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WELLINGTON MASTERS ATHLETICS INC NEWSLETTER | VOLUME 20 – ISSUE 4

Wellington Masters Athletics Inc *Au revoir 2021*



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Remembering Peter Tearle: Photo: Sharon Wray

President's report

Wishing everyone a Merry Christmas and Happy New Year

Now New Zealand has entered the new Covid Protection Framework, the traffic light system, there are changes for how we manage our athletics events.

The most significant of these is the requirement to validate vaccine passports for events where we don't want to operate within gathering limits.

We have a little time to work out, along with Athletics Wellington, how to implement this for our winter season events. In the meantime, track and field season is in full swing and we are at Orange. Track venues generally have controlled entry points and can be managed, which means track meets can wholly operate as "events" rather than being wholly or partially deemed "gatherings." This is an important distinction the event rules for spectators are freer i.e. no distancing requirement or need to keep spectators and athletes separated or provide segregated athlete-only areas.

Wellington City Council have designated Newtown Park a mandatory Covid Vaccination Pass Site. All officials, volunteers, spectators and athletes over the age of 12 years and 3 months must hold a valid Covid Vaccination Pass to be permitted entry into Newtown Park. There are no exemptions to this rule.

This will apply to training sessions too. To enforce this requirement, WCC are planning to install a self-closing gate. The gate will be closed and only keyholders will be able to open the gate, which will return itself to a closed state, rather than being left open as is the current situation. The lock will be changed so that existing keyholders will need to apply for a new one. To obtain a key, you will need to have your vaccine passport validated and sign a statement that you are responsible for checking the vaccine passport of anyone you let enter the stadium.

The new framework is of particular significance to us this season because we are hosting the 2022 NZ Masters Champs in March. We have been in consultation with Athletics

Wellington, Athletics New Zealand and New Zealand Masters Athletics on the new rules and their applicability to Newtown Park for this event.

Regardless of WCC rules, indoor and outdoor sporting Events at Orange that don't check vaccine passes cannot go ahead. We are advising entrants:

- Athletes will only be issued their bib numbers and granted entry once they have had their vaccine pass validated.
- Companions over the age of 12 years and three months will only be granted entry once they have had their vaccine pass validated.
- Record keeping and scanning of the COVID-19 Tracer App is required at all levels of the traffic light system.
- At Orange, face coverings are mandatory at public venues and encouraged elsewhere.
- At Orange, there are no limits on the number of people that can attend.
- There are no requirements for physical distancing while playing / participating / spectating, which means contact can take place; and you do not need to wear a mask when taking part.
- You are able to travel outside your region to participate in Athletics activities and events if there are no regional boundary restrictions currently in place. When you arrive in a region, you follow the traffic light guidelines of that region.

I expect there will be further clarifications on the rules as New Zealand adapts to the new framework and it is even possible we will be at Green by March. We will update the entry form Covid page as things change.

Have a good festive season but don't take too long of a break from your training – we want you to enter the Champs in March!

Michael Wray | President

Health

Solving Plantar Foot Pain



Plantar fasciitis

Do you ever take that first step in the morning only to be met with excruciating heel pain?

Or maybe it sets in after a long day of working on your feet? Whatever the trigger is for you, the likely culprit is something called plantar fasciitis, which is a condition that results in an inflamed ligament that connects your heel bone to your toes. While it's often a result of a repetitive strain injury, other causes can include running, exercise, wearing inadequate shoes, jumping, abnormal foot mechanics, and weight gain among others.

At Back to Living Chiropractic, we want you to feel your best naturally. If you're struggling with foot pain, consider giving the following stretches a try.

Calf stretches

Did you know that a tight calf muscle can make plantar fasciitis more painful?

- To loosen your calves, do the following stretch.
- Place your hands against a wall. Keep the knee of your affected foot straight.
- Bend the other knee while keeping both feet flat on the ground.
- You should feel a stretch in your calf and heel of the extended leg. Hold this stretch for up to 10 seconds at a time. If you find this position painful, release the stretch immediately.

Towel curls

- To work your foot muscles more and give them a stretch, place a hand towel on the ground in front of you while you're seated in a chair.
- Place your feet on top of the towel or cloth. Now, grab the center of the towel with your toes as you curl them toward your body.
- Repeat this a few times.

Toe pickups

- In a seated position, place 10 small objects in the ground next to an empty bowl – marbles or something of a similar shape and size will work great.
- Pick up one item at a time by curling your toes and placing them into the bowl. This helps to exercise and stretch your feet.

Foot Flexes

- While seated, place your legs out in front of you. Using an elastic exercise band or a large towel, wrap it around your foot while continuing to hold the ends with your hands.
- Gently point your toes toward and away from your body, holding each position for a few seconds before switching.

If you're looking for more support as you work to overcome foot pain and improve function, we're here for you.

Contact our team to find out if chiropractic care can help you reach your goals in health.

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

Training

How to improve your running speed



Cadence

In order to track your progress with speed, you'll need a useful measuring tool. While distance and time can be isolated to gauge whether or not you've made an improvement, your running cadence is also a good form of measurement.

Cadence is the number of steps you take per minute. It can be measured as the number of steps one or both feet take. Beginner runners often have a cadence of around 160-170 (or 80-85 counting a single foot), while efficient marathon runners' cadence are generally above 180.

- Measure cadence before you start training to increase speed by counting your steps per minute or using digital smart watches. Once you know your average cadence you'll be able to use it throughout your training to increase your running speed.
- Regulate your cadence throughout your training. If you're running less than 160 steps per minute, you're probably overstriding.
- Track your cadence on your weekly runs. You can log this on a running app, or in a notebook to monitor your improvement over time. A good rule is to increase your cadence no more than 5 steps per minute, each time.

Sprint training

Sprint training is essential to increase your running speed. Its benefits include building muscle, increasing maximum oxygen intake, and an improved ability to withstand fatigue.

In turn your run speed accelerates and you'll find it easier to run at a faster pace, for a longer time.

Sprint training is performed by running a measured distance at a high speed, sprinting pace. This is repeated and timed for several iterations, while always accompanied by a thorough warm up and warm down.

Types of sprinting

There are two different types of sprint training techniques helpful to increase your running speed:

- **Flat sprints**
Good for runners just starting out with sprint training. You just need a flat surface to run on, and you're at less risk of developing injury if you're on even ground when sprinting.
- **Incline sprints**
These require more strength and flexibility. Running your sprints uphill is a great challenge and best kept for experienced runners who have already tried sprint training on a flat surface.

Sprint training shouldn't replace your normal running. The best way to use sprint training effectively is to incorporate weekly sessions into your routine, monitor your progress, and then increase your performance.

Strengthening

Building and improving strength is an important part of running. You're able to maintain a quicker running pace when your muscles have the strength to carry your body and support faster movement.

You'll feel lighter, more agile, and your average running speed will increase naturally. In order to strengthen your body to increase your running speed, you need to focus on:

- **Quads**
Because your quads are responsible for key movements when running, it's important to give them attention when it comes to strengthening. They help straighten and lift your legs towards your chest.
Try: Squats / lunges to strengthen your quad muscles.

- **Calves**
Calf muscles propel you forward when running. They're what you use to push your body off the ground and slow yourself down – acting as brake pedals. If you've got weak calves it's difficult to run fast uphill or downhill.
Try: Calf raises and jumping squats to strengthen your calf muscles.
- **Core**
Your core is responsible for holding your body upright, and it's constantly engaged while running. Strengthening your core will increase your running speed by holding your form together to support fast movement.
Try: Planks and bridges to strengthen your core.

The right running form

Getting the right form sorted out will help your run become more efficient and ease stress from your body.

If you're able to get comfortable with the correct techniques, your average running speed will see an easier increase due to a stronger form, and your cadence will also see improvement.

To make sure you're running with a correct technique, focus on your posture and experiment with your arm swing.

- **Posture**
Your upper body should be relaxed, with your shoulders kept low and drawn backward. If you feel yourself stiffening when running, shake your arms out.
- **Experiment with your arm swing**
Arms play an integral part in propelling you forward and to balance the momentum of your torso. By pushing the air as you move, your body moves forward faster. Try moving them in different ways and swing.
One of the most common techniques for a faster speed is to use an exaggerated swing from backward to forward. As for your hands, avoid clenching your fists. While there are a many number of different hand positions to try (cupped, folded, stick straight), the way you hold them should feel natural.

Recipe

Marathon Pasta

A fitting tribute to the town of Marathon – this tasty meal will fuel you well for training!

Ingredients – serves 4

- 2 tablespoons olive oil
- 2 cups chopped onions
- 800g can chopped or crushed tomatoes
- 1-2 cloves garlic (according to taste), chopped
- ½ teaspoon dried thyme
- ½ teaspoon fennel seeds
- 2 dozen pitted Kalamata olives
- 2 teaspoons Greek Rigani or oregano
- 450g penne or pasta of your choice
- 8 small-med bay leaves plus a few more to garnish
- ⅓ cup Parmesan plus more for serving
- Salt and pepper to taste



Method

1. Pour the oil into a large frying pan over medium heat.
2. Add the chopped onions and garlic and cook gently for about four minutes until they have softened.
3. Add the tomatoes, bay leaves, thyme and fennel seeds.
4. Simmer for about 10 mins or until some of the tomato juice has evaporated and the sauce has thickened.
5. Stir in Kalamata olives along with the Rigani or oregano and cook for another five minutes, or long enough to heat the olives through. Salt and pepper to taste.
6. Remove bay leaves. Meanwhile, bring 3.75 litres of water to boil in a large pan.
7. Add a tablespoon of salt, then penne or other pasta.
8. Stir to separate the pieces and cook for 7-8 minutes or until tender but still firm.
9. Drain. To serve, toss the pasta with about half the sauce and transfer to a warmed platter or to individual plates.
10. Top with more sauce.
11. Sprinkle with Parmesan and serve more at the table.

Ed – This article has been reproduced with the kind permission of Ray Boardman PGDipSportMed, PGDipRehab, PGCertSc, BSc, DipSptSt. Contact: Mobile 021 021 348-729, email: ray@qwikkiwi.com, www.quickkiwi.com. Coach Ray is the Head Coach & Director of Qwik Kiwi – Endurance Sports Consultant, blog: www.coachray.nz.

The Athlete's Kitchen

Personalised Sports Nutrition

© Nancy Clark MS RD CSSD | December 2021

What should I eat?

Wouldn't it be nice if runners could get a genetic test that tells them precisely what they should eat to enhance their performance? Of course, the answer is yes! Personalised (or *precision*) nutrition currently exists as a growing area of interest to runners. Yet, the field is in its infancy. To date, *precision nutrition* is not precise enough to tell runners what they could eat to be able to perform better. Plus, many factors impact performance and health, including sleep and dietary patterns. Regardless, runners are buying (expensive) genetic testing kits.

Speaking at the Academy of Nutrition and Dietetics annual conference (Oct 2021, www.eatright.org), exercise physiologist David Nieman PhD, director of the Human Performance Laboratory of Appalachian State University, stated we can't yet make claims about what to eat based on genetic testing because the results are just too variable. More research is needed before athletes can get valid personalised nutrition recommendations.

Without question, exercise scientists are getting better at analysing genetics and each athlete's metabolites (end-products of exercise metabolism). This has the potential to improve our understanding of how genes, diet, and exercise interact. But the diversity of responses leaves big gaps in knowledge.

Case in point: genes related to caffeine metabolism. Consuming 3 to 13mg caffeine per kilogram of body weight reportedly improves athletic performance. But why do only some runners perform better with caffeine? Is the difference due to genetics? Genetic tests can identify which runners have the ability to metabolise caffeine quickly or slowly. But Dr. Nieman reported the data shows no patterns that reliably link caffeine-metabolising genes to enhanced athletic performance.

Is inflammation related to genetics?

Here is an example of how personalised nutrition could potentially help athletes. At the Western States 100-Mile Endurance Run, Dr. Nieman measured inflammation (*cytokines*) in 154 ultra-runners.

The amount of inflammation varied widely. Some runners had very high levels of cytokines and others very little. Was this due to genetics? Unknown; genetic testing couldn't explain the differences

Nieman has identified that exercising "on empty" creates inflammation. That is, athletes who exercise first thing in the morning without eating have an immediate spike in inflammatory cytokines.

Regardless of their genetics, athletes can reduce this inflammatory response by about 40% just by consuming carb before and during extended exercise.

Does the kind of carbohydrate eaten make a difference? Would consuming banana or blueberries be less inflammatory than chugging a sport drink? Here's what research tells us about the impact of carbohydrate before and during exercise:

- Cells function best when they are fed. Both sugar from a sport drink and sugar from a blueberries or banana can help cells function optimally and curb a negative stress response.
- Polyphenol-rich fruit/fruit juice (such as blueberries, blueberry juice) curb the inflammatory response more than fruit low in polyphenols, such as banana.
- The best dose of polyphenols from fruit is yet unknown.

Dr. Nieman's initial research looked at the polyphenol quercetin (found in apples). He learned very high doses of quercetin were not helpful. Nieman then tested polyphenols in amounts that athletes could easily consume. He saw better results.

For example, when athletes ate (or not) 1 cup of blueberries a day for two weeks before a 75-mile hard cycling test, the inflammatory response was much lower overall. But that said, the response varied by 14-fold among the blueberry eaters. Eight cyclists experienced high inflammation, 13 had a moderate amount, and 10 had much less inflammation.

Could genetic testing help identify the athletes who responded with high inflammation? If yes, could sports dietitians encourage those athletes to eat extra blueberries to get a stronger anti-inflammatory response? Simply put, we don't know yet.

- Similarly, among runners in the Western States 100-Mile Endurance Run, those who experienced a lot of muscle damage had a gene that limits their bodies' use of choline, a nutrient that helps repair cell membranes. Could genetic testing help identify those runners, so they could eat more choline-rich foods, such as eggs and liver? Would that help them decrease their post-exercise muscle damage, soreness, and inflammation?

Inflammation creates recovery problems for runners. What if runners with high inflammation could get a genetic test to determine if their exercise-induced inflammation was related to genetics? Could they then be advised to participate in, let's say, swimming instead of ultra-running?

A multi-factorial view

Is inflammation related primarily to genetics, diet, or some other factor, like the microbiome? (*Microbiome* refers to the billions of bugs that live in your gut and have a strong influence on your immune system.)

Dr. Nieman suspects the athletes with a robust, microbiome have less of an inflammatory response to exercise compared to athletes with a weaker microbiome. How much does genetics influence the microbiome?

We do know that athletes who eat a polyphenol-rich diet (fruits, veggies) do a good job of feeding their gut microbes. They tend to have a more vibrant microbiome than those athletes who eat a diet filled with ultra-processed foods. Maybe diet is the driving force that reduces inflammation — more so than genes? We have so much to learn.

The bottom line:

Athletes vary widely in their metabolic responses to hard exercise and to the ways that food influences that response. While we do not yet know what triggers the variance (genetics? diet? the microbiome?), we do know that diet reduces inflammation, soreness, and muscle damage. By regularly consuming colorful fruits (berries, cherries, apples, etc.) and colorful veggies (spinach, carrots, tomatoes, etc.), you'll get more bang for your buck than spending that money on a genetic testing kit that likely produces questionable nutrition recommendations. Be patient; the future of sports nutrition is just around the corner.

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 *Sports Nutrition Guidebook* (6th edition, 2019) is a popular resource, as is her online workshop. For more information, visit NancyClarkRD.com.

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Health

Your Immunity Boosting Tool Kit

To help you buttress your immunity, stay well, and keep energy levels high, here is a list of seven key tools and critical nutrients to support a healthy immune system.

Increase Your Vitamin C Intake

Vitamin C (also known as ascorbic acid) is a vital nutrient, important for fighting infections. It works as an antioxidant to protect our bodies from damage, is involved in the growth of our bones, tendons, ligaments and skin, and helps us better absorb other essential nutrients, such as iron which is vital in getting oxygen to your muscles.

If you're feeling a little bit run down or like your immune system is compromised, increase your vitamin C intake to get through.

"Vitamin C boosts the manufacture of antibody molecules required to assist the body in the defence of bacteria and viruses."

Where can you find vitamin C in food?

Fresh fruits and vegetables are our best sources of vitamin C, which help to strengthen our immune system and keep our body healthy. Great food sources of vitamin C include berries, citrus, kiwi fruit, capsicum, and dark leafy green vegetables.

Eat Nutrient Rich Whole Foods

The first thing to make sure of is that you're eating nutrient-rich wholefoods that give you stable blood sugar levels and promote vitality and health. This is key to obtaining - and absorbing - as many essential nutrients as possible to support your body through winter. This means eating an abundance of fresh seasonal vegetables, fish, eggs, nuts, seeds, meat, soaked gluten-free whole grains and legumes while avoiding gluten, refined grains, refined sugars and highly processed vegetable oils.

Prioritise Sleep

The Sleep Foundation a recent study found a direct link between lack of quality sleep and compromised immunity. If you aren't sleeping well, you're more likely to get sick.

"Our body has to use vital nutrients to repair ourselves from the lack of sleep, instead of fighting foreign bugs."

The study looked at the white blood cell count (a marker of infection) in participants following 29 hours of wakefulness.

It found that severe sleep loss jolts the immune system into action, reflecting the same type of immediate response shown during exposure to stress.

Stay Hydrated

Our body is made up of 60% water, so making sure that you are getting optimal amounts of water is essential for feeling good with optimal health and energy. Water transports nutrients throughout the body, aids in digestion, regulates temperature, facilitates all pathways of detoxification, protects our joints, promotes healthy bowel movements, improves mental concentration and relieves fatigue.

How much water should you be drinking?

This should be calculated according to your weight. To work this out the formula is: **.033 litres per kg of body weight**, which roughly equates to the following amounts to:

- 60 kg = 2 litres
- 75 kg = 2.5 litres
- 90 kg = 3 litres
- 105 kg = 3.5 litres.

Minimise Stress

Stress initiates coping responses in us. In ancestral times we would simply sleep more. Now, we reach for stimulants to prop up our cortisol or sugar levels - caffeine, alcohol and refined sugar or grains. Consuming these things occasionally is not a problem. But all these things place a load on our liver and affect our ability to store and absorb nutrients from our food which then impacts our immunity.

The harder you push your body and mind, the more stress you are under, the more vitamins and minerals your body uses. In times of stress, your body uses more B vitamins, vitamin C, magnesium and zinc - just to name a few.

When it comes to diet and lifestyle there are a few key things to consider to reduce your stress levels and increase your immunity:

- Try to maintain balanced blood sugar levels by eating a diet that is right for you and your unique body.
- Set yourself up with a calming morning routine to ground you for the day.

- Activate your rest and digestive nervous system before bed. You can do this with diaphragmatic breathing or putting your legs up the wall.
- Reduce your intake of coffee. Aim for one cup per day before midday.
- In times of chronic stress, we recommend taking vitamin C to help support recovery along with a quality multivitamin.
- Use calming essential oils and herbal teas such as lavender, chamomile, passion flower and oat straw. These all help to promote sleep.

Test for Zinc Deficiency

Zinc acts as an antioxidant, controlling the activity of over 300 enzymes within your body. It also controls your body's ability to uptake other minerals.

When you're battling a cold or the flu, you need to be absorbing all the nutrients you can get!

"Zinc acts as an antioxidant, controlling the activity of over 300 enzymes within your body."

Add Bone Broth to Your Diet

Bone broth (technically stock) is a mineral-rich infusion made by boiling bones of healthy animals with vegetables, herbs and spices. It provides you with gelatin, glycine and protein to support your immunity via your gut and promote energy. Its minerals support your body if you have any aches or pains.

"Bone broth is a mineral-rich infusion made by boiling bones of healthy animals with vegetables, herbs and spices."

Health

When you stop eating sugar

Outcomes over time that may surprise you

Did you know it is recommended to consume under 100 calories of added sugar per day for women and just 150 calories of added sugar for men?

Yet most of us are consuming far more than this – in fact it shouldn't surprise you to learn that it's easy to consume triple this or more! And every day around the globe, people do exactly that. If you find yourself dealing with mood swings, weight problems and feeling sluggish, too much sugar could be to blame.

Consider trying a sugar detox

After One Hour

One hour after a sugary snack, the initial sugar rush should start to wear off and you'll find yourself more energized, but you may have an urge to reach for a sweet or processed snack.

After Three Days

For some, sugar is an unrealised addiction. After a few days without it, you might find yourself craving it more than ever and even experiencing withdrawal symptoms including headaches, anxiety and mood swings. It's critical to keep yourself properly hydrated during this time, which could last several days.

After One Week

If your diet before quitting added sugar was primarily dependent on sweetened sodas, juices and other processed snacks, you may still be feeling some moderate side effects as your body continues to detox. However, you should begin to feel less sluggish and may even find that your energy levels are increasing.

After One Month

Congratulations! You've made it one month without added sugar; you should be proud. You're probably feeling healthier and finding cravings for sweets have subsided (or are very limited). At this point, some people even notice they may begin craving protein or vegetables instead.

After One Year

After a full year without added sugar, your body should be adjusted to functioning on essential nutrients, so long as you've replaced sugar with healthy options! It should be no surprise that you might be feeling better than you have in years, and you may have even lost weight. While giving up sugar completely isn't for everyone, it's important to at least monitor your intake.

2022 UPCOMING EVENTS

January

23 **New Date** – Auckland Full Marathon, ½ Marathon, 11km Traverse & 5km Auckland

February

12 40th Buller Gorge Marathon, Marathon Relay, ½ Marathon & 10km Westport

19 **New Date** – BDO Lake Taupo Cycle Challenge Taupo

20 Wellington Round the Bays, ½ Marathon, 10km & 6.5km Frank Kitts Park

March

5 Ironman NZ & Ironman NZ 70.3 Taupo

11–13 New Zealand Masters Track and Field Championships Newtown Park

12 Round the Vines, ½ Marathon & 10km Martinborough

19 **New Date** – Queenstown Full Marathon, ½ Marathon & 10km Queenstown

April

3 **New Date** – Nelson ½ Marathon, 10km, 5km & 2.5km Saxton Field, Stoke

10 Christchurch Full Marathon, ½ Marathon & 10km Christchurch

May

7 Rotorua Full Marathon, ½ Marathon, 10km & 5.5km Rotorua

July

2-3 42nd Gold Coast Full Marathon, ½ Marathon, 10km & 5km Gold Coast

Nov

6 Nelson ½ Marathon, 10km, 5km & 2.5km Saxton Field, Stoke

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.

Mandatory vaccine pass to enter Newtown Track As designated by Wellington City Council

**Absolutely Positively
Wellington City Council**
Me Heke Ki Pōneke

NOTICE TO ALL COMPETITORS, SPECTATORS AND OFFICIALS

Unless you have an exemption – a vaccine pass is now required to enter the Newtown Track.

- [Click here for further information regarding Council services.](#)
- [Click here for more information on the Ministry of Health Approved vaccine pass scanner](#)



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		
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. Eligible to compete at local, NI, SI, NZMA, OMA or WMA Championship events.		
\$45.00 (CIRCLE)	NZMA Social Member. 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 _____

Officials needed

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.

For more information, contact Stacey Taylor
staceyanntaylor30@gmail.com

Join the Wellington Centre Athletics Officials.
You will be made most welcome!

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
Wellington Marathon	The Secretary	PO Box 14-489, Kilbirnie, Wellington 6241
Wellington Masters	Jim Blair	04 528 2992
Wellington Tri Club	The Secretary	PO Box 2201, Wellington 6140

Master Copy contributors

John Palmer Email palmer.palace@xtra.co.nz

Liz Bentley Email liz@withkudos.com

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