

Racing and race walking – recent events

Great to be out!



Virtual Global Solidarity Run: Fiona Hayvice, Emma Bassett and Emily Solsberg | Photo: Sharon Wray

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Clive McGovern (right) and David Sim.
Clive set a new Wellington Masters M70 10km Race Walk record in a time of 1:03.31.
Photo: Race Walking Wellington Facebook page

President's report to 2020 Annual General Meeting

Michael Wray



Wellington Road Champs: Norm Chu | Photo: Sharon Wray



Wellington Road Champs: Ray Wallis | Photo: Sharon Wray

Meeting held 24 September 2020

With the disruption from Covid, this will be a shorter report than normal. We spent a fair part of the year having to suspend activities as the pandemic curtailed our track and field season and removed a significant chunk of our winter season.

The 2019-2020 season finished with us in alert level 2 for Covid and having endured a lockdown that coincided with the ANZ membership year. We anticipated this would have an impact on our total membership pool. Our direct membership was 27 and through Athletics Wellington we have 327 members so our total pool is 354. This is a reduction of 24 on last year, almost all of which is through Athletics Wellington and undoubtedly because of Covid.

We continue to grow our Facebook presence, with 224 followers now. We did try to get the blue authentication tick, as did NZMA, to help combat the fake event streaming scammers but Facebook don't yet consider us or NZMA large enough to justify such status. Regardless, Facebook remains an important communication channel for us to interact with our members and followers from other regions.

Our event calendar faced serious disruption because of the Covid pandemic. The committee are very much aware that being a masters association means many of our members, helpers and officials are of an age that puts them in the "at risk" category and we were determined not to expose them to any unnecessary risk.

Our 10km in Lower Hutt was held in October 2019, several months before Covid emerged, and numbers were up with 34 entrants.

This event remains our "problem child" for which we're unsure of the support in the community. However, the last time we had more than last season's 34 was in 2006 so perhaps there's still a place for it in the calendar.

We had planned to experiment with the timing for this year's event and hold it in September in the void created by Athletics NZ pushing Road Champs out. However, the number of races being deferred during lockdown meant we would have been going up against bigger events so we have made the decision not to hold the event in 2020.

The biggest casualty was the Masters Classic Cross Country Relay, which is always our most popular event. It is our one event that would likely not have been able to proceed under level two conditions. This became academic when we were at level one, facing an uncertain duration, at the time this event had been scheduled to take place. Consequently, it became just one more event in the list of Covid-enforced cancellations.

The Johnsonville road race did go ahead, sandwiched between the Needle Relay and the University Relays. We had 32 participants, which is a lower than we have managed in recent years. In the circumstances we were reasonably pleased but we certainly hope to get our numbers back up next year.

Finally I would like to thank the committee for their contribution this year but in particular our outgoing Vice President, Michelle Van Looy, who is standing down after five years on the committee.

Michael Wray | President

Wellington Masters Athletics Inc 2020 Financial Report

Receipts and payments

For the year ended 31 August 2020

2019		2020
	OPENING FUNDS AT 31 AUGUST 2019	
1,453.34	ANZ Current Account	2,791.13
10,000.00	ANZ Term Deposit	20,000.00
8,777.97	ANZ Savings Account	3,135.52
<u>20,231.31</u>		<u>25,926.65</u>
	PLUS RECEIPTS	
1,795.00	Subscriptions Received	1,515.00
457.36	Interest Received	738.37
1,216.00	Race Entry Fees	855.00
315.00	Wellington Track & Field Champs Entry Fees	225.00
80.00	Uniforms Sales	90.00
45.00	Donations	5.00
	North Island Track & Field Championships	
7,012.92	Entry Fees	-
3,000.00	Sponsorship – Wellington City Council	-
1,240.00	Grant from 4 th World Vet Games Trust	-
800.00	Naming Rights	-
<u>15,961.28</u>		<u>3,428.37</u>
	TOTAL RECEIPTS	
	LESS PAYMENTS	
1,925.00	Subscriptions to NZMA	1,545.00
492.00	Newsletter Printing & Postage	395.93
620.00	Track & Field Levy to Wellington Centre	560.00
-	Track & Field Expenses	200.21
171.25	Presentation & Awards Expenses	139.15
36.32	General Expenses	15.00
150.00	Website Expenses	241.79
	North Island Track & Field Championships	
2,127.50	Wellington Free Ambulance	-
1,999.85	Polo Shirts for Officials	-
1,470.80	Catering	-
399.44	Print Event Numbers	-
392.27	Print Event Programme	-
240.00	Advertising	-
141.51	Print Certificates	-
100.00	Certificate Postage	-
<u>10,265.94</u>		<u>3,097.08</u>
	TOTAL PAYMENTS	
<u>25,926.65</u>	CLOSING FUNDS AT 31 AUGUST 2020	<u>26,257.94</u>
	Represented by:-	
2,791.13	ANZ Bank Current Account	2,850.50
20,000.00	ANZ Bank Term Deposit – Matures 30 December 2020	20,000.00
3,135.52	ANZ Bank Savings Account	3,407.44
<u>25,926.65</u>		<u>26,257.94</u>

Statement of Accounting Policies

The above statement is prepared on the basis of Receipts and Payments through the Association's banking accounts. No Provision or Accrual is made for amounts payable or receivable at the 31 August of each year. As the Association is not GST registered the amounts in the Statement include GST.

The Athlete's Kitchen

Nutrition tactics for building muscles

© Nancy Clark MS RD CSSD

Most runners want to have strong muscles, be more powerful, help prevent injuries, and yes, to look buff. They wonder: What can I eat for more muscle, strength and power?

The standard belief is *eat extra protein*, but more fundamental than food is doing some form of resistance exercise. Lifting weights is far more powerful for building muscle than eating extra protein (unless you've been eating a protein-deficient diet).

Once you have a good training program, you can then integrate optimal fueling tactics into your sports diet. Keep in mind the benefits of adding muscle need to exceed any potential slow-down in speed related to the weight gain. Some runners who perceive themselves as "under-muscled" are actually already very strong and effective.

Questions arise about the best ways to add muscle mass:

- How much protein should I eat to build more muscle?
- How many additional calories does my body need to build muscle – but not gain fat?
- Where should the calories come from: carb, protein, fat?
- When should I eat the additional calories?

We discuss the answers below.

Protein needs

Based on research from 49 studies that included 1,863 healthy participants, about 1.6g/kg protein (0.7g/lb) of body weight a day is associated with the greatest gains in muscle mass¹. Eating additional protein is unlikely to offer further benefit. That is, piling your plate with three chicken breasts at lunch and dinner is a needless way to spend your food budget.

Extra calories

Building muscle requires energy; you need added fuel to build new muscle mass. Yet, excessive calories (even excess calories from protein) can end up as body fat not muscle. Studies with weight-trained subjects who lifted heavy weights for at least six weeks and ate extra protein (but not extra calories) suggests they gained only about 1.1 kg (2.5 lb) new muscle².

Genetics

Genetics strongly impacts ability to add muscle. In a study of sedentary twins who overate by 1000 calories daily for 100 days, the subjects gained an average of 2.7 kg (6 lb) muscle and 5.4 kg (12 lb) of fat. That means, for each 0.5 kg (one pound) of muscle gained (without lifting weights), they gained about 1 kg (2 lb). Each twin-pair gained a similar amount of weight but the results varied significantly between sets of twins³.

For a 68 kg (150 lb) athlete, the standard advice is to add about 350 to 475 calories a day to build new muscle and minimise fat gain¹. Yet, more research is needed for more precise advice, given that many factors impact calorie needs, including the:

- amount of energy-rich fat and glycogen stored in the muscle
- number of calories burned during training
- magnitude of the post-workout rise in metabolism
- fate of the excess calories (turning carbohydrate or protein into body fat takes energy)
- energy cost of building and maintaining new muscle tissue
- calories burned when you overeat and fidget more.

This is a complex calculation!

Source of the additional calories

Carbohydrate is the primary fuel used to lift weights, so eating additional calories from carb-based grains, fruits and veggies seems a wise choice to support a training programme. A hard lifting session can deplete muscle glycogen by 30–40%. Given glycogen depletion is linked with fatigue, repeated days of low carb intake can impair the ability to train hard.

Consuming about 4-7g carbohydrate per kg (2–3g/lb) of body weight per day is a good target for strength-training athletes. If you are running in addition to lifting weights, you want to target the higher amount of carbs. That means a 68 kg runner who lifts weights should target at least 450g carb per day. That's 1,800 carb-cals to support both lifting and running – that's no Atkins (high protein) or keto (high fat) diet!

Your intake of dietary fat should stay within health guidelines, which means 20-35% of total energy intake. More simply put, that's the equivalent of some fat at each meal and snack. Your best bet is to include health-promoting nuts, peanut butter, avocado, salmon and olive oil. Do not avoid fat; a very low fat diet can reduce testosterone levels. That's counterproductive!

Best sources of protein

Protein is a source of the amino acid leucine. As Leucine is an important trigger for building muscle, leucine-rich proteins can maximise muscle synthesis. Animal proteins have around double the leucine content of calorie-matched plant sources. For example, 8-ounces dairy milk has 1g leucine; soymilk has only 0.5g. The goal is about 2.5–3g leucine per meal.

Rather than devouring protein shakes, bars and powders, natural forms of protein can be more effective at building muscle. That's because protein is bundled into a natural matrix that contains other factors that impact muscle growth. Your best bet is to eat food first and rely less on processed protein products.

When to eat

To promote muscle mass and minimise fat gain, front-load your calories rather than eat most of your food towards the end of the day. Surround your work-outs with protein-carb combinations, particularly when doing long workouts. Examples: eggs and toast, turkey-cheese sandwich, beans, rice and cheese, chocolate milk.

Plan meals with ~0.3g protein/kg body weight (0.15g/lb) every 3–5 hours throughout the day. For a 68 kg runner, that's about 25g protein per meal and snack. That means, don't have just plain oatmeal for breakfast; cook it in milk and add peanut butter. Enjoy eggs with that bagel.

One way to evenly pace your protein is to eat a meal every 4 hours, such as breakfast at 7:00ish, early lunch at 11:00ish, later lunch at 3:00ish, and dinner at 7:00ish.

On rest days, your muscles are busy replacing depleted glycogen stores. Eat enough to have a positive energy balance on both training and non-training days.

Words of wisdom

You can slightly redesign (but not totally remodel) your body. Eat well and be realistic!

Contact Nancy

Sports nutritionist Nancy Clark, MS, RD counsels both casual and competitive athletes in the Boston-area (Newton, 617-795-1875). Her best-selling Nancy Clark's Sports Nutrition Guidebook (6th edition, 2019) can help you eat to win. For more information, visit NancyClarkRD.com.

Ed: This article has been reproduced with the kind permission of Nancy Clark. For more information on this article and others relating to sports nutrition etc. visit the website listed above.

References

- 1 Slater G et al. Is an energy surplus required to maximise skeletal muscle hypertrophy associated with resistance training *Front Nutr* (2019), 6:131 www.ncbi.nlm.nih.gov/pmc/articles/PMC6710320/
- 2 Morton R et al. A systematic review, meta-analysis and meta-regression of the effect of protein supplementation on resistance training-induced gains in muscle mass and strength in healthy adults. *Br J Sports Med.* (2018) 52:376–84.
- 3 Bouchard C et al. The response to long-term overfeeding in identical twins. *N Engl J Med.* (1990) 322:1477–82.

Recipe

Pasta with Chilli Tuna and Greens



I found this meal, quick and simple to prepare. Packed full of flavour it was delicious to eat.

Ingredients

- ½ cup wholegrain pasta
- 1 cup broccoli florets
- ¼ cup peas
- 2 cups baby spinach leaves
- ¼ cup ricotta
- 1 small tin chilli tuna
- 2 tablespoons grated parmesan

Method

- 1 Cook pasta according to packet instructions. When pasta has two minutes to go, add broccoli and peas to pot. Drain, reserving ¼ cup pasta water.
- 2 Add pasta back to pot over low heat and stir through spinach leaves.
- 3 Add ricotta and pasta water; add tuna and gently combine.
- 4 Add parmesan to finish.

Serve garnished with black pepper.

Serves 1

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Injury prevention

Pilates: six ways runners benefit

By Christine Carbo

Runners can get more from Pilates than just additional core strength.

I have practiced and taught Pilates for over ten years and I can say without a doubt that Pilates has improved my performance in every sport and fitness activity I have engaged in – such as running, skiing, soccer, hiking, squash, golf, tennis and more. I am confident Pilates helps in a myriad of ways in all other sports as well.

Increased core strength

Most athletes understand the importance of a strong core, but some do not really understand precisely what the word **core** refers to. Core strength is not synonymous with abdominal strength; your core encompasses your entire torso, including your hips, abdominals, back, shoulders and neck. When all of the muscles in the torso are strong and balanced, your core acts as a stabiliser and a center for you to transfer forces through when you are running or doing other activities. Pilates enables you to better produce force during activities such as running, and helps you better control and maximise the forces you produce while you are active.

Corrects postural imbalances, which helps reduce the risk of injury

Every athlete's first priority should be to achieve core stability through balanced musculature. In other words stability first and movement second.

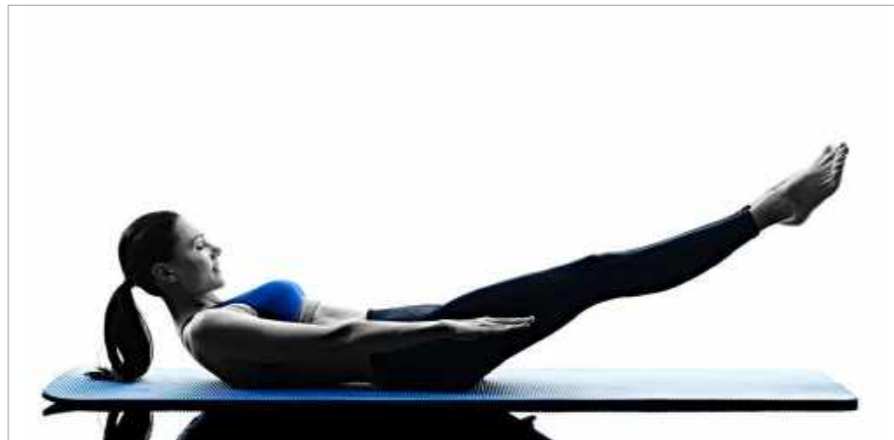


IMAGE © OSTILL / 49194924 / 123RF.COM

Core stability protects the spine and surrounding musculature from injury during dynamic movement. Since Pilates encourages proper movement patterns and teaches correct posture, you are less likely to re-injure the same area or hurt something else through compensation. Additionally, Pilates helps you identify your weaknesses that inhibit your gait. You learn muscular cues to help you fire and strengthen muscles that help you maintain a better running posture.

Improved endurance and speed

Most runners understand that a strong, balanced body helps you maintain proper form as you fatigue. Pilates helps you loosen your hips, legs and back, all helping you keep a fluid, long stride. Also, it is important to keep your psoas (abdominal muscles that connect the spinal column to the femurs and assist in flexing and rotating the leg and flexing the trunk on the pelvis) in optimal condition by keeping them flexible as well as powerful.

Quicker and more comprehensive recovery

Pilates will decrease your recovery time after injury or a strenuous workout by increasing joint mobility, improving flexibility and body awareness. With a regular Pilates routine, your muscles are in better condition, you feel less fatigued, sore or tight after a long run.

Breath control

Breathing patterns are essential to performing Pilates movements correctly, and such practice easily translates into running. Pilates teaches you to fill the lower lobes of your lungs more fully, to engage your diaphragm more consciously and to use breath with increased awareness to assist your movement patterns.

Improved balance

One of the fundamentals of Pilates is to emphasise balance along with mobility and breath control. Balance decreases with age, and those who regularly practice Pilates see dramatic gains in balance and have an easier time maintaining it as they age. If you've ever tripped or stumbled on a rocky trail while running, you understand how crucial it is for your core muscles to come to the rescue.

Christine Carbo is a Pilates instructor in Montana; and the critically acclaimed author of *The wild inside* and *Mortal Fall*. Visit christinecarbo.com for more information

Training

Running drills to improve performance

Warming up and stretching

No running drills should be attempted before you are properly warmed up. The drills are designed to stretch the boundaries of your running capabilities so warm up for a good fifteen minutes with some easy running and stretch thoroughly.

Consistently incorporate these drills into your running routine and watch as the new challenge increases your speed and strength over time.

High knee running

- **The aim:** To increase stride frequency and improve knee lift for when you need to pick up the pace.
- **How to do it:** Start jogging slowly, then when comfortably in your stride increase your stride rate so that you take as many steps as possible over about 20 metres or so but with an exaggeratedly high knee action. Bring your legs up in front of you and maintain a nice upright posture.
- The emphasis is not on speed but on maximising the number of steps taken.

Pull throughs

- **The aim:** To develop timing and power to get your leg in position to power yourself through your stride, and increase stride length.
- **How to do it:** Going from a walk in an upright position, extend one leg out in front of you like a hurdler, then bring your leg down and through to touch the ground powerfully, directly under your centre of gravity.
- As your foot contacts the ground, drive up on your toes and swing your other leg forward and repeat.
- Do about 12 to 15 steps on each leg.

Bum kick

- **The aim:** To increase stride frequency and improve knee lift for when you need to pick up the pace
- **How to do it:** Start by jogging slowly then increase your stride rate, aiming to get your feet moving as quickly as you can and swinging your lower leg up behind you. Your heel should literally be hitting your bum; continue for about 20 metres.

Bounding

- **The aim:** To develop your leg power and strength, therefore increasing your stride length.
- **How to do it:** Start from a slow jog – bounding forward and upwards with a high knee lift. Land on your other leg and repeat the movement. Continue alternating legs. Concentrate on holding good form, keep your head up and drive with your arms, as this will help you keep the whole movement together.
- Repeat for 8 to 10 steps on each leg.

Training

Low impact exercises to help ease aching joints

When to exercise

When your joints hurt, the last thing you feel like doing is exercising. But, often, it's one of the best things you can do. Strengthening your muscles provides stability around your joints and moderate exercise can actually help lessen your pain. In addition, maintaining a healthy weight and getting enough sleep are important in managing joint pain – two things exercise can help with.

Five of the best

These five low impact exercises are great to help with joint and/or arthritis pain:

- swimming
- water aerobics
- walking
- cycling
- an elliptical machine.

Try to get several moderate, low-impact exercise sessions into each week – your joints will thank you!

You may also find relief with a chiropractic adjustment.

Ed: This article has been reproduced with the kind permission of Dr Louise Blair, Back to Living Chiropractic, 50 The Terrace, Wellington 6011, call 04 499 7755 or visit their website www.chiro.co.nz

Training

Trail running techniques to improve form



Challenge your running

Trail running is an excellent method if you're looking to challenge your running in new ways.

Not only will you experience some of the most beautiful natural landscapes of New Zealand but you'll utilise new muscles on the varied terrain and in turn, elevate your running abilities.

Becoming a better trail runner means taking your track and road technique and adjusting it for the uneven landscape. It's a challenge to overcome, and you'll be working muscles that are put under a lot more pressure. But once you master the trail running technique, you'll see a huge difference.

For trails, one of the main things to take into consideration is your stride length. It's best to run with a shorter stride to help with your balance and agility and to adjust to obstacles. Stay light on your feet to help avoid taking a bad step and minimise the chance of twisting an ankle.

It comes down to three unique challenges to your technique:

- trail running uphill
- trail running downhill
- using your arms to control rhythm.

Uphill running technique:

- Use much smaller steps. Going uphill is the lung-busting part of trail running – it's the bit that road and track runners have the most trouble adjusting to. Large steps are hard to maintain when you're going up. You're also using the forefoot much more to push off.

This combination of forces means you should:

- shorten your stride and quicken your steps
- lift your knees higher
- shift your weight to the balls of your feet
- move your legs from the hips
- engage your core and pump your arms to help propel yourself forward
- make sure you're not restricting your breathing by being hunched or leaning too far forward.

Another key is to maintain your effort level so you don't wind up completely out of breath once you reach the top of the hill. So take it slow and pace yourself rather than coming into it too hard. If you're gasping for breath or your heart rate is through the roof, those are signs to slow down.

Don't get discouraged if you need to hike up the hill instead.

Downhill running technique: keep under control

You can quickly lose control of your speed going downhill. The pull of gravity can cause you to hurtle down hills with a stride that is too long. This makes it especially important to maintain a good center of gravity.

By overextending your legs, you put yourself at risk of injury. Good downhill trail running technique is:

- keep your feet under your body for a good center of gravity
- move your feet quick and lightly over the terrain
- don't hesitate when you encounter obstacles
- lean forward at your ankles and land on your midfoot
- raise your feet from the ground as little as possible
- direct your eyes at least 5 metres ahead and avoid looking down at your feet.

Be sure not to lean back in an attempt to brake or slow down. Instead, lean slightly forward as you take short and quick strides. It's tempting to over stride or take big leaping steps but doing so will put excess pressure on your joints and throw off your balance.

Arm movement to propel your running forward

One of the most important trail running tips is how you use your arms. Arms play a crucial role in your overall running rhythm and form along with maintaining balance on uneven surfaces. Plus they're essential to how efficient you run.

- When you're going uphill – swing your arms in short, sharp movements. Then your leg movement should follow with a short, fast stride.
- When you're going downhill – use your arms to control your momentum and keep control by holding them out to your sides a bit wider. Imagine your arms as wings bent out at your sides. That will help you to keep your balance, regulate your movement, and quickly change direction.

In general, remember to drive your elbows back and not swing them across your chest. Also be sure to stay relaxed through your shoulders, elbows, wrists, and hands.

Remember to check-in with yourself; do a shoulder roll to make sure you are not tense.

Be prepared with the right trail running gear

Specific trail running gear is designed to help you go up and down hills and let your body work more effectively.

- Shoes that protect from rocks give you optimal grip and provide stability. Look for a lugged outsole and a flexible forefoot to push off.
- Running tights that are flexible and let you lift your knees.
- Jackets that don't restrict arm movement.
- Tops that are flexible, stretchy, and easy to layer.
- A pack to hold water, a snack, a paper trail map, and a torch.

Run responsibly

With rough terrain, a constant level of alertness is required to avoid tripping on obstacles or slipping. Keep your eyes on the trail, and create a line of travel by focusing four to five steps ahead, planning your steps for the next few strides so you're prepared for any upcoming obstacles.

It's also smart to be safe by alerting a friend or family member of where you're intending to run and when they should be expecting you back.

Injury prevention

Flexibility with morning stretches



With a record amount of people around the globe having sleepless nights, waking up refreshed might not be an option these days. But we've got good news – adding a morning stretching routine to your day might help.

Spending 10 to 15 minutes stretching each morning is effective at helping you wake up, loosening your muscles for the day ahead — and it's considered a form of exercise.

A daily morning routine can help energise you for the day and help reduce anxiety. That could mean you can skip that coffee until midmorning, or eliminate it all together.

Morning stretching is also helpful for improving your posture. Are you one of the millions of people worldwide that sit behind a desk? Or are you bingeing on the couch in front of the tube? Implementing morning stretching into your daily routine isn't just effective for loosening tight muscles, but helps them to become more flexible.

Over time, you'll notice a positive change in your posture and your energy.

2020 UPCOMING EVENTS

October		
24	New Date - We Run the Forest, 42km, 21km, 12km and 7km	Rotorua
November		
1	Nelson festival of running, half marathon, 10 km, 5 km and kids 2.5 km Run the city Auckland marathon (5 distances)	Saxton Field, Stoke Devonport
14	Cancelled - BDO Lake Taupo Cycle Challenge	Taupo
13-15	South Island Masters Track and Field Championships	Dunedin
28-29	Cancelled - Ironman 70.3 World Championships	Taupo

2021 UPCOMING EVENTS

February		
13	Buller Gorge Full Marathon, half marathon and marathon relay	Westport
March		
6	Multi-Grain Ironman NZ and Ironman 70.3	Taupo
April		
11	New Date – ASB Christchurch Marathon, ½ Marathon & 10km	Christchurch
July		
3-4	42 nd Gold Coast Marathon & Associated races	Gold Coast

Please note: Race information available and correct as time of print. Whilst every attempt is made to provide correct information, intended dates and venues can change. It is advisable to check the information from official entry forms, websites or event organisers.

We will keep you informed when more race details come to hand. Remember to check the website for the most up to date information.

WE NEED YOU!

Join the Wellington Centre Athletics Officials!

Come, enjoy the challenge. You will be made most welcome!

Contact Stacey Taylor, email staceyanntaylor30@gmail.com for more information

Athletics Officiating

We need Measurers, Checkers, Result Recorders. Becoming an official means:

- the best seat in the house to watch and support fellow athletes
- opportunities to travel, meet new friends, and enjoy the camaraderie of the athletics culture
- the experience to share the pleasure of seeing athletes compete, and improve their best performances
- assisting with an interesting variety of tasks for our athletes, who also enjoy their sport.

Become a track, road, cross country, walks, jumps, or throws judge – and see it all close up. Come on, Give it a Go!

The Wellington Centre is short of officials at the present time owing to retirements, officials moving away from the area and others moving on to other interests. To successfully hold a big meeting at Newtown Park the Centre needs 80 officials to run the meeting successfully. Please give serious consideration to becoming an official of the Wellington Centre.



Registration Form

2020/2021 NZMA / Local Masters Centre Registration Form			
Name:			
Address:			
	Post Code:		
E-mail:	Telephone:		
Masters Centre:	Date of Birth:		
Are you an Athletics NZ club registered athlete? No / Yes (CIRCLE ONE ONLY) (Please complete section below)			
Athletics NZ Club:	ANZ Reg. No.		
Fees for 2020/2021 year (Please select the option that better suits your needs):			
OPTION 1:	ANZ Competitive Members (ANZ club members must be financial for the 2020/2021 season). N.B. All fees are paid to ANZ online or via your club registration process		
\$0.00	NZMA Fee (ANZ club athlete DO NOT pay a fee to NZMA as per the MoU)		
\$0.00	Local Master's Centre Fee		
\$25.00 (CIRCLE)	Vetline Subscription (3 issues starting from January 2021) Please pay this fee to your local Masters' Centre		
	Note: ANZ Social Members are required to be a Competitive member of either ANZ or NZMA if they intend to compete at local, NI, SI, NZMA, OMA or WMA Championship events		
OPTION 2:	NZMA Members (non-club members) N.B. All fees are paid to your Local Masters Centre as per previous years		
\$60.00 (CIRCLE)	NZMA Competitive Member (including Vetline subscription). Eligible to compete at local, NI, SI, NZMA, OMA or WMA Championship events.		
\$45.00 (CIRCLE)	NZMA Social Member (including Vetline subscription). Eligible to compete at local Masters' events only.		
\$0.00 (CIRCLE)	Local Masters Centre Fee (optional)		
Total Fee to pay \$			
Payment Options:	Post, e-mail or hand completed registration forms to Veronica Gould .		
Online Banking:	Wellington Masters Athletics Inc., ANZ, The Terrace: 06 0565 0064415 00. (Please insert your name in the reference box)		
Please make cheque payable to Wellington Masters Athletics			
Postal Address:	Wellington Masters Athletics Inc. PO Box 5887, Wellington 6140	Telephone: E-mail:	04 973 6741 gvgould@xtra.co.nz
OFFICIAL USE:			
Verified by:	2020/2021 NZMA Reg No		



Post lockdown – great to be out! | Photo: Liz Bentley

Wellington Masters Athletics Incorporated

2020–2021 COMMITTEE MEMBERS

Patron	Bruce Perry	04 473 0877
President	Michael Wray	027 648 8502
Imm. Past pres	Brian Watson	06 368 7380
Vice president	Liz Bentley	021 030 2384
Secretary	Albert van Veen	04 563 8450
Treasurer	Graham Gould	04 973 6741
Committee	Sean Lake	04 389 5912
	John Palmer	04 479 2130
	Sharon Wray	04 234 7972
Subscriptions	Veronica Gould	04 973 6741
Editor	John Palmer	04 479 2130
Newsletter design	Liz Bentley	021 03 02384
Masters records	Peter Hanson	04 237 0958

LIFE MEMBERS

Jim Blair 2004	Bruce Perry 2008	John Palmer 2010
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Committee Meetings are held on the first Thursday of each month at 89 Amesbury Drive, Churton Park, commencing 7.00 pm. Club representatives and members are always welcome.

CLUB CO-ORDINATORS

Aurora Harriers	Hadley Bond	04 233 2241
HV Harriers	Albert van Veen	04 563 8450
HV Marathon	The Secretary	021 689 183
Kapiti	John Hammond	04 292 8030
Kiwi Athletic Club	Peter Jack	04 388 6224
Levin Harriers	Brian Watson	06 368 7380
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