

THE

MASTER

COPY

Newsletter of the Wellington Masters Athletics Inc.

Volume 9 Issue 4

December 2010

Wishing all



*Members a Merry Christmas
and a*

*Very Happy and
Prosperous New Year*

WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2010-2011

PATRON:	Heather May	24 Motuhara Road, Plimmerton, Porirua 5026	233 9412
PRESIDENT:	Brian Watson	14 Hewson Crescent, Otaki Beach, Otaki 5512	06 364 7758
VICE PRESIDENT:	John Hammond	148 Wellington Road, Paekakariki, Kapiti 5034	04 292 8030
SECRETARY:	John Palmer	122 Onslow Road, Khandallah, Wellington 6035	479 2130
TREASURER:			
COMMITTEE:	Laurence Voight	17 Tarras Grove, Kelson, Lower Hutt 5010	565 0718
	Mark Macfarlane	3 Shackle Lane, Whitby, Porirua 5024	234 8874
SUBSCRIPTIONS:	Veronica Gould	PO Box 5887 Lambton Quay, Wellington 6145	973 6741
EDITOR:	John Palmer	122 Onslow Road, Khandallah, Wellington 6035	479 2130
MASTERS RECORDS:	Mark Macfarlane	3 Shackle Lane, Whitby, Porirua 5024	234 8874

LIFE MEMBERS

Jim and Colleena Blair (2004); Bruce and Noeleen Perry (2008); Heather May; Richard Harris and John Palmer (2010)

CLUB CO-ORDINATORS

CAPITAL RUNNERS:		PO Box 1973, Wellington 6140	
H V HARRIERS:	Don Brodie	30 Sunshine Crescent, Kelson, Lower Hutt 5010	565 0705
H V MARATHON:	Trevor Knowles	105 Major Drive, Kelson, Lower Hutt 5010	565 0294
KAPITI:	John Hammond	148 Wellington Road, Paekakariki, Kapiti 5034	04 292 8030
OLYMPIC:	Brian Watson	14 Hewson Crescent, Otaki Beach, Otaki 5512	06 364 7758
	Tineke Hooft	1 Tombane Lane, Papakowhai, Porirua 5024	237 9676
RIMUTAKA:	Mike Clark	12B City View Grove, Lower Hutt 5010	566 8755
TRENTAM UNITED:	Diane Rogers	42 Elmslie Road, Pinehaven, Upper Hutt 5019	528 2316
SCOTTISH:	John Hines	Flat 88, Central Park Flats, 20 Nairn St, Wellington 6011	384 3231
UNIVERSITY:	Richard Brandon	PO Box 6108, Wellington 6140	476 5758
WAIRARAPA:	John Ihaka	7 Kowhai Grove, Featherston 5710	308 9656
WGTN HARRIERS:	Neil Price	11 Hurman Street, Karori, Wellington 6012	476 6956
WGTN MARATHON:	Bruce Perry	Apt 512, 134 Burma Road, Johnsonville, Wellington 6037	
WGTN MASTERS:	Colleena Blair	43 Elmslie Road, Pinehaven, Upper Hutt 5371	528 2992

COMMITTEE MEETINGS 1st THURSDAY OF MONTH AT OLYMPIC HARRIER CLUBROOMS, BANNISTER AVENUE, JOHNSONVILLE, COMMENCING AT 5:30pm.

CLUB REPRESENTATIVES AND MEMBERS ARE ALWAYS WELCOME

EDITORIAL

President's Report

Wellington Masters Athletics Inc. 2009/10

Welcome to everyone, it has been an interesting year for me as well as this being my second year as your President I also shifted to Otaki to live in May 2010.

The Track and Field Wellington Committee does an excellent job. The disappointment with the Masters race in February was due to lack of competitors, we are looking at ways to address this and encourage more entries. If you have any suggestions please let the Committee know your ideas.

The 10km Road Race/Walk held in Lower Hutt saw approximately the same turnout as for 2008. Thanks go to Race Director Peter Wrigley for his hard work in organising this.

In May the Classic Relay was held once again at Trentham Memorial Park with fewer teams than previous years. After the event many people approached me concerned that this race will be cancelled due to lack of interest. It was felt that it is too good an event not to continue.

8Km Road Race/Walk was held in Johnsonville in August despite the bad weather there were 28 entrants down from 38 last year. This meant that there were no team prizes presented and it has been decided that there will be Walking Teams as well as the Running Teams prizes next year. So clubs get your teams ready to win. This is another annual event that needs to be kept on the calendar because despite that dreadful hill 5 times the same faces turn up each year whether it is the challenge of the hill or the great lunch afterwards (thanks to Carolyn Gratton) we look forward to your continued support.

The only disappointment over the year has been lack of entries for events but with so many other sporting events at the same time i.e. Iron Man, Mountain Biking and Triathlons it becomes very difficult to decide which event to participate in. It will be up to the incoming Committee to find ways to enhance and encourage Masters Athletics in the future. Peter Wrigley has some interesting ideas around social events which will be discussed by the incoming Committee; also under discussion will be the inclusion of a 5km Road Race in the November 10km event.

It was with regret that we noted the passing of Len Francis of Masterton a stalwart of Masters and a dedicated Harrier for many years. We will miss his subtle off side teasing.

Our membership has increased this year to 94 up from 83 - this is very encouraging.

My thanks to all the committee members for their unfailing support and to those members who attend all the events organised. Special thanks to John Palmer for all his years as President, Secretary etc - 12 years on the Committee in virtually any position that can be mentioned is something that we have all appreciated. Thank you John and we wish you all the best and do come and see us when you can.

Brian Watson

President,
Wellington Masters Athletics Inc.

BITS and PIECES

CONTACT SCORCHING TRIATHLONS

The 2010/2011 Contact Scorching Triathlons dates will be as follows:

2010:

Sunday November 14 - The Season Starter

Sunday December 5 - Xmas Scorch

2011:

Monday January 24 - Wellington Anniversary weekend

Sunday February 13 - Valentines Day Scorch in support of NZ Heart Foundation

Sunday March 27 - Season finale

The Contact Scorching Triathlons are a fun and relaxed series designed to suit everybody. The events involve swimming, cycling and running for participants and spectators (male, female, young and old) of all abilities (and if you don't want to swim we cater for that as well). Our focus is on participation, and as such there are no first prizes, but plenty of spot prizes.

All events are based at Scorching Bay. There are multiple distances offered at each event (short, medium and long) catering for all abilities.

For those who are not confident swimmers (or maybe you just don't like swimming) there are also Duathlon options (run/cycle/run) available at all events for all distances. You also have the option to complete the event as part of a team (2 or 3 members).

* * * * *

VOLUNTEERS

Our sport needs a lot of volunteers, but our supply is diminishing!

We urgently need to recruit new people for the following:

Ranking & Records Co-ordinator: Andrew did a good job for us last year, but can't continue. We need somebody to log track & field performances.

The ranking list...

- Helps us to seed heat draws at the track;
- Helps the selectors with team selection for the Nationals;
- Helps us keep track of Centre records across various age grades.

Media & Publicity Officer: We need somebody to get news, results and matters of interest into the local and suburban news media.

Officials & Coaches: The need for officials is continuous and we are constantly being asked for coaching in schools and other areas inside and outside our clubs.

We can organise the training for any of these roles.

But will you volunteer?

Do you know somebody who might?

(Please let me know and I'll arrange the links with appropriate mentors).

Geoff Henry
Ph/fax (04) 388 3536
Mob 0274 425 439
P.O. Box 14 174
Kilbirnie 6241

* * * * *

Wellington Masters Records

An up to date list of Wellington Masters records has been loaded onto the NZMA website. If you go to the following link:

<http://www.nzmastersathletics.org.nz/wellington/wellington.html>

- and under the heading "Quick Links" go to Wellington Masters Records (as at Sept 2010) - the new list can be found there.

If you don't have access to a computer or to the site, contact Mark Macfarlane and he should be able to send you a hard copy version of the records.

* * * * *

Thought for the Week

"Remember not only to say the right thing in the right place, but far more difficult still, to leave unsaid the wrong thing at the tempting moment" – Benjamin Franklin.

* * * * *



Sports Drinks - Do they Work?

Sports Drinks, Bars and Gels - Do they work?

Whether sports drinks, gels and bars improve performance is a question I get asked all the time, so here is my answer.

Sports Drinks

Despite what many people may think sports drinks are not 'just full of sugar'. Sports drinks in fact, have less sugar and calories than fruit juice and soft drink and are regarded as the sports supplement with the single greatest potential to enhance performance. Examples of sports drinks include: Powerade, Horleys Replace, Powerbar Endurance and Leppin Enduro Booster.

Sports drinks are an ideal to consume pre and post training as well as during competition because they are:

1. **Flavoured and contain salt.** Voluntary fluid intakes are greater than when compared to water, even when athletes claim they don't like the taste.
2. **Designed to contain between 6-8g carbohydrate per 100ml.** This is the ideal concentration to ensure rapid delivery of fuel and fluid from the intestine to muscles so you are able to work at your peak for longer.

Sports Bars

Sports bars also offer a compact source of carbohydrate and protein during exercise. Because they are solid, they can be useful if you have a tendency to get hungry during exercise. They can also be used as a snack; however they are a lot more expensive than 'regular' bars which, for most people work just as well.

Sports Gels

Compared with sports drinks, sports gels provide a highly concentrated source of carbohydrate (65-70%) and therefore provide a large fuel boost in a single serve. In situations where it is not practical to carry large amounts of sports drink, gels are a great alternative as they are a compact fuel source (although, they still need to be taken with at least 150ml of water).

Sports gels are liquid lollies that come in a wide variety of flavours and vary considerably in texture. Some are like toothpaste and others thin like water, so it is vital that you test them before using them in competition.

When used in the right environment, sports products can be very beneficial. It is important to remember though, that a well balanced diet, including a variety of foods from all four major food groups, should form the foundation for any high performance diet.

By Kath Fouhy, BSc, PG DipDiet, NZRD - 20/09/08

Editor's Note:

This article has been reproduced with kind permission from Kath Fouhy, Nutritionist at Pulse Personal Training, Wellington.

For more information visit the website: www.PulsePT.co.nz

MELBOURNE MARATHON TRIVIA

Every marathoner dreams of still, cool conditions and that's what was experienced on the day. The mercury hovered around 11 degrees until 9am before steadily increasing to a top of 24 degrees at 2pm. As a result there were heaps of PBs, two course records and 219 runners broke three hours in the marathon.

The St. George Bank we proud to once again partner with this iconic event and help to showcase this wonderful city in all its glory to all 27,000 plus participants.

How good were Kenyan Japhet Kipkorir and Ethiopian Mulu Seboka? Japhet is a cattle farmer four hours from Nairobi and has never been a member of a Kenyan team. He owns just four cows and while that may be a rich man in Kenya, the \$5000 bonus for a race record was all that he needed to churn out a 15min 5km spilt between 13 and 18km to get ahead of Bill Rodgers' time from 1982. Little Mulu at one stage was up to 13th place overall and sitting on 2:22 pace before fading a bit but she showed her class with a huge sprint around the MCG.

Canberra's Rowan Walker charged home for third in 2:18.01 to record a PB at the age of 40 and win the Australian title. Another former winner Michael McIntyre, now in his 50s, was 19th in 2:31.43. And 75-year-old Tony Berry set an Australian age record in the half marathon completing 21.1km in 1:33.51.

All runners who took part in the marathon this year can claim a piece of history with the 2010 St. George Melbourne Marathon the first ever marathon to have more than 5000 finishers. The total of 5026 finishers eclipsed the previous best set way back in 1983 - the same year that Robert de Castella won the world championship marathon.

* * * *

STEADY ON

Here's one more good reason to lace up. Runners are less likely to take a tumble. According to a report published in the *American Journal of Preventive medicine*. Researchers quizzed more than 10,000 participants aged between 20 and 87, and discovered that those with low fitness levels were significantly more likely to suffer bone-breaking falls than the fitter participants. Two hours of physical activity a week is enough to keep you on your feet.

* * * *

Remember: An exhausted jogger can detect an uphill grade so insignificant that it would be missed by most surveyors.

WELLINGTON MASTERS ATHLETICS INC.

Statement of Receipts and Payments for the period ending 31 August 2010

<u>2009</u>	<u>RECEIPTS</u>	<u>2010</u>
1,716.11	Balance of Current Account 31 August 2010	1,311.63
20,353.42	Total of Term Deposits 31 August 2010	20,000.00
22,069.53		21,311.63
3,285.00	Subscriptions Received	4,120.00
20.69	Interest on Current Account	18.43
1,226.73	Interest on Term Deposits	458.74
1,830.00	Race Fees	1,256.00
50.00	Uniforms Sold	184.00
185.00	Track and Field Entry Fees	250.00
-	Grant from the 4 th Games Trust	-
6,597.42		6,287.17
28,666.95		27,598.80
 <u>PAYMENTS</u>		
3,240.00	Subscriptions to NZMA	3,720.00
833.70	Race Expenses	816.00
752.07	Telephone, Postage and Newsletter expenses	256.98
-	Banners Purchased	182.40
-	Out of Pocket Expenses	400.00
315.04	Athletic Gear Purchased	-
-	Travel expenses	355.50
-	Uniforms purchased	77.96
242.39	Track & Field expenses	138.17
337.50	Track & Field Levy to Wellington Centre	337.50
1,634.62	Honours Board costs	-
7,355.32		6,284.51
 21,311.63	 TOTAL FUNDS AT 31st August 2010	 21,314.29
 Represented by:-		
1,311.63	National Bank Current Account	1,314.29
10,000.00	National Bank Term Deposit due 20/10/10	10,000.00
10,000.00	National Bank Term Deposit due 15/10/10	10,000.00
21,311.63		21,314.29

Statement of Accounting Policies

The above statement is prepared on the basis of Receipts and Payments through the Association's 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.

See the next page for the Auditors Report.

Audit Report to the readers of the Financial Report of the Wellington Masters Athletics Inc.

I have audited the attached financial report. The financial report provides information about the past financial performance of the association and its financial position as at 31 August 2010. This information is stated in accordance with the accounting policies set out in the financial report.

The Committee's Responsibilities

The Committee is responsible for the preparation of a financial report which gives a true and fair view of the financial position of the association as at 31st August 2010 and of the results of the operations for year ended on that date.

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 the accounting policies are appropriate to the association's circumstances, consistently applied and adequately disclosed.

I conducted my audit in accordance with New Zealand Auditing Standards 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 in order to provide me with sufficient evidence to obtain reasonable assurance that the financial report is free from material misstatements, whether caused by fraud or error. In forming my opinion I also evaluated the overall adequacy of the presentation of the information in the financial report.

Other than my capacity as auditor I have no relationship with or interest in the Club.

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.
- I was unable to determine whether proper accounting records have been kept.

In my opinion except for the adjustments that might have been found to be necessary had I been able to obtain sufficient evidence regarding revenues, the attached financial report

- Complies with generally accepted accounting practice; and
- Gives a true and fair view of the financial position of the association as at 31 August 2010 and the results of its operations for the year ended on that date.

My audit report was completed on 10 September 2010 and my qualified opinion is expressed at that date.

Andrew Fulbrook,
CA, Wellington

Printlink, Wellington

Kind sponsor and printer of "The Master Copy" magazine

33-43 Jackson Street, Petone

Telephone: 04 576 5151

Please support our sponsor whenever possible



RECIPE

Orange Baked Salmon

Salmon is high in the antioxidant vitamin E and in omega-3 fatty acids. Salmon is ideally suited to oven baking and grilling because it comes pre-packaged with its own "good for you" oil. As an alternative to plain boiled potatoes, try steaming vegetables such as radishes, spring onions, bok choy or shiitake mushrooms. Serve them as a warm salad dressed with smokey bacon vinaigrette as a side dish next to the salmon.

Ingredients:

Baby potatoes – 16 washed
Salmon – 4 pieces, skin removed, bones removed
Orange – juice of one
Olive oil – 1 tablespoon
Lite mayonnaise – ½ cup
Lite sour cream – 2 tablespoons
Curry powder – 1 tablespoon
Lemon juice – 1 tablespoon
Lollo rosso lettuce – 1 small, washed and separated
Lemon – 1 quartered
Salt and pepper – to taste.

Method:

Preheat your oven to 230°C.

Boil the potatoes for 15-20 minutes until cooked. Drain and set aside.

On a lightly oiled baking tray, lay the salmon fillets out and paint with orange juice and olive oil. Season and bake in the oven for 8-10 minutes until cooked.

While the salmon is cooking, make your sauce. In a bowl mix together the mayonnaise, sour cream, curry powder and lemon juice.

To serve: cut the potatoes in half and arrange with the salad on plates with the salmon, add a dollop of mayo and finish with lemon quarters. Steamed asparagus would make a nice addition to this dish.

Preparation time: 20 minutes

Cooking time 15 minutes

Serves 4.

Stress-Busting Super Foods

Water: dehydration is exhausting, so keep drinking. If you reduce your caffeine intake remember to replace coffee and tea with other drinks such as water, fruit juice or fruit smoothies.

Porridge: a great way to start the day, low GI plus soluble fibre which is good for the heart.

Bananas: medium GI, high in fibre and magnesium. A great mid-afternoon snack.

Red/orange fruits and vegetables: carrots, capsicum, tomatoes and oranges fall into this category. Low GI, high fibre and full of the oxidant B-carotene and vitamin C.

Beans: low GI, high in fibre, protein and B vitamins.

Lean meat and seafood: protein, zinc and omega-3s.

Nuts: B vitamins plus omega-3s in walnuts and magnesium in almonds.

* * * *

TREADMILL TEST

Why - Learn to finish strong.

How - After a five to 10 minute warm up increase the speed to moderate intensity. Then increase the speed by half a kilometre-per-hour (e.g. 11kmp/h to 11.5kmp/h) every two kilometres until you've been on the mill for 20 minutes (beginners), 30 minutes (intermediate) and 40 to 50 minutes (advanced).

Increasing your speed until you're hitting a quick pace is a mental and physical test stimulating the challenge of hitting negative splits in a race.

* * * *

An Amish boy & his father were in a mall. They were amazed by almost everything they saw, but especially by two shiny, silver walls that could move apart & then slide back together again.

The boy asked, "What is this Father?" The father (never having seen an elevator) said "Son, I have never seen anything like this in my life."

While they were watching with amazement, an old lady in a wheel chair moved up to the moving walls and pressed a button. The walls opened & the lady rolled between them into a small room. The walls closed and the boy and his father watched the small numbers above the walls light up. They continued to watch until it reached the last number and then the numbers began to light in the reverse order.

Finally the walls opened up again and a gorgeous 24-year-old blonde stepped out.

The father, not taking his eyes off the young woman, said quietly to his son, "Go get your mother."

* * * *

RULES FOR SETTING YOUR PACE

1. **TWEAK IT** - To beat your PB, eventually you'll need to pick up the pace, even during long runs. Acceleration runs gradually get faster, training you to push when it's hardest in a race: near the end

2. **USE IT** - Come race day, some runners blast off too fast after having trained at goal pace. To hit your time, run at an even pace or aim to run the second half faster than the first.

WELLINGTON TRACK and FIELD PROGRAMME 2010/11

Date	Event	Venue
2010		
4 December	Gold Programme (includes 10,000m @ 4.25pm)	Newtown Park
11 December	Black Programme	Newtown Park
11-12 December	NZ Secondary Schools Championships	Hastings
18 December	Scottish Night of Miles – 5pm Start	Newtown Park
2011		
4 January	NZ 10,000m Championships	Tauranga
7-9 January	North Island Colgate Games	Hastings
8 January	Gold Programme incorporating Kiwi Throwers Meeting	Newtown Park
14-16 January	South Island Colgate Games	Timaru
15 January	Black Programme	Newtown Park
19-30 January	IPC Athletics World Championships	Christchurch
22 January	Gold Programme	Newtown Park
22 January	Sylvia Potts Classic	Hastings
25 January	Cooks Garden Classic	Wanganui
28 January	Capital Classic – Twilight Meeting (includes 3000m Champs)	Newtown Park
5 February	Black Programme	Newtown Park
6 February	Wellington Masters T&F Championships – Day 1 - tbc	Newtown Park
12 February	Gold Programme (includes Wn Championship 10,000m @ 4.25pm)	Newtown Park
12 February	Porritt Classic	Hamilton
12-13 February	NZ Combined Events Championships	Tauranga
19 February	Wellington Centre Championships – All day meeting	Newtown Park
20 February	Wellington Masters T&F Championships – Day 2 - tbc	Newtown Park
26 February	Black Programme	Newtown Park
4-7 March	NZ Masters Championships	Hastings
12 March	Gold Programme (includes 10,000m @ 4.25pm)	Newtown Park
19 March	Black Programme and/or Requested Events	Newtown Park
20 March	World Cross Country Championships	Spain
25-27 March	NZ Track & Field Championships	Dunedin

Black Programme:

Time	Track	Field
2.30pm	100m	Shot Put
2.50pm	3000m Track Walk	
3.00pm		Triple Jump
3.15pm	Sprint Hurdles Request	Pole Vault
3.20pm	800m	
3.40pm	400m	Discus
4.00pm	3000m/5000m	
4.30pm	200m	

Gold Programme:

Time	Track	Field
2.30pm	100m	Hammer
2.50pm	5000m Track Walk	
3.00pm		Long Jump
3.25pm	300/400m Hurdles on request	
3.35pm	1500m, or 1 mile, or 2000m (request)	High Jump/Javelin
4.00pm	200m	
4.15pm	Steeplechase 3000m/1500m/2000m on request. (Otherwise other distance on request).	
4.30pm	400m	

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.

MISCELLANEOUS RESULTS

Wellington Centre Road Championships

Saturday 21st August at Wainuiomata

Judged Walking

Place	Name	Club	Time
-------	------	------	------

10km:

1	Peter Baillie	Scottish	52.09
2	Robyn McArthur	Scottish	60.03
3	Terri Grimmett	Scottish	62.19
4	Kevin Watson	Scottish	62.41
5	Barbara Tucker	Scottish	65.00
6	John Leonard	Scottish	66.49
7	Phillip Grimmett	Scottish	67.06
8	Bob Gardner	Scottish	67.28
9	Jacqueline Wilson	Trentham	67.33
10	Margaret Bray	Scottish	95.01

5km:

1	Andrew Paton	Trentham	39.33
---	--------------	----------	-------

Unjudged Walking

5km:

1	Ian Morton	Scottish	31.21
2	Julie Radcliffe	Unattached	32.34
3	Geoff Iremonger	Scottish	33.47
4	Melanie Watson	Scottish	36.26
5	Paula Binkhorst	Olympic	40.28

10km:

1	Richard Willis	Trentham	64.11
2	John Ihaka	Trentham	64.11
3	Murray McGaughran	Olympic	65.06
4	John Roskvist	Scottish	66.37
5	Viv Hunter	Olympic	70.00
6	Marie O'Leary	Unattached	70.10
7	Murray Gowans	Scottish	75.56
8	Peter Tearle	Scottish	83.10

Editors Note: At the time of the last newsletter going to print the results for the walkers from the Centre Championships weren't available.

Bays Relay Turkey Trot (Top 10 Placings)

Closest to Estimate	Fastest Times
Paula Binkhorst +0.05	Peter Baillie 26.52
Murray Gowans -0.05	Terri Grimmett 30.46
Daphne Jones -0.13	Kevin Watson 30.53
Kevin Watson -0.13	Richard Willis 31.30
Jackie Wilson -0.23	Bob Gardiner 33.44
Leanne Palmer -0.30	Philip Grimmett 33.53
Andrea Adams +0.30	John Roskvist 33.55
Margaret Bray -0.31	Ian Morton 34.27
Terri Grimmett -0.31	Viv Hunter 35.08
Viv Hunter -0.32	Jackie Wilson 35.13

North Island Championship Roster

This has been changed again. The order is now:

2010 Taranaki
 2011 Wellington
 2012 Northland
 2013 Manawatu/Wanganui
 2014 Auckland
 2015 Gisborne/Hawkes Bay
 2016 Waikato/Bay of Plenty

* * * * *

MUSSEL UP to tackle arthritis pain

Scientists are always on the lookout for solutions to medical problems provided by Mother Nature. New Zealand's well-known culinary mollusk the green-lipped mussel (*Perna canaliculus*) is helping to solve the age-old riddle of arthritis pain, and is also attracting scientific attention around the world.

A distinguished French professor of pharmaceutical sciences at the Hong Kong Polytechnic, Dr Georges Halpern, wrote in his 2005 book *The Inflammation Revolution* that "Researchers have found that the green-lipped mussel oil extract, which contains healthy omega-3 polyunsaturated fatty acids, is one of the best anti-inflammatory agents available."

Since the early 1900s a number of clinical studies have shown that the concentrated and stabilised lipid oil extracted from green-lipped mussels is rich in Omega 3s and is a highly effective anti-inflammatory arthritis treatment. The active ingredients are extracted, isolated and stabilised against oxidation, ensuring the lipid oil contains concentrated health benefits and is protein free.

Research also revealed that the oil protects blood vessels and bone joints, and benefits the skin, bronchi and gastrointestinal tracts. Stabilised lipid oil from the mussels is more effective than cheap mussel powders and fish oils - gram for gram, far less is required for all the associated benefits.

Natural Relief

Adverse publicity surrounding some proprietary anti-inflammatory drugs has led millions of arthritis sufferers, asthmatics and others with inflammation-related disorders to seek safer alternatives. Some drugs, while reducing inflammation can irritate the stomach, causing indigestion and bleeding from the stomach. There have also been reports of side effects related to heart attacks.

NZ's green-lipped mussel lipid oil, marketed under the brand name Lyprinol, is a natural alternative for safe and effective arthritis pain relief, and for restoring better breathing to asthmatics.

A Runner's Guide to Good Health

MEDITERRANEAN CUISINE is not only one of the most flavourful diets in the world, but - thanks to a wealth of delicious, fresh ingredients - it is also one of the healthiest. Make sure you include some of these staples in your own diet.

1. TOMATOES

Bright red tomatoes get their colour from an antioxidant called Lycopene. Research has linked diets abundant in tomatoes to lower cancer rates. Refrigeration diminishes their flavour, so store fresh tomatoes at room temperature.

2. WINE

Research shows drinking moderate amounts of alcohol (such as red or white wine) with a meal can help lower your risk of developing heart disease and diabetes.

3. LEAFY GREENS

Arugula, mustard greens, and other leafy greens are great sources of fibre and antioxidant vitamins, such as beta-carotene and vitamin C. Mediterranean cuisines feature leafy greens in many ways, from simple salads to the quintessential Greek spinach pie spanakopita.

4. PASTA

Whole-wheat pasta has a lower glycemic index (or GI) than "white" pasta. This is the key for anyone at risk of diabetes, since low GI foods keep blood-sugar levels from spiking. With either pasta, including vegetables and unsaturated fats (like olive oil) also lowers a meal's GI.

5. FRUIT

Most Mediterranean cuisines serve fruit for dessert, from figs stuffed with mascarpone to strawberries and mangoes in sweet wine. Low in kilojoules, fruit is high in fibre, vitamins A and C, essential minerals such as potassium and magnesium.

6. FISH

A source of lean protein, fish is also plentiful in omega-3s. These fats protect against abnormal heart rhythms and reduce inflammation, which may help runners recover faster. Fish that are rich in omega-3s include salmon, mackerel, herring, tuna, sardines, and lake trout.

7. BEANS

Whether dried or canned, beans provide a generous amount of fibre and plant-based protein, making them a healthy alternative to meat in everything from soups

to casseroles. The classic Italian dish pasta fagioli combines beans and pomodoro sauce.

8. BROCCOLI

In addition to abundant fibre and antioxidant vitamins, broccoli and its cruciferous cousins - including cabbage, cauliflower, and Brussels sprouts - contain cancer-fighting substances called isothiocyanates.

9. CAPSICUMS

Red, yellow, green, and even chocolate-coloured, capsicums add a painter's palette of colours to meals - along with a healthy dose of vitamins A and C. Roasting or grilling intensifies their flavour and gives them a creamy texture.

10. GARLIC

Garlic helps keep total cholesterol and blood pressure down. Different varieties taste different, so experiment to find ones you like. Store garlic away from heat and the sunlight to prevent it from sprouting.

* * * *

MEMBERSHIP

Our membership currently stands at 46. Welcome to new members:

Frank Flitcroft, WMA;
Barton Jones, Scottish;
Barbara Tucker, Scottish;
Michael Baxter, Lower Hutt;
Brian Read, WMC;
Mark Handley, Olympic;
Peter Wood, WHAC;
John Dransfield, WMA;
Leon Mitchell, LHAAC;
Richard Owen, Victoria University; and
Rupert Watson, Ruamahanga Ramblers.

* * * *

COLOUR PATCHES

The following are the colour patches for each Master's age group and should be worn when competing at Championship events.

30+ Light blue	65+ Yellow
35+ Light Green	70+ Lilac
40+ Gold	75+ Maroon
45+ Black	80+ Orange
50+ Red	85+ White
55+ Emerald Green	90+ Brown
60+ Royal Blue	

STOP PRESS!!

OBITUARY



Richard (Dick) Harris of Wellington who won the NZ discus title in Napier in 1964, with a throw of 158ft or 48.16 metres, died on Tuesday 23rd November aged 76.

He was the Treasurer of the Wellington Masters Athletics Association, a position he held since 1995. He was recently made a Life Member of Wellington Masters.

A service for Dick was held in Johnsonville on 29th November at 11.00am.

* * * *

Stretching for Optimal Performance

How Stretching will Help you Perform Better

Stretching is an integral part of any conditioning programme as it keeps your muscles and joints balanced and pliable, allowing you the benefits of a full range of movement, reduced muscle and joint overload and a lesser likelihood of injury.

The goal of stretching is to improve flexibility; the ability of a muscle to move through a full range of motion. Improving the range of motion of a muscle optimises functional movement allowing you to get maximum output with minimal effort. If neglected it is inevitable that certain muscle groups will become dominant leading to poor static and dynamic posture, faulty movement patterns, improper technique or overuse.

Muscle imbalances represent a vicious cycle where dominant short-tight muscles over ride long-weak muscles, which in turn further over loads short-tight muscles. If unaddressed, these imbalances pull you out

of postural equilibrium (or neutral posture), leading to joint and spine overload which will eventually present as pain, injury and/or impaired performance. Whether you are a regular runner, avid gym goer or a competitive athlete, if you are serious about your physical health and performance, there is no arguing that stretching is an integral part of your training.

Stretching Tips

1. Warm up first: warm muscles, tendons, and ligaments are more flexible and stretch more easily. Stretching cold muscles can cause tears.
2. Stretches should always be gentle and gradual. Never stretch to the point of pain.
3. If you are stretching in preparation for an athletic event dynamic stretching will bring you the best results. If you are following a static stretch programme then don't hold your stretches for any longer than 15secs.
4. Pay special attention to tight areas, doubling up on a stretch if necessary.
5. Don't rush your stretching; use it too mentally and physically prepare for your event or session.
6. When warming down hold each stretch in a static position for 20-30 seconds, allowing the muscle to lengthen slowly (do not bounce).
7. Don't stretch between sets of weights. If you are trying to increase your strength in a particular muscle group then stretching may inhibit the muscles performance. Save the stretch for the end of your workout.

To see the benefits of stretching you need to be patient and consistent. Stretching should be done gradually over a period of time and then maintained.

While you will almost immediately feel better after a good stretch out, the actual physical effects of your efforts generally won't show for at least four to six weeks. As the saying goes, good things take time!

If you are concerned about your flexibility and mobility, the Posture Perfect programme then is for you. Contact Pulse PT to learn more about getting a corrective exercise programme or stretching plan tailored to your specific needs and lifestyle.

By Hamish Abbie BPhEd, BComm, CHEK L1, XLR8 Coach, REPs.
Phone 04 499 9955
Mobile 021 730 281

Editor's Note:

This article has been reproduced with kind permission from Hamish Abbie, Head Trainer at Pulse Personal Training, Wellington.

For more information visit the website: www.PulsePT.co.nz

A Matter of Style

Good running style and efficiency go together. An efficient style uses less energy, is biomechanically more effective (i.e. faster) and can overcome a low aerobic capacity. For example, Frank Shorter, winner of an Olympic marathon gold and silver had a VO2 Max of 71, a figure that indicates a marathon potential of 2 hours 21 minutes. Yet Shorter ran many 2 hour 12 minute marathons. Derek Clayton's VO2 Max of 69 suggested a marathon best of 2 hours 24. Yet Clayton ran a world best of 2:08:34. Both had exceptional running efficiency, using little oxygen when running at race pace, so they did not need an enormous aerobic capacity.

An inefficient, clumsy running style is a little like having a mis-timing, badly tuned V8 in a car, heaps of potential, but not much power and heavy on the fuel. The big question is, can efficiency be improved or are you stuck with what you've got? Some runners (the lucky ones) are born with smooth, flowing, fast, efficient style. For the rest of us it can be learnt, or at the very least, improved.

As with all skills, from perfecting a golf stroke to learning the violin, it demands practice and concentration. The key is relaxation. Tension is wasteful of energy, efficiency and effectiveness (i.e. speed). For example by clenching your jaw or hands you tense your neck, chest, shoulders and arms, all of which wastes energy. To practice running relaxed with a good style try this checklist as you run: head - neck - shoulders - arms - hands - hips - legs. Ask yourself as you go is my head looking straight ahead; is my neck relaxed and not hunched, etc etc? If you answer 'yes' to each question go to the next. If you answer 'no', fix the problem and then go onto the next question.

You should in order:

1. Have your head looking ahead, not up or down.
2. Jaw should be relaxed, not clenched.
3. Neck muscles must be relaxed.
4. Shoulders should not be hunched or tense.
5. Elbows at 90 degrees or greater, not tight.
6. Arms held low and relaxed.
7. Wrists relaxed.
8. Hips forward. You should run tall, with hips over centre of gravity, not running with your backside stuck out or trunk bent at the waist.
9. Strides relaxed but not overstriding (that means your foot landing ahead of your centre of gravity). When that happens your running has an automatic braking action, which slows you down. Your foot should land under your centre of gravity.

Practice this mental checklist on your tempo or long rep sessions you'll be running a little harder than normal but won't have tactics, opposition and course details to think about.

An effective relaxation - speed - sharpening session is 150m accelerations. Mark a stretch of ground or track into 3 x 50m segments. You run the first 50m concentrating solely on style and relaxation, your mind focused on how well you are running, not how fast. Over the next 50m you gradually accelerate to top speed, still focusing on style and relaxation. Top speed is held over the final 50m. Recoveries are a jog or walk back. The number of reps depends on season and runner, but 4 to 8 is an effective session. Try sets of 2, 3, or 4 with 3 to 5 minute rests between sets as a sharpener during competition periods. This session is for distance runners as much as sprinters.

Even if you have a good running style it's surprising how it goes when you're tired. Hence the need for concentration, to keep thinking about style and running form. Sebastian Coe's father and coach, Peter, said that good style won't guarantee you'll be a good runner, but bad style guarantees you won't be. So keep thinking about your running form. You could be running faster for it.

* * * *

Upset Stomach or Diarrhea

Sooner or later, virtually every runner has at least one episode with nausea or diarrhea. It comes from the buildup of total stress that you accumulate. Most commonly, it is the stress of running on that day, due to the causes listed below.

1. Exercising too hard or too long.
2. Eating too much or too soon before the run.
3. Eating a high fat or high protein diet.
4. Eating too much the afternoon or evening, the day before.
5. Heat and humidity.
6. Drinking too much water before a run.
7. Drinking too much of a sugar/electrolyte drink.
8. Drinking too much fluid too soon after a workout.

Don't let running be stressful to you. Relax and let your run diffuse some of the other tensions in your life.

* * * *

If money doesn't grow on trees then why do banks have branches?

Goal-Setting

Set that Goal – and Go For It!

The following article is on two vital ingredients to running success, goal-setting and visualization.

WHETHER you are an elite athlete or a social jogger, there is an important tool you may be able to use to achieve that once-impossible dream. Goal-setting can also be applied to every aspect of your life; it is not specific to sport or to any one sport.

Certain well established rules must be followed for goals to be obtainable.

Goals must be personal, positive, specific, realistic, challenging, and written.

A goal must be personal: It is important to understand what you want to do, rather than something you think you should do. It is easy to be influenced by others around you and the pressures of society.

A goal must be positive: It is difficult to achieve a goal if it is put in a negative frame, such as "my goal is not to tense my neck and body as I run". You need to use the positive reinforced by an affirmation: "my goal is to keep my neck and all my body relaxed whenever I run. I am able to relax more and more in activity."

A goal must be specific: You must be specific in your identification of your goals. "To run a half marathon next season" is not specific enough. First, it is important to set short-term goals to enable you to work towards that long-term goal of the half marathon. Next, assess your fitness and plan short-term training targets. These may include building mileage over a period of six months, then speed work over 5km and 10km, and so on until your year is planned out to the day of the half marathon.

A goal must be realistic: Time and distance limits are a good gauge of how well you are doing. Setting realistic times and distances enables you to watch your progress and enables you to adjust these as you reach your short-term goal. Do not set difficult or impractical goals for yourself; if you do this, failure to reach them may lead to frustration and disappointment.

A goal should be a challenge: Motivation is the key, and each goal should motivate you to work harder. Set your goals just beyond your reach so that you need to stretch and get out of your comfort zone.

A goal should be written: A survey carried out among American athletes who were already highly motivated showed that their success rate rose almost in perfect correlation to their ability to use techniques of setting, visualizing and enthusiastically pursuing written goals. Having written goals enables you to return to these at the end of each training session and assess your performance. Written goals act also as a motivation tool at the beginning of each session.

Combining all of the above factors should lead you to become motivated and focused on your performances. Now let's have a look at visualization.

Creating a vivid mental image of success and seeing yourself having triumphantly accomplished your goal is a very important technique. Many world-class athletes are taught to visualize themselves winning their event and standing on the rostrum receiving their gold medal. Only a few athletes can be an Olympic or World champion, but then not everyone has the desire to be one. Many people participate to conquer their own goals. Whether it is completion of a marathon or running 800 metres in under 1m 45s, everyone has a hurdle to overcome. We all compete when we enter an event, whether it is against others or against ourselves. Visualisation may enable you to win the competition, or achieve mastery over yourself. This is easily done through the introduction of positive thoughts in order to push out negative ones.

Work done at McGill University in the US established that every thought triggers neurons in the motor cortex of the brain which directly connect with the muscles of the body. Because thinking mobilizes the entire sensor-motor system, the nature and quality of your thoughts determines every bodily activity, whether you feel full of vitality or tired and lethargic. So to think positive is beneficial to well-being and the conquering of goals. Visualisation is important to everyone, not just elite athletes.

Many athletes visualize when they are relaxed. This can be done lying on the floor with no distractions. If you are alone, take the phone off the hook. Stretch your arms above your head, tightening as many muscles as you can (even a full body stretch), and hold for five minutes. Now relax. Close your eyes and picture the event you will be competing in. Picture also the start with all the other competitors. Visualise the event itself and your performance step by step. Visualise the finish with you completing the event. Now open your eyes.

This method of visualisation may be carried out at any time and as often as you like. It's free, and you can make it as long or as short as you like.

Remember...seeing is believing.

* BOOK REVIEW *

LASTING THE DISTANCE

Memoirs of John Gilmour—World Champion Runner



P.D. Collier

"Lasting the Distance" is written as a permanent record of the remarkably long and distinguished athletic career of John Gilmour, one of Australia's greatest runners. It documents his life from the humble beginnings of a primitive existence in a group settlement in the South-West of Western Australia, to his days as a youngster finding his feet on the local athletic scene, through to the hardships and near blindness he suffered as a prisoner of war.

John was also the author of "All in my Stride", a book that proved popular with New Zealand runners.

180 pages, 17 Chapters (with illustrations) - A\$30.00 + postage

For more information you can contact John Gilmour on 9332 5536 or to purchase a copy go to the publisher's website www.hesperianpress.com or email books@hesperianpress.com

WE ARE AWESOME PEOPLE

No matter what our kids and the new generation think about us, WE ARE AWESOME!

OUR Lives are LIVING PROOF!

To those of us born 1925 - 1975:

TO ALL THE KIDS WHO SURVIVED THE 1930s, 40s, 50s, 60s and 70s!!

First, we survived being born to mothers who may have smoked and/or drank while they were pregnant.

They took aspirin, ate blue cheese dressing, tuna from a can, and didn't get tested for diabetes.

Then, after that trauma, we were put to sleep on our tummies in baby cribs covered with bright coloured lead-based paints.

We had no childproof lids on medicine bottles, locks on doors or cabinets, and, when we rode our bikes, we had baseball caps, not helmets, on our heads.

As infants and children, we would ride in cars with no car seats, no booster seats, no seat belts, no air bags, bald tires and sometimes no brakes.

Riding in the back of a pick-up truck on a warm day was always a special treat.

We drank water from the garden hose and not from a bottle.

We shared one soft drink with four friends, from one bottle, and no one actually died from this.

We ate cupcakes, white bread, real butter, and bacon. We drank Kool-Aid made with real white sugar. And we weren't overweight.

WHY?

Because we were always outside playing...that's why!

We would leave home in the morning and play all day, as long as we were back when the streetlights came on.

No one was able to reach us all day. And, we were OKAY.

We would spend hours building our go-carts out of scraps and then ride them down the hill only to find out we forgot the brakes. After running into the bushes a few times, we learned to solve the problem.

We did not have Play Stations, Nintendos and X-boxes. There were no video games, no 150 channels on cable, no video movies or DVDs, no surround-sound or CDs, no cell phones, no personal computers, no Internet and no chat rooms.

WE HAD FRIENDS - and we went outside and found them!

We fell out of trees, got cut, broke bones and teeth, and there were no lawsuits from those accidents.

We would get spankings with wooden spoons, switches, ping-pong paddles, or just a bare hand, and no one would call child services to report abuse.

We ate worms, and mud pies made from dirt, and the worms did not live in us forever.

We were given BB guns for our 10th birthdays, made up games with sticks and tennis balls, and although we were told it would happen - we did not put out very many eyes.

We rode bikes or walked to a friend's house and knocked on the door or rang the bell, or just walked in and talked to them.

Little League had tryouts and not everyone made the team.

Those who didn't had to learn to deal with disappointment. Imagine that!!

The idea of a parent bailing us out if we broke the law was unheard of. They actually sided with the law!

These generations have produced some of the best risk-takers, problem solvers, and inventors ever.

The past 50 to 85 years have seen an explosion of innovation and new ideas.

We had freedom, failure, success and responsibility, and we learned how to deal with it all.

If YOU are one of those born between 1925-1970, CONGRATULATIONS!

You might want to share this with others who have had the luck to grow up as kids before the lawyers and the government regulated so much of our lives for our own good.

While you are at it, forward it to your kids, so they will know how brave and lucky their parents were.

* * * *

TWO INTERESTING YEARS

Interesting Year 1981:

1. Prince Charles got married
2. Liverpool crowned soccer Champions of Europe
3. Australia lost the Ashes
4. The pope died.

Interesting Year 2005:

1. Prince Charles got married
2. Liverpool crowned soccer Champions of Europe
3. Australia lost the Ashes
4. The pope died.

Lesson to be learned:

The next time Charles gets married, someone should warn the Pope.

ATHLETICS NZ MEDIA RELEASE

15th October 2010

Delhi Commonwealth Games Success Pleases Athletics New Zealand

Athletics New Zealand has welcomed the success of its team at the Commonwealth Games in Delhi.

With a total of eight medals, the team has been the most successful Commonwealth Games athletics team since Auckland 1990 and has returned with the highest number of medals from an 'away' Games in forty four years, since Kingston, Jamaica in 1966.

CEO Scott Newman, in praising the team's achievements, said "It is very pleasing to see we remain on target for our next big milestone events, the 2011 World Track and Field Championships in Daegu, Korea and the 2012 London Olympics."

"As a team, eleven of our thirteen athletes achieved the top six expectations in line with the Commonwealth Games selection policy. One missed through injury and the other placed tenth, giving it a go in a strong field."

"The success of the team illustrates that the selection processes are working well and that we are providing athletes with appropriate expectations and resources through our SPARC-funded High Performance programme to ensure they succeed at major events" Newman said.

As expected, Valerie Adams (Shot Put) was in outstanding form, claiming gold and setting a Commonwealth Games record, while newcomer, Nikki Hamblin (800m and 1500m) performed above expectations, winning two silver medals. In collecting more than one medal at a single Games, she joins athletes such as Yvette Williams, Les Mills, Val Young, Lorraine Moller, Sir Peter Snell and Sir John Walker in this rare achievement.

It was great to see Nick Willis (1500m) back in the black singlet and performing against world class competition, while Brent Newdick (Decathlon), Stuart Farquhar (Javelin), Andrea Miller (100m hurdles) and Jessica Hamill (Parasport Shot Put), proved they have what it takes to perform on the world stage, and come up with strong results when it counts.

Rebecca Wardell was also on track for a top result when a broken bone in her foot halted her progress.

Some of the team have already returned to New Zealand while others will be either returning to overseas training bases or heading to other international competitions.

2010 Commonwealth Games Placings

Valerie Adams	Shot Put	GOLD
Nikki Hamblin	800m	SILVER
Nikki Hamblin	1500m	SILVER
Stuart Farquhar	Javelin	SILVER
Brent Newdick	Decathlon	SILVER
Jessica Hamill	F34 Shot Put	SILVER
Andrea Miller	100m Hurdles	BRONZE
Nick Willis	1500m	BRONZE
Matthew Lack	T54 1500m	4th
Beatrice Faumuina	Discus	5th
Elizabeth Lamb	High Jump	6th
Monique Williams	200m	6th
Adrian Blincoe	1500m	10th
Adrian Blincoe	5000m	11th
Rebecca Wardell	Heptathlon	DNF injured

Track & Field medal counts for Commonwealth Games

2010	8 medals	1 gold, 5 silver, 2 bronze*
2006	4 medals	2 gold, 1 silver, 1 bronze
2002	4 medals	1 gold, 3 silver, 0 bronze
1998	2 medals	1 gold, 0 silver, 1 bronze
1994	6 medals	0 gold, 3 silver, 3 bronze*
1990	9 medals	1 gold, 2 silver, 6 bronze
1986	4 medals	0 gold, 2 silver, 2 bronze
1982	6 medals	2 gold, 1 silver, 3 bronze
1978	2 medals	0 gold, 2 silver, 0 bronze
1974	8 medals	2 gold, 4 silver, 2 bronze
1970	4 medals	0 gold, 3 silver, 1 bronze
1966	9 medals	4 gold, 1 silver, 4 bronze
1962	11 medals	5 gold, 4 silver, 2 bronze
1958	9 medals	2 gold, 3 silver, 4 bronze
1954	5 medals	4 gold, 1 silver, 0 bronze
1950	20 medals	2 gold, 6 silver, 12 bronze
1938	8 medals	3 gold, 1 silver, 4 bronze
1934	2 medals	1 gold, 0 silver, 1 bronze

* 2010 1 x silver AWD, 1994 1 x bronze AWD

Scott Newman, CEO Athletics New Zealand

* * * *

HIT THE BEACH

Running on sand requires more energy and involves subtle difference in technique to road running. Research from the University of Western Australia found that it increased cadence, shortened stride length and resulted in longer foot/ground contact time.



ANNUAL GENERAL MEETING

The Annual General Meeting set down for 22nd September didn't have enough members for a quorum so was rescheduled for 27th October. It was felt that as Heather May was in attendance it was appropriate to present her with two awards. The first was a 10-year Service Badge for her long service given to Masters. The other presentation was Life membership to Wellington Masters. These awards were presented by Jim Blair, President Athletics New Zealand and Wellington Masters Life Member.



Heather May presented with Life membership to Wellington Masters by Athletics NZ President Jim Blair. Heather was also presented with a 10-year Service Medal.

President Brian Watson had also received correspondence nominating two other members for Life Membership. These nominations were put forward at the committee meeting held before the rescheduled AGM. At the AGM on 27th October Life Membership was awarded to Dick Harris and John Palmer for their long service as committee members over many years.



Wellington Masters President Brian Watson with John Palmer and Richard Harris after their presentation of Life Membership to Wellington Masters.

The following are the resumes presented by Richard (Dick) Harris and John Palmer in support of their nomination for Life membership to Wellington Masters.

I have been involved in Athletics in Wellington since 1957 from the age of 23 and prior to that from a school age in the U.K.

Shot and Discus events were my interest achieving Centre and National titles and records over the years, being initially a member of the Naenae Club and later Kiwi Club and have been ever since, except however for a period of about 10 years or so when squash became a popular sport and I joined the Scottish Harrier Squash Club as a member.

However, I recall in the early eighties being persuaded by Vic Marks and Jim and Colleena Blair to attend a meeting under the stand at Newtown Park with a couple of other people who I cannot recall, to discuss the forming of the Wellington Veterans Athletics Association. My initial view was somewhat skeptical but at a later date through Vic Marks I was persuaded to rejoin Kiwi Club to compete in Veteran Athletics Field events in Wellington and later in Oceania and World Championships. I have found it all very enjoyable and was fortunate enough to be placed in some events.

I think it was late in 1995 that Colleena Blair persuaded me to take up the office of the Association's Treasurer and have been on the Association's Executive Committee ever since.

R. J. Harris.

I joined the Wellington Association of Veteran Athletics (now know as Wellington Masters Athletics Inc) in 1992.

Somehow I was persuaded to become a committee member and have held the following positions over the years:

Secretary 1998-1999;
Committee member 1999-2002;
Vice President 2003-2004 (acted as President when Peter Hanson was unable to attend meetings thru his wife's illness);
President 2004-2006;
Immediate Past President 2006-2007;
Committee Member 2007-2008;
Vice President (again) 2008-2009 (as well as acting Secretary after our elected Secretary had to stand down owing to work commitments);
Secretary 2009-2010.

Chairman of the LOC for the North Island Track and Field Championships held in Wellington in 2005.

I have been the Editor of the Wellington Masters newsletter (The Master Copy) since 2001.

While involved with Wellington Masters I was also the Secretary of the Wellington Scottish Harriers Management Committee from 2001-2005.

I was also the Race Secretary for the Harbour Capital Half Marathon in 1997 and 1998.

I am currently a B Grade Walks Judge, a B Grade Track Official and an ANZ Level 1 Coach (middle & long distance).

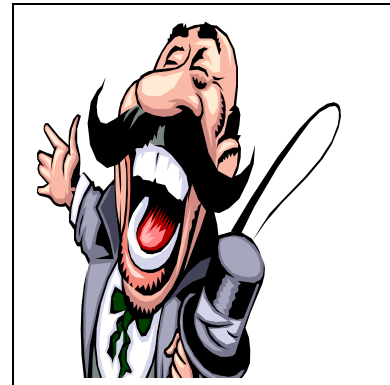
As well as being a current member of Wellington Masters Athletics I am also a member of Wellington Scottish Athletics; Wellington Marathon Clinic and the Wellington Tri Club.

John Palmer

Don't forget nominations for

WELLINGTON MASTERS

ATHLETICS INC.



ATHLETE OF THE YEAR

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

Award:

Known as the Wellington Masters Athlete 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 Colleena & Jim Blair and this year was awarded to Grant McLean.

RESULTS

Wellington Masters 5km & 10km Road Run and Walk

Lower Hutt – Sunday 7th November 2010

This year saw small fields in both the 10km run and walk with only nine walkers and 15 runners taking part. The 5km that was introduced this year only attracted the one walker.

The conditions were overcast but warm and there was a light breeze to content with. The fastest male walker was Ian Morton, while Barbara Tucker held that honour for the women. Fastest male runner was Colin Price, with Michelle Van Looy the fastest woman over the distance.

Name	Club	Time	Place	Grade
Walkers:				
5km:				
Female:				
Robin Iremonger	Scottish	37.54	1	W60-64
10km:				
Barbara Tucker	Scottish	64.35	1	W60-64
Daphne Jones	Scottish	72.07	1	W65-69
Andrea Adams	Olympic	73.05	1	W45-49
Male:				
Ian Morton	Scottish	64.21	1	M50-54
Geoff Iremonger	Scottish	69.44	1	M60-64
John Hines	Scottish	77.47	1	M70-74
Peter Tearle	Scottish	87.38	1	M80-84
Brian Read	WMC	87.39	1	M75-79
Runners:				
Female:				
Michelle Van Looy	Olympic	41.36	1	W35-39
Tineke Hooft	Olympic	46.10	1	W45-49
Maryanne Palmer	Scottish	53.05	1	W55-59
Male:				
Colin Price	No Club	37.56	1	M40-44
Mark Handley	Olympic	38.03	1	M50-54
Neil Price	WHAC	41.10	1	M45-49
Tony Dawbin	WHAC	41.15	1	M60-64
Peter Wood	WHAC	41.57	2	M50-54
Richard Longman	?	43.06	?	?
Bruce McCallum	Scottish	46.28	2	M60-64
John Barrance	WHAC	46.57	3	M60-64
Dougal Congalton	WMC	49.59	1	M65-69
Ray Wallis	Ruamahanga Ramblers	52.03	1	M70-74
Harold Alcock	Olympic	54.28	2	M70-74
Peter Hanson	Olympic	55.41	3	M70-74

- COMING EVENTS -

2011

Jan

8	Timaru New Year Track & Field Meeting	Aorangi Park, Timaru
---	---------------------------------------	----------------------

Feb

6	Wellington Masters T&F Championships - 1 st Day tbc	Newtown Park
12	Buller Gorge Full & Half Marathons	Westport
19	16 th New Balance Great Lake Relay	Taupo
20	Wellington Masters T&F Championships - 2 nd Day tbc	Newtown Park
20	AMI Round the Bays & New Balance Half Marathon	Frank Kitts Park

Mar

4-7	NZ Masters T&F Championships	Hastings
6	Kingsgate Rotorua Off-Road Half Marathon/New Balance 10km	Rotorua

April

2	Avanti Rotorua to Taupo 100km Flyer (Cycle Race)	Start at Rotorua
18	115 th Boston Marathon	Boston
30	47 th Lion Foundation Marathon, Half Marathon, 10k & 5km	Rotorua

May

1	Nelson Half and Quarter Marathon	Stoke, Nelson
	40 th Vancouver Marathon	Vancouver, Canada

Sept

	Round Rarotonga Road Race	Rarotonga
25	Tauranga City to Surf 12km Fun Run/Walk	Tauranga

2011

North Island Masters T&F Championships	Newtown Park
Oceania Masters Athletics Championships (February)	Tauranga

2013

NZ Masters T&F Championships	Newtown Park
------------------------------	--------------

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:

A RE-STOCK OF VARIOUS SIZES IS NOW AVAILABLE OF THE WELLINGTON MASTERS SINGLET AND TEE SHIRT. THE SINGLETS ARE \$30 AND THE TEE SHIRTS \$50 AND MADE FROM DRI FIT MATERIAL. THESE CAN BE ORDERED THROUGH VERONICA GOULD - TELEPHONE 04 973 6741.

CENTRE RECORDS:

PLEASE NOTE THAT MARK MACFARLANE HAS NOW TAKEN OVER THE KEEPING OF THE WELLINGTON CENTRE RECORDS. IF YOU FEEL THAT YOU HAVE SET/BROKEN A RECORD PLEASE SEND INTO MARK AFTER GETTING THE APPROPRIATE PAPER WORK SIGNED OFF. THIS WILL MAKE HIS JOB MUCH EASIER. MARKS CONTACT DETAILS ARE LISTED ON THE INSIDE FRONT COVER OF THE NEWSLETTER.

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.

WELLINGTON MASTERS ATHLETICS INC.

**SUBSCRIPTION FOR THE 2010/2011 YEAR
(1 September 2010 to 31 August 2011) = \$45**

NAME(S): _____

ADDRESS: _____

BIRTH DATE(S): _____ **EMAIL:** _____

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

How to Pay:

\$45 (\$90 for couple) - cheque made out to Wellington Masters Athletics Inc – (WMA Inc) and sent with form to: **VERONICA GOULD, PO BOX 5887, LAMBTON QUAY, WELLINGTON, 6145**

Direct Credit to: Wellington Masters Athletics Inc, National Bank, The Terrace: **06 0565 0064415 00**
and forward the completed form to Veronica Gould at the above or email to:
gvgould@xtra.co.nz

NOTE: Wellington Masters Athletics singlets and tee shirts are also available from Veronica Gould at a cost of \$30 and \$50 respectively.

Please advise any change of address as soon as possible