCISE is the modern mantra. In middle age, there is hardly a disease that can't be kept at bay by regular exercise and everyone is encouraged to go out and do it.

But realism has gone missing in the fever of enthusiasm. After the benefits have been sung - and there is much to sing about - there are the unexpected costs to be counted, even if the exercise is moderate.

At 55, you can't suddenly pick up where you left off at 25. You might remember yourself as fit but your body has forgotten. In your mind, you may recall just what it feels like to be in condition, but your muscles have no memory. Neither do your joints and tendons.

While you may be able to reactivate old skills, the mechanical back-up won't be there to execute them. In your 60s, you might rediscover the technique of a wonderful golf swing you had in your 30s, but your lack of power, elasticity and flexibility will hold you back. You know what you want to do, but your body simply won't let you do it.

Many of us delude ourselves that we have a reservoir of fitness. If we were once naturally fit or worked hard at achieving it, we imagine that there is still something left that we can tap into. But there is nothing there.

"You can't bank fitness," says professor Peter Fricker, director of the Australian Institute of Sport. "Even elite athletes who don't maintain their weight, fitness, flexibility and strength, catch up with the non-exercising population almost overnight - much to their surprise."

To avoid injury, Mr Fricker says "born again" exercisers need to start very, very gently and not expect to reach a more than reasonable level of fitness in the first year. "Get some good shoes and start walking for 15 to 20 minutes slowly, about three times a week," he says.

"Do a bit of stretching around it and if you feel like doing more, sit on a bike in a gym for another 15 minutes. At the age of 50, it will take about a year to adjust to these sorts of workloads without getting injured."

Typically, he says the "born again" do 20 minutes, manage fine on the first day, and then escalate rapidly over the week till pain stops them in their tracks.

They don't appreciate that re-establishing an effective exercise regime takes patience.

Mr Fricker says rebuilding the body by replacing every cell that is capable of being replaced takes seven years. "It's not about sweating it out. If you don't take it slowly, there will be lots of pain and little gain."

Before you attend to the mechanics of exercise, there is something else you need to do, says Kieran Fallon, associate professor and head of the department of sports medicine at the Australian Institute of Sport.

You need to close the perception gap between how you perceive yourself and the reality of your blood pressure, cholesterol, weight, family history and other cardiovascular risk factors.

"Before whacking on your shoes and bolting down the road, take the precaution of having a medical check-up to make sure you're in good enough condition to do it," he says.

He says the notion of a "reservoir of fitness" is a myth.

Mr Fallon says once you're got a cardiovascular clearance, you can address the mechanics. The end point is 30 minutes of moderate aerobic activity five times a week and you have to get there gradually.

It's like getting a sun tan. Mr Fallon says if you try to get it all on the first day, bad things happen. You need to build it up slowly. "So with fitness. All your body tissues will adapt if the amount of stress on them is progressively increased.

Josephine Key, the principal of physiotherapy practice in Sydney, says a third to half of her patients are casualties of fitness regimens.

"The community has got the message that exercise is good but people don't seem to know what they should do. There are a lot of misconceptions," she says.

First among these is the belief that they must build strength. So, they go to the gym and use machines which often strengthen muscles that are already strong and neglect the others. This entrenches bad movement habits.

Second is the passion to strength. Ms Keys says you will need to stretch only if you are repeatedly going to overuse your muscles.

"People are too interested in brawn exercise. They think that unless they put a lot of effort, it's not doing them. But brain exercise is more important - how the body organizes what it does - how you can get awareness and control."

A Professor of sports science at Victoria University, John Carlson, agrees that people have embraced the idea of exercise but are not getting the right advice about what to do.

He welcomes the Australian Government's decision to have Medicare reimburse consultations with exercise physiologists from January next year. This means that rather than your doctor simply telling you to exercise, you can get a referral to an exercise physiologist who will give you a specific exercise prescription.

Exercise physiologists are different to fitness leaders. Geraldine Naughton, an exercise physiologist and associate professor at the Australian Catholic University, says to become a fitness leader, people need to do a base course of just 40 hours.

Continued on next page

Continued from previous page

Exercise physiologists take a university degree which takes a minimum of three years and often four. Should you sustain an injury, she says, you should see a sports physician as they have the expertise to prescribe sensible exercise regimens based on your individual health profile.

To avoid injury, she tells her patients not to start at too high a level, not to do too much on a good day, to make it progressive and keep it simple, low-cost and convenient.

But it is not just the new enthusiasts who are vulnerable. Even middle-aged adults who exercise regularly are likely to sustain injury.

In the early 1990s, when fitness burst on to the scene as a public health intervention, one US researcher decided to log the costs for those in mid-life.

Eric Zemper, who is based at the University of Michigan, followed 25 middle-aged adults for six months, tracking their weekly exercise and injuries.

On average, they did four hours exercise a week and between them clocked up 30 injuries requiring time out, either from their activity or doing it in a modified form. The injuries lasted about 10 days each and a third involved the knees.

Mr Zemper concluded that anyone doing regular exercise in middle age could expect more than two exercise-related injuries a year which would restrict or modify their activity for about 25 days.

It is beyond doubt, however, that exercise is good. Not a week goes by without a study appearing in the medical literature trumpeting its benefits.

One of the most significant recent studies showed that being physically active in mid-life can decrease your risk of dementia and Alzheimer's disease.

So, remember to exercise and do it gradually. If you forget, you might gradually forget everything else too!

Reproduced from the Dominion Post 4/11/2005

Growing Older is Mandatory. Growing Up is Optional

The first day of school our professor introduced himself and challenged us to get to know someone we didn't already know. I stood up to look around when a gentle hand touched my shoulder. I turned around to find a wrinkled, little old lady beaming up at me with a smile that lit up her entire being.

She said, "Hi handsome. My name is Rose. I'm eighty-seven years old. Can I give you a hug?" I laughed and enthusiastically responded, "Of course you may!" and she gave me a giant squeeze. "Why are you in college at such a young, innocent age?" I asked.

She jokingly replied, "I'm here to meet a rich husband, get married, have a couple of kids..." "No seriously," I asked. I was curious what may have motivated her to be taking on this challenge at her age. "I always dreamed of having a college education and now I'm getting one!" she told me.

After class we walked to the student union building and shared a chocolate milkshake. We became instant friends. Every day for the next three months we would leave class together and talk nonstop. I was always mesmerized listening to this "time machine" as she shared her wisdom and experience with me. Over the course of the year, Rose became a campus icon and she easily made friends wherever she went. She loved to dress up and she reveled in the attention bestowed upon her from the other students. She was living it up.

At the end of the semester we invited Rose to speak at our football banquet. I'll never forget what she taught us. She was introduced and stepped up to the podium. As she began to deliver her prepared speech, she dropped her three by five cards on the floor. Frustrated and a little embarrassed she leaned into the microphone and simply said, "I'm sorry I'm so jittery. I gave up beer for Lent and this whiskey is killing me! I'll never get my speech back in order so let me just tell you what I know."

As we laughed she cleared her throat and began, "We do not stop playing because we are old; we grow old because we stop playing. There are only four secrets to staying young, being happy, and achieving success. You have to laugh and find humor every day. You've got to have a dream. When you lose your dreams, you die. We have so many people walking around who are dead and don't even know it! There is a huge difference between growing older and growing up. If you are nineteen years old and lie in bed for one full year and don't do one productive thing, you will turn twenty years old. If I'm eighty-seven years old and stay in bed for a year and never do anything I will turn eighty-eight. Anybody can grow older. That doesn't take any talent or ability. The idea is to grow up by always finding the opportunity in change. Have no regrets. The elderly usually don't have regrets for what we did, but rather for things we did not do. The only people who fear death are those with regrets."

She concluded her speech by courageously singing "The Rose." She challenged each of us to study the lyrics and live them out in our daily lives.

At the year's end Rose finished the college degree she had begun all those years ago. One week after graduation Rose died peacefully in her sleep.

Over two thousand college students attended her funeral in tribute to the wonderful woman who taught by example that it's never too late to be all you can possibly be.

REMEMBER, GROWING OLDER IS MANDATORY. GROWING UP IS OPTIONAL.

We make a Living by what we get - we make a Life by what we give.

COMING EVENTS

2005

Dec

2-4	North Island Masters Track & Field Championships	Newtown Park
17	Scottish Night of Miles	Newtown Park

2006

Jan

14-21	Oceania Masters T & F Championships	Christchurch
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Feb

5	Wellington Masters Track & Field Champs - Day 1	Newtown Park
11	Buller Gorge Full & Half Marathon	Westport
12	Wellington Masters Track & Field Champs - Day 2	Newtown Park

March

15-26	Commonwealth Games	Melbourne
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April

17	Boston Marathon	Boston
23	London Marathon	London
29	Rotorua Marathon	Rotorua

May

14	Masters Classic Relay	Trentham
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Aug

6	Johnsonville 8km Road Race	Johnsonville
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Nov

5	Lower Hutt 10km Road Race & Walk	Huia Pool
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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

WELLINGTON MASTERS ATHLETICS INC.

SUBSCRIPTION FOR THE 2005/2006 YEAR

(1 September 2005 to 31 August 2006)

\$35 = NZMA

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CONTACT PHONE No. _____ **CLUB (if any)** _____

\$35 (\$70) Enclosed. Cheques made out to Wellington Masters Athletics – WMA

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

Please advise any change of address as soon as possible

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