



Master Copy

OCTOBER 2021

WELLINGTON MASTERS ATHLETICS INC NEWSLETTER | VOLUME 20 – ISSUE 3

Wellington Masters Athletics Inc Annual General Meeting 2021



Dave Holland, 2nd M60
Wellington Road Champs Wainuiomata
Photo: Sharon Wray

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Celebrating success with Jackie | See the full article on page 5

President's report to the 2021 Annual General Meeting

Our combined membership for the year was 360. The direct membership as at 31 August was 19, quite a bit down on the 27 of last year. The cancellation of the North Island Masters Track & Field Champs and the disjointed Wellington track and field season were likely major contributors to this, as people had less reason to join.

As at the end of the ANZ membership year, there were 341 Athletics Wellington masters members. Of these, 67 are in the NZMA membership database, meaning they are Athletics Wellington Club members who have entered an NZMA Championship. Clearly we have more work to do to attract the remaining 274 but the 67 plus our direct membership of 19, brings us to 86 and that number is a on a par with our pre-MOU direct memberships.

Our Facebook page now has 318 followers, continuing to grow each year. Individual posts will often be read by an audience several times that, as other pages regularly share posts.

After losing the event to Covid in 2020, we were pleased to hold the Classic XC Relay again this year. We had 23 teams compete, a big increase on recent years and the most since 2005. We also had a good turnout for the Johnsonville Road Race. 47 entrants made it the second-biggest field this century, during which time our largest year was 2017 and 48 entrants.

The Lower Hutt 10km was not held in 2020. We had intended to hold it in September 2020 but the number of races being deferred during the 2020 lockdown created a crowded calendar, pitching us against bigger events with which we can't compete so we did not hold the event at all. In 2021, the intention was to hold it in mid-September, to fill the gap between NZ Road Champs and NZ Road Relays. We then discovered the Hutt Marathon were intending to move their event's timing for similar reasons – that October-November are difficult months to attract club runners who have generally turned to track and the middle of September was free. The Hutt Marathon course overlaps with ours, so when they selected the same date we agreed to withdraw. Ironically, they then had to cancel when the Delta outbreak meant we were still at alert level two. In theory we could have held our event as originally scheduled, except we only learned with five days' notice we would be dropping down from alert level three so had no time to step back in.

The Hutt Marathon date for 2022 is mid-September. Having two races offering a 10km race on mostly the same course in mid-September isn't going to work, so we'll have to look again at how to schedule or even where to put the course if this event is to remain alive.

Our track and field championships were a mixed bag. We joined Athletics Wellington in taking an experimental approach, where different events were assigned championship status in different meets. The events in Masterton were held as part of a new twilight series but that location proved too far to travel for a late meet for most of the Wellington central athletes (both senior and masters). We will take the lack of entries as notice and work with Athletics Wellington to revert to the more traditional approach this coming season. That notwithstanding, the 10000m Championships, in which we played host to the NZMA 10000m Champs, were a big success with large fields consisting of 53 masters entrants and we will repeat this next season in November.

This coming year our main task is to organise the 2022 NZMA Track and Field Champs, which we are holding at Newtown Park 11-13 March. It has been disappointing to find the council are now charging us and Athletics Wellington for the hire of Newtown Park for non-regular events but we have an approved funding request from the council's Sports Event Partnership Fund that means the event will remain financially viable. If we can attract the officials and entrants, we should generate a surplus that will enable us to keep our subscriptions to the minimum i.e. just the NZMA levy.

Finally, I would like to close by mentioning the past year has been significant for us in both positive and negative ways. Our oldest member, Peter Tearle, passed away in May aged 95. Peter was a life member of both Scottish and Athletics Wellington for many years in recognition of years as service as an official. He started as a runner – a skilled steeplechaser, so I'm told – before moving into walking and, more recently, competed as a thrower. On the positive side, Wellington Masters now has a world record holder in Jacqueline Wilson, who set new W75 World records for the 3000mW and 5000mW at the NZMA Champs in February.

Michael Wray | President

Wellington Masters Athletics Inc 2021 Financial Report Receipts and payments

For the year ended 31 August 2021

2020		2021
	OPENING FUNDS AT 31 AUGUST 2020	
2,791.13	ANZ Current Account	2,850.50
20,000.00	ANZ Term Deposit	20,000.00
<u>3,135.52</u>	ANZ Savings Account	<u>3,407.44</u>
<u>25,926.65</u>		<u>26,257.94</u>
	PLUS RECEIPTS	
1,500.00	Subscriptions Received	475.00
738.37	Interest Received	424.58
855.00	Race Entry Fees	1,354.00
225.00	Wellington Track & Field Champs Entry Fees	-
90.00	Uniforms Sales	140.00
5.00	Donations	55.00
<u>3,413.37</u>	TOTAL RECEIPTS	<u>2,448.58</u>
	LESS PAYMENTS	
1,545.00	Subscriptions to NZMA	545.00
395.93	Newsletter Printing & Postage	148.57
620.00	Track & Field Levy to Wellington Centre	560.00
75.00	Track & Field Expenses	-
204.36	Presentation & Awards Expenses	180.58
241.79	Website Expenses	208.44
<u>3,082.08</u>	TOTAL PAYMENTS	<u>1,642.59</u>
<u>26,257.94</u>	CLOSING FUNDS AT 31 AUGUST 2021	<u>27,063.93</u>
	Represented by :-	
2,850.50	ANZ Bank Current Account	3,407.51
20,000.00	ANZ Bank Term Deposit - Matures 26/04/2022	20,000.00
3,407.44	ANZ Bank Savings Account	3,656.42
<u>26,257.94</u>		<u>27,063.93</u>

Statement of Accounting Policies

The above statement is prepared on the basis of Receipts and Payments through the Associations 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.



Excerpt from September 2021 newsletter

TRACK & FIELD

The Track & Field Senior Committee have held its first meeting online with a group of 12 key taking part people to help drive the 2021-22 season. We urge all clubs to have a representative on this group. The key dates will be confirmed by the end of this week after representatives have given feedback. I am very pleased to announce that we have Yarride Rosario to lead this group. The GM will support with administration. Details for Yarride are

- **Chairman, Yarride Rosario:** yarride.rosario@gmail.com

For all **Newtown Park Track & Field Senior** events AW will utilise an online registration system that will enable athletes to “**Enter on the Day**” [EOTD] with a season pre-registration.

The link for the pre-registration for these events is [here](#).

By registering you will be allocated an ID competition bib number for the season for Newtown Park events except for a few events that will have Online Entry only. Register now at **NO Cost** for these summer events starting **Saturday 16 October**.

ATHLETICS WELLINGTON

LEADS

The following are the key contacts for Athletics Wellington leads to help us deliver our programmes

Coaching

- **Andrew Matsuoka-Webber**
coaching@athleticswellington.org.nz

Officials

- **Vaughan Oates** v.oates@gns.cri.nz

Equipment

- **Mike Ritchie** mpritchie@xtra.co.nz

Athletics Wellington look forward to supporting you and your clubs with Coaching and Officials courses during the season.

Turning lockdown into world records! *Celebrating success with Jackie*



Jackie, proudly sharing her framed World Record certificates.
Huge congratulations from all your fellow Wellington Masters athletes!

Here's Jackie's inspiring story in a recent interview with Liz Bentley

Lockdown in 2020 was a saviour for me, plenty of time for walking which eventually inspired me to set some goals. With a new Age Group coming up in 2021, it motivated me to strive for the NZMA & Wellington Records. The World Record would be a BONUS.

I increased my training/gym to five days, and balanced that with rest/sleep, and a good diet. No alcohol. And I increased my fluid intake the day before racing. On race day, fuel for me is about two hours before racing. Good carbs, easily digested, like rice pudding and honey and toast.

I do tend to get stressed prior to a race, something I have to try and control but being nervous does give you an edge – you just have to use it to own advantage.

I have to thank the hosts of the New Zealand Masters Track & Field Championships, Taranaki Masters & Athletics Taranaki, for all their support and encouragement to enable me to achieve the World Records for the 3000m & 5000m Track Walks, without them it would not have been possible.

The hardest part after achieving the records is completing the necessary paperwork before any of the officials leave the stadium! That is quite a mission, no time to celebrate!!!!

An amazing feeling, especially for someone who has only been Race Walking for 10 years.

As a late starter, I never dreamed it would be possible to get on to the WMA World Record list. Thanks to Bart Jones who introduced me to the sport.

Celebrations were delayed due to Lockdown, as the Saturday night of the Championships we went into lockdown at midnight! It came as a shock to all the competitors, who were too busy enjoying NZMA Social/Awards Dinner that evening & didn't hear the Govt announcement. I waited up until gone midnight to hear from the officials to see if the next day's competition was going ahead. After all my hard work it would have been devastating if it had been cancelled. Due to the fantastic organisation by the Officials, Sunday's track & field events went ahead. A late night for the officials thrashing out all the details; a job well done.

Family overseas were quick to help me celebrate, thank goodness for Zoom!

Runners who suffer from injuries often join the Race Walkers to see if they can take up the sport against fewer competitors and once the technique is mastered, they can go on to get their rewards. One good example is the Olympian Quentin Rew who moved from running to Race Walking & how successful he has been! Never looked back ...

Jackie Wilson | October 2021

Health

Why you should fuel even if you're not hungry

Struggling with post-run appetite suppression?

After longer or harder running, there is a decrease in the production of ghrelin: our hunger hormone.

The scenario is all too familiar among runners: You just finished a long run and are on a runner's high. You know you need food to replenish your body from all those kms you just ran, but the thought of it makes you ill. You decide to wait for your hunger cues to guide you towards your next meal.

The problem with this approach is that over time, it can lead to large, within day energy-deficits, especially if you are doing multiple hard workouts and long runs. If the trend continues, it may lead to injury and illness.

So, what should you do?

- **Timing:** Whether you are hungry or not, it's best to get something in post long run or workout within 30 minutes-2 hours after you finish.

- **Drink Your Nutrition:** After finishing, whip up a smoothie and sip on it slowly for the next few hours.
- **Increase Nutrient Dense Foods:** Focus on foods that pack a nutrition punch in a smaller volume of food can help. Avocados, peanut butter, seeds, oats, and oils can all be added to what you can stomach and bulk up the nutrition. For instance, if you are making a smoothie, adding additional avocado and peanut butter can greatly increase the calories and nutrition you are getting from it.
- **Focus on Smaller Meals:** Focusing on smaller balanced snacks can be easier than forcing down a large meal.
- **Eat your Favorite Foods:** If ice cream sounds good, eat it! Focus on appealing foods on the days where you aren't hungry to help achieve your calorie intake.
- **Don't Underestimate the Day After:** If you are doing a shorter day, the day after a hard workout or long run, don't restrict if you are hungry! Take advantage and add in an extra meal or snack.

The Athlete's Kitchen

Sports Supplements & Performance

© Nancy Clark MS RD CSSD | October 2021

In their effort to enhance energy and optimise performance, many runners purchase vitamins, herbs, amino acids, and other sports supplements that are reputed to offer a competitive advantage. While a few supplements (beta-alanine, creatine, caffeine, nitrates) might play a small role when added to a well-thought-out fueling plan, no amount of supplements will compensate for a lousy diet.

Fundamental to every high-performing runner is an effective sports diet. All athletes should be taught from an early age how to optimise their performance using the food-first approach, so they know how to best fuel-up, fuel during, and refuel after challenging exercise sessions. Once an athlete has finished growing and maturing and has fine-tuned his or her fitness and performance skills, some sports supplements might be appropriately introduced with guidance from a knowledgeable professional.

That said, to the detriment of their wallets, many runners look for a glimmer of hope from the multi-billion-dollar supplement industry. Consulting with a registered dietitian (RD) who is board certified as a specialist in sports dietetics (CSSD) could easily be a better use of money.

Supplements are popular

A survey of Division-1 college students (89 females, 49 males) at Arizona State University indicated 77% consumed at least one "claimed to be" ergogenic aid¹. Another survey of US Army personnel reports 75% used some type of dietary supplement at least once a week. Protein/amino acids were the most popular, taken by 52% of subjects².

Why are so many athletes willing to spend (or is that waste?) a great deal of money to buy sports supplements? The glimmer-of-hope reasons include: to improve physical appearance or physique, increase muscle mass, optimise general health, and help meet physical demands on their bodies. Unfortunately, most supplements don't work. Before you spend your money, please educate yourself about each supplement you plan to buy.



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Where to learn more

For information about (supposedly) performance-enhancing supplements, the US Dept. of Defense website Operation Supplement Safety (www.opss.org) offers abundant information for anyone who is curious to learn more.

The website includes:

- a list of at least 28 unsafe sports supplements to avoid.
- a list of questions to help determine if a supplement is safe. (Does the label have a "certified safe" seal from Informed Sport or NSF? Is the label free of the words blend, matrix, proprietary, or complex? Does it make questionable claims?).
- an A-Z index with info about specific supplements, with all you need to know about Adderall, apple cider vinegar, caffeine, creatine, energy drinks, ephedra, ketone supplements, nitric oxide, omega-3 fats, pre-workouts, pro-hormones, proprietary blends, plus many more.
- information on unusual reactions and adverse effects (nausea, headaches, shakiness, elevated heart rate, mood change, etc.) and how to report an adverse event to the FDA and the National Institutes of Health (NIH).

The Australian Institute for Sport's ABCD Classification System (www.ais.gov.au/nutrition/supplements) is a helpful source of information.

The system ranks sports foods and supplements into four separate groups according to scientific evidence and practical considerations that determine whether a product is safe and if it effectively improves sports performance.

- Group A includes specialised products with strong evidence for benefits in specific events, including sports drinks, gels, iron, caffeine, beta-alanine, bicarbonate, beet root/nitrate, and creatine, among others.
- Group B deserves further research. It includes food compounds with anti-oxidant and anti-inflammatory properties (i.e., tart cherry juice, curcumin), vitamin C, and collagen, to name just a few.
- Group C lacks scientific evidence to support use. These include (and are not limited to) magnesium, alpha lipoic acid, HMB, BCAAs, leucine, vitamin E, plus more.
- Group D includes products with a high risk of leading to a positive doping test: ephedrine, DMAA, herbal stimulants, pro-hormones, hormone boosters (such as DHEA, androstenedione, Tribulus terrestris), and others.

What supplements do "work"?

Sports supplements that do "work" actually improve performance by just a small (but potentially valuable) amount³, despite carefully crafted advertisements that can lead you to believe otherwise. Case in point, the popular branch-chain amino acids (BCAAs), specifically the BCAA leucine, which is known to activate the muscle-building process. Unfortunately, simply activating the process is not enough to promote muscle growth.

BCAA research indicates they do not provide any benefits above and beyond the amino acids athletes normally consume when eating protein-rich food at meals and snacks. To see any meaningful muscle-building effect, you actually need to have many other amino acids present (as happens when you eat real food, as opposed to an isolated amino acid), as well as enough calories — and of course, a good strength training program plus adequate sleep.

Varied responses

Even among supplements that "work," the response varies greatly from athlete to athlete. Case in point, beta-alanine, a supplement sometimes used by athletes such as elite sprinters, rowers, and wrestlers to reduce muscular fatigue and improve endurance during high intensity exercise that lasts for one to four minutes. The varied responses can be related to not only genetics and biological factors, but also to the power of the mind, the placebo effect, adequate fuel, and enough sleep. Hence, when a supplement does "work" for some athletes, the response may be due not to the supplement — but rather to the athletes getting serious about taking better care of their bodies, eating wisely and getting enough sleep⁴. Enhancing sports performance may not need rocket science, after all.

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 Vento KA and FC Wardenaar. Third-party testing nutritional supplement knowledge, attitudes, and use among an NCAA I collegiate student-athlete population. *Frontiers in Sports and Active Living*. Sept 2020. doi: 10.3389/fspor.2020.00115.
- 2 Bukhari A, A DiChiara, E Merrill, et al. Dietary supplement use in US Army personnel: A mixed-methods, survey and focus-group study examining decision making and factors associated with use. *J Acad Nutr Diet* 2021; 121(6):1049-1063.
- 3 Maughan, R, L Burke, J Dvorak et al. IOC Consensus Statement: Dietary Supplements and the High-Performance Athlete. *Int'l J Sports Nutr Exerc Metab* 2018, 28:104-125.
- 4 Esteves G, P Swinton, C Dale, et al. Individual participant data meta-analysis provides no evidence of intervention response variation in individuals supplementing with beta-alanine. *Int'l J Sp Nutr Exerc Metab* 2021; 31(4):305-313.

Training

How to increase your running distance

Running techniques and tips to help advance your mileage

Running long distances requires not only physical endurance, but also mental strength. It's a satisfying reward when running past your previous landmark or completing another lap.

But increasing your running distance takes time and planning – you can't simply push your body to work through the pain and expect effective, long-term results.

Know when it's safe to increase

If you want to start running further, there's a simple rule: don't increase your distance by more than 10% at a time. And maintain that distance for at least 1 week before trying to increase it again.

This rule is to help prevent injury due to attempting too much, too soon. By increasing your distance at a safe rate, you will:

- **Avoid burnout**

If you push yourself past your limits you won't yet be equipped to deal with extra stress, and you could crash quickly.

- **Listen to your body**

Keep training to increase your distance, but only add it on when your body has been properly prepared to get there.

- **Better understand your progress**

You can monitor your progress by measuring your normal weekly run and seeing if you're ready to add on that extra 10%.

Tempo run

A tempo run is performed at a 'comfortably hard' pace, meaning you're challenged both physically and mentally. The idea is to maintain the same pace for the entire length of the run, but the pace shouldn't be easy.

Tempo runs are an effective exercise that helps build your endurance. Essentially, they train your body to use its oxygen intake for metabolism at a faster and more efficient rate – assisting your overall running technique and increasing your lactate threshold.

Your optimal tempo pace can be determined in several ways:

- **Heart rate**

Generally a tempo run should be held at 80 - 85% of your maximum heart rate. You can check this through heart rate monitors.

- **Breath**

The rule for a tempo run is that you should be challenged. Your optimal speed means you should be able to speak a sentence, but not hold a conversation.

Tempo runs should be performed weekly.

Because a tempo run is working to build up your endurance, it's important to make it a regular part of your weekly training. Those running for general health should incorporate a tempo run into their weekly routine, and runners training for an event should regularly participate in tempo runs during the peak of training.

Interval training

Interval training is done by running between 80-90% of your maximum efficiency for a measured length, jogging the way back, and repeating several times. This is a powerful running technique that works to improve overall stamina – meaning your running distance can be extended more easily.

It's not an easy work out. In fact, intervals are notorious for being the dreaded feature to a long distance running training plan. They are however, extremely effective in increasing your endurance.

You can practice interval training in 2 different ways:

- **Sprint**

Run your lengths by going all out, and sprinting at about 90% of your maximum efficiency. This is best used for runners who have experience with interval training.

- **High cardio:**

Run your lengths by running up to about 80% of your maximum efficiency. In other words, you don't need to run as fast as you possibly can. Those trying interval training for the first time should start with a high cardio interval running technique.

It's efficient for runners without a lot of time on their hands, because a workout can be done quickly while still achieving fast results. It's crucial to always thoroughly warm up and warm down with interval training – since the activity is demanding of your body.

Interval train weekly to improve your running distance.

Practice breathing techniques

When training, maintaining a proper breathing technique will help you become more comfortable with a longer running distance. It will ensure you're getting enough oxygen to your muscles, and able to maintain a high heart rate.

To ensure your breathing is helping you get the maximum performance from your body, try:

- **Breathing from your stomach**

This gives you more oxygen at a faster rate than through your chest. It will also help prevent you from developing a stitch while running.

- **Rhythmic breathing**

This is done by regulating your breathing with the steps you take. Count your steps for your breath in, and your steps for your breath out. The most common rhythmic breathing patterns are 2:2 or 3:2.

Training

The ideal time to exercise

Do you have an active hobby or enjoy playing a sport? If so, why not make that your daily exercise time? Who said exercise can't be fun! If you tend to sit for most of the day or generally lead a sedentary lifestyle, you'll want to set aside some time to exercise. That doesn't mean you have to join a gym or buy the latest workout fashions. But it does mean including time to exercise in your already busy schedule. Which begs the question: What's the best time of the day to exercise?

Many experts agree the best time of day to exercise is any time that you can consistently attend to it. If you've found a time of day that's working for you, then stick with it!

Others disagree. They think the best time of day to exercise should be determined by your circadian rhythms. Circadian rhythms are the body's internal clock which control blood pressure, hormones, appetite, sleep cycles, body temperature and countless other details. Your circadian rhythm is what gets out of step when you experience jet lag.

Researchers have found that body temperature is an important variable in determining the quality of one's exercise programme. Body temperature is at its lowest during the one to three hours before you awaken.

When body temperature is low, muscles are tight and blood flow is reduced. This can make an early morning workout more sluggish. Plus, it increases your chances of injury. Many report that an early morning workout makes them sharper and more productive during the day. If an early morning workout is the only time you can fit in a workout, take extra care in stretching and warming up before hitting it hard. On the other hand, early afternoon and evening workouts tend to be more productive. That's because we're more alert, our body temperature is higher, our muscles are warmer and more flexible. Plus, our lung function is at its peak.

Working out after a tough day at the office is also a great way to release stress. Not to mention it helps control the amount of food you eat at dinner. However, consistency is the key. When regular exercise becomes a habit, simply add a few additional routines for optimum health. Namely getting the proper amount of sleep, eating a healthy diet and getting regular chiropractic adjustments.

Ed: This article has been reproduced with the kind permission of Dr Louise Blair. Contact Louise at Back to Living Chiropractic, Level 1, 50 The Terrace, Wellington 6011, phone 04 499 7755 or visit the website at www.chiro.co.nz.

2021 UPCOMING EVENTS

October		
31	CANCELLED Martinborough Charity Fun Ride, 115km, 67km & 48km	Martinborough
November		
7	CANCELLED Nelson Festival of Running – ½ Marathon, 10km, 5km & 2.5km	Saxton Field, Stoke
7	New date – Masterton Full Marathon, ½ Marathon, 10km & 5km	Masterton
20	Queenstown Full Marathon, ½ Marathon & 10km	Queenstown
27	CANCELLED BDO Lake Taupo Cycle Challenge	Taupo
27-28	North Island Masters Track & Field Championships	Mt Smart, Auckland

2022 UPCOMING EVENTS

January		
23	New Date – Auckland Full Marathon, ½ Marathon, 11km Traverse & 5km	Auckland
February		
12	40 th Buller Gorge Marathon, Marathon Relay, ½ Marathon & 10km	Westport
March		
11–13	New Zealand Masters Track and Field Championships	Newtown Park

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'll 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

2021/2022 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 2021/2022 year (Please select the option that better suits your needs):			
OPTION 1:	ANZ Competitive Members (ANZ club members must be financial for the 2021/2022 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 2022) 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 \$			
Registration options:	Post, e-mail or hand completed registration forms to Veronica Gould.		
Online banking payments only	Wellington Masters Athletics Inc., ANZ, The Terrace: 06 0565 0064415 00. (Please insert your name in the reference box)		
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:	2021/2022 NZMA Reg No		

Photos by Sharon Wray | at the recent Wellington Road Champs, Wainuiomata



Michelle Van Looy, 4th W50



Michele Allison, 1st W60



Betty Harp, 3rd W60

Wellington Masters Athletics Incorporated

2021-2022 COMMITTEE MEMBERS

Patron	TBC	
President	Michael Wray	027 648 8502
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

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

Athletics and Cycling Masterton	Malcolm MacDonald	04 233 2241
Aurora Harriers	Hadley Bond	04 233 2241
Hutt Valley Harriers	Albert van Veen	04 563 8450
Hutt Valley Runners	Janette Gwilliam	gwillys123@gmail.com
Kapiti	John Hammond	04 292 8030
Kiwi Athletic Club	Peter Jack	04 388 6224
Levin Harriers	Brian Watson	06 368 7380
Olympic	Tineke Hooft Annie Van Herck	04 237 9676 04 478 6775
Scottish	John Hines	04 384 3231
Trentham United	Jackie Wilson	04 526 7439
University	Richard Owen	027 247 7757
Wainui Harriers	The Secretary	04 564 2141
Wellington Harriers	Paul Hewitson	04 476 8686
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