



Master Copy

SEPTEMBER 2022

WELLINGTON MASTERS ATHLETICS INC NEWSLETTER | VOLUME 21 – ISSUE 3

And another one's gone, another one bites the dust! *Word Record Race walk W75 20 km*



Jackie Wilson at the recent World Masters Championships in Finland

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Left to right:
 Jackie Wilson and Corinne Smith
 The smiles say it all!



Tribute to Sharon and Michael Wray

Vice President's report September 2022

Sharon and Michael joined the committee in 2009, with Michael taking up the President's role in October 2013. Our enormous thanks and best wishes go out to Sharon and Michael Wray for their long and outstanding services to Masters Athletics.

A new chapter is about to begin

For the Wrays as well as for Wellington Masters Athletics.

There are so many wonderful things to be shared about the Wrays; the delightful people they are and their outstanding contribution to Wellington masters. Perhaps this is something for the AGM, where we can all share our thoughts and thanks to them in person.

Since 2013, the Wrays have been a part of our athletic highs and lows! Sharon's photographs are such a wonderful – and at times poignant – reminder of times spent doing what we really love, with special like-minded friends. How many of us have saved a favourite photo or two taken by Sharon?
(If I were writing an email, I'd insert a smiley face emoji.)

And surely, Sharon's famous apricot balls can take credit for many a race entry!

Over the past decade, Michael has served the Wellington Masters community selflessly and tirelessly. Michael's involvement in other related organisations provided a wealth of knowledge, and kept Wellington Masters up to date. This helped the Committee to make informed decisions. He really does leave behind very big shoes to fill.

When approaching Michael, you're always greeted with his warm and friendly smile; his time and expertise given freely. I often recall my first conversation with Michael. I was in two minds about joining Masters to compete at the upcoming Nationals in Whangarei – yes, due to the dreaded *i-word!* When I explained my concern, Michael thoughtfully said waiting to be completely injury free could mean never competing. It was exactly what I needed to hear at the time.

Join the Committee, in Michael's words:

"We really need some new committee members to keep our ideas fresh. In particular, I have been President for 10 years, which – as far as I can tell – makes me the longest serving President Wellington has had. It is time for a change to prevent us going stale so we are asking for not only new Committee members but anyone interested in taking on the executive positions like President to come forward.

"I am proud of what we have achieved during my tenure. In particular, we now have one of the best masters athletics websites there is. It has consumed a lot – a lot! - of my time to track down the historic results galleries and keep the record tables up to date."

Digital card/booklet – email message

I'm putting together a digital thank you card for the Wrays. If you'd like to send a message, email me as text only (I will format) and in the following order :

Subject line	Digital card message for the Wrays
First paragraph	message for Sharon
Second paragraph	message for Michael
From	Your Name Surname
Click the email link	lizkudos@yahoo.com

AGM, 13 October

Please join us as we bid farewell to the Wrays. Help us to convey our heartfelt thanks and gratitude for their enormous contribution.

Liz Bentley | Vice President



Notice of Annual General Meeting 13 October 2022

THE WELLINGTON MASTERS ATHLETICS INCORPORATED AGM WILL BE HELD

AT THE OLYMPICS HARRIERS CLUBROOMS, BANNISTER AVENUE, JOHNSONVILLE

7.00 PM START TIME

Join us at the AGM

We're keen for as many well-wishers as possible to help us thank outgoing Michael and Sharon Wray for their huge contribution and long-standing service to Masters Athletics!

Nominations are called for the following positions

- President – Michael standing down
- Vice President
- Secretary
- Treasurer
- Committee members – Sharon standing down
- Patron

Duties include

President

- Spokesperson for Wellington Masters
- Chairs committee meetings and the AGM
- MC at the prize giving for the events run by Wellington Masters.

Committee member

- Time and expertise commitment to support and promote Wellington Masters
Skills sought: photography / website

Nominations / remits

Nominations for the Committee will be called for from the floor at the upcoming AGM. Nominations can be submitted to the Secretary beforehand and must be in the hands of the Secretary by *Thursday 29 September 2022*.


Remits for discussion at the AGM must be in the hands of the Secretary by *Thursday 29th September 2022*.

Albert van Veen | Secretary

Email albertvv@gmail.com

Postal 95 Kamahi Street Stokes Valley Lower Hutt 5019

The committee is looking forward to welcoming its new members



Committee member role descriptions

Volunteer or nominate someone today

The positions on the committee are not very onerous as Wellington Masters only run a small number of events during the year and these basically run themselves as not a lot of organisation is involved with the planning and execution.

However, when Wellington Masters are rostered to run a North Island track and field championship or a National track and field championship there is more organisation and involvement and all of the committee members have to take on various minor roles to ensure the success of the championship event. These events usually happen around every 5 or 6 years so aren't a regular happening.

A brief outline of the committee roles:

Vice President

- Acts as Chairman when President isn't available to take the meeting.

Secretary:

- Prepares agenda and circulates to committee members;
- Takes Minutes of the meeting and once written up circulates to members;
- Deals with any inwards and outwards correspondence;
- Sends out entry forms and information regarding events to club co-ordinators.

Treasurer:

- Presents a financial statement for each committee meeting;
- Handles the finances of Wellington Masters by banking any moneys taken from events we run or from subscriptions received from members;
- Makes payment of any accounts due to creditors;
- Prepares the Annual Accounts for verifying and subsequently presenting at the AGM;
- Attends races we put on and collects moneys from entries to the event.

Patron

- Someone who agrees to lend their name and commit time to support and promote Wellington Masters.

Committee members

- Have no specific duties per se.
However, committee members attend meetings and take on any task that may be asked of them in relation to upcoming events.
This may include tasks such as:
 - organising timekeepers and marshals for an event
 - purchasing items to be handed out as performance prizes or spot prizes.
- Seeking photography skills to replace Sharon's photography
- We've been seeking for some time a replacement website – technology and platforms are soon old in the technology world. We are seeking web building skills to upgrade and replace the current website stored on Michael's computer.

Finland World Masters Athletics

29 June to 10 July 2022

By Jackie Wilson

The prospect of travelling internationally during a time of a global epidemic was quite daunting. The long and arduous 32 hr travel time (4 flights and 5 airports) and wearing a mask was also not something to relish, the flights were full, on time and no luggage was lost. It was also a concern that with Helsinki being only around 200km from the Russian border, the conflict in Ukraine could flare up, but fortunately that did not happen.

We arrived in Helsinki late afternoon and transferred to our hotel next to the train station in the City. Seemed strange to see the locals not wearing masks and no social distancing, life was back to normal. Now for two days to relax and acclimatise, the weather was superb, blue skies ideal for sightseeing around the beautiful city, visiting the Cathedral and Parliament buildings.

Helsinki is surrounded by 300 islands, lush green trees making it very picturesque. With the sun still shining at almost 10pm it was difficult to get to sleep! Sunset was around 22:45 and sunrise followed on close behind some 4 hours later at 3:45 am making over 19 hours of daylight.

Next stop Tampere, a 90 min train journey away. Upon arrival we headed to the main stadium, Ratina, to the Accreditation Centre to pick up our Registration Pack/Bibs/ passes. Nerves and excitement started to kick in, but it was great to see some of the athletes I have met over the years. A wonderful relief for all of us following the years of COVID and you could certainly feel it!

The Athletics were held in three Stadiums, Ratina, Hervanta and Tampere Exhibition & Sports Centre (TESC). The Race Walks were at Hervanta 5,000m Track Walk, and TESC 10k and 20k Road Walks. In our packs we did get free transport passes which was a great help due to the distances between each stadium. The transport system with trams, trains and buses was very efficient.

Inspiring results

With over 4500 competitors from 51 counties, it was a major event in the Masters calendar. The New Zealand team comprised seven athletes who returned with an impressive 13 medals: 7 Gold, 5 Silver and 1 Bronze; finishing 23rd on the medal table.

■ **5,000m Track Walk W75-79 35:19.22 Gold**

The first event was on a University Campus track, 20 mins by tram from the centre, and a further 10 min walk to the track. The track had only basic facilities and little shade. The event took place at 12:30pm with temperatures reaching around 33 degrees – it was hot. Out of 6 starters in my age group I managed to take the Gold, support from the Team Manager Noni Callandar & Jim Blair was great. Then we all had to head back to Ratina Stadium for the medal ceremony, yeah NZ's first Gold medal!!!! After the ceremony we went back to Hervanta to support Corinne Smith who won her W55 race in 29:59.

■ **10k Road Walk W75-79 1:10.21 Gold**

The 10k Road Walk at the TESC, this could only be accessed by a single bus route running every 30 mins so a bit of planning had to be done to ensure start times were not missed. The trip took around 20 mins and the course was set out in the adjacent tree lined car park on a 1km loop.

The Women started at 13:00pm for all age groups in hot conditions, 29 degrees! The Men had started at 10am when it was cooler, we were able to watch and support them. After their race the men were roped in to lap score for us! With 7 starters in my age group I managed to come first although a slow time. Corinne won too and broke the NZ Record in an impressive time of 1:00.50.

■ **20k Road Walk W75-79 2:25.37 Gold – Word Record**

The weather had cooled by the time the 20km Road Walk was scheduled which was a relief. Start time 10am, there was a huge electronic lap scoring board in place, a great improvement! During the race we had a torrential downpour which did not bother me, in fact I felt more comfortable in those conditions.

Fantastic result, not only did I win my age group it was a NZ & Wellington Record plus a **World Record** taking almost 5mins off the previous record of 2:30.30 from 2018 by a Finnish walker at the WMA in Malaga, Spain.

Another Gold for Corinne who won the W55-59 in a time of 2:06.06. Six Gold Medals for the Golden Girls. Mission accomplished; time to head home.

Thanks go to Finland, their sponsors & the Officials. Thanks to Andrew Stark for helping me with my nearly late entry to get me across the line.

And finally big thanks to my husband Douglas for his fantastic support, without him I could not have managed the day to day planning and travelling in the foreign environment.

Jackie Wilson



Some results from the recent World Masters Track and Field Championships*

Finland, 29 June to 10 July 2022

The small New Zealand team finished the championships claiming 13 medals, seven gold, five silver and one bronze and set one world masters record and three New Zealand masters records.

5 July:	Gold	Helena Dinnissen	W35	Long jump	5.68m +2.4 (1), also 5.53m +1.0.
6 July:	Gold	Corinne Smith	W55	20km race walk	2:06:06
	Gold	Jacqueline Wilson	W75	20km race walk	2:25:37*
	Fifth	Helena Dinnissen	W35	High jump	1.50m
8 July:	Silver	Helena Dinnissen	W35	Triple jump	11.68m +1.4 .
9 July:	Silver	Helena Dinnissen	W35	100m H	15.70 +1.6
	Silver	Jim Blair	M90	Javelin throw	17.27m
10 July:	Bronze	Jim Blair	M90	Weight pentathlon	2894 points

*Results available at the time of print.

Awards

Wellington Masters Athletics Inc

Noeleen Perry Memorial Trophy

This award is presented in conjunction with the Wellington Masters 3000m Centre Championship and is awarded to the female Masters athlete with the highest age-grade score.

Previous winners

2021	Jacqueline Wilson	2019	Daphne Jones	2017	Jacqueline Wilson
2020	Jacqueline Wilson	2018	Jacqueline Wilson	2016	Jacqueline Wilson
				2015	Jacqueline Wilson

Jim Lockhart and Mariette Hewitson Baton

This award is presented in conjunction with the Masters 8km Road Race and is awarded to the athlete whose time is the closest to an age group record.

Previous winners:

1999	Diane Rogers (Trentham)	2007	Sheryne Beeby (Olympic)	2015	John Wood (HVH)
2000	Diane Rogers (Trentham)	2008	Graeme Lear (Scottish)	2016	Michelle Van Looy (Olympic)
2001	Ellis Goodyear (Capital)	2009	Diane Rogers (Trentham)	2017	Michelle Van Looy (Olympic)
2002	Ellis Goodyear (Capital)	2010	Diane Rogers (Trentham)	2018	Brian Garmonsway (Trentham)
2003	Diane Rogers (Trentham)	2011	Teresa Cox (Trentham)	2019	Pam Graham (Scottish)
2004	Peter Thomas (Trentham)	2012	Michael Wray (Scottish)	2020	Katie Jenkins (Olympic)
2005	Peter Thomas (Trentham)	2013	Michelle van Looy (Olympic)	2021	John Wood (HVH)
2006	Ellis Goodyear (Capital)	2014	Vicki Humphries (WHAC)	2022	Mel Aitkin (Scottish)

Wellington Masters Athlete Of The Year*

2000	Judy Hammond	2009	Grant McLean	2017	Jacqueline Wilson
2001	Ellis Goodyear	2010	Anne Hare		Jim Blair
2002	Barry Prosser	2011	Jim Blair	2018	Jacqueline Wilson
2003	Bernie Portenski	2012	Jacqueline Wilson		Nick Horspool
2004	Simon Poelman	2013	Jacqueline Wilson	2019	Jacqueline Wilson
2005	Bill Nicholson	2014	Judy Hammond		Jim Blair
2006	Peter Baillie	2015	Judy Hammond	2020	Michele Allison
2007	Colleena Blair		Gary Rawson		Peter Stevens
2008	Jim Blair	2016	Jacqueline Wilson	2021	Jacqueline Wilson
			Tony Price		Peter Stevens

* From 2015 it was decided to present a trophy for both a male and female Wellington Masters Athlete of the Year.

Health

Exercise and sports in a post COVID-19 environment

Guidance from a Clinical Perspective

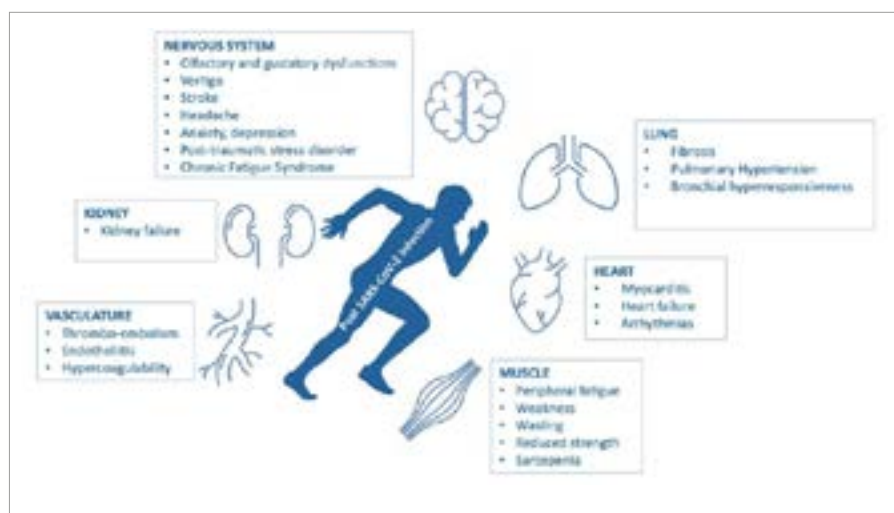
For every day of training lost due to the illness, you should take 2-3 days of easy, graded training to return to full training. For an athlete that loses 10 days of training to the virus, they should take 20-30 days to return to full training.

Return to training should be broken into three phases. The first third should focus on building frequency of training using low intensity and short duration training sessions. The second third will build back up the duration of training and the final third will return intensity back into the training sessions. For an athlete taking 20-30 days to return to previous training levels the first 7-10 days will be focusing on the frequency of training. Daily initially then twice a day towards the end of that block if the athlete was training twice per day prior to COVID. The next 7-10 days are focused on building in longer sessions (not every workout but every 2-3 days having a progressively longer session). Then the final 7-10 days the athlete can include higher intensities into their programme returning them to pre-COVID intensities.

Physiological Impact

COVID-19 (also known as SARS-CoV-2) is predominantly a pulmonary disease (meaning it has an impact predominantly on the lungs). But it potentially a multi-organ disease impacting:

- Lung,
 - Heart,
 - Vasculature,
 - Brain,
 - Liver,
 - Kidney,
 - Intestine,
- Amongst other body tissues



The clinical research this is based on was written when published in early 2021. Knowledge of COVID-19 has further grown from that point but these recommendations are still valid (other organisations have put out guidelines that are similar and not vastly different). Initial recommendations were based on extrapolations from other virus-induced pathologies.

Any return to exercise plan should be based on the impact of the disease on multiple organ systems and should consider:

- Severity of disease,
- Age,
- Post-disease exercise performance.

Reference: Halle M; Reinsberger C; Scherr J et al. *Transl Sports Med.* 2021;4:310-318.

Ed: This article has been reproduced with the kind permission of Ray Boardman (Coach Ray), PGDipSportMed, PGDipRehab, PGCertSc, BSc, DipSptSt.

Ray can be contacted on the following: mobile 021 FIT-RAY (021 348-729), email ray@qwikkiwi.com web www.qwik.kiwi blog www.coachray.nz

Coach Ray is the Head Coach & Director of Qwik Kiwi – Endurance Sports Consultant.

Coach Ray specialises in assisting first timers and recreational athletes to achieve their sporting goals. Sign up to his monthly informative newsletter.

Upcoming events

2022 and 2023

2022 UPCOMING EVENTS

October

9	Waipoua River Run, 20km, 12km & 4km	Masterton
30	Auckland Full Marathon, ½ Marathon, 11km Traverse & 5km	Auckland
30	Martinborough Charity Fun Ride, 48km, 67km & 115km	Martinborough

November

6	Nelson ½ Marathon, 10km, 5km & 2.5km	Saxton Field, Stoke
6	TCS New York City Marathon	New York
12	Remutaka Rail Trail Run & Walk, 21km, 14km & 7km	Kaitoke
13	Kapiti Half Marathon, 10km & 5km	Paraparaumu
19	Queenstown Full Marathon, ½ Marathon & 10km	Queenstown
26	44th BDO Lake Taupo Cycle Challenge	Taupo

December

2-4	NZMA National Track & Field Championships	Wellington
10	New Date Ironman NZ & Ironman NZ 70.3	Taupo
11	Wanganui 3 Bridges Marathon, ½ Marathon, 10km & 5km	Wanganui

2023 UPCOMING EVENTS

January

14-15	North Island T&F Championships	Masterton
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February

11	Buller Gorge Full Marathon, Marathon Relay, ½ Marathon & 10km	Westport
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April

2	Tauranga ½ Marathon, 10km & 5km	Tauranga
16	Christchurch Full Marathon, ½ Marathon & 10km	Christchurch
16	Waitarere Forest Run, 21km, 10km & 5km	Waitarere

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.



Registration Form

2022/2023 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.	
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Fees for 2022/2023 year (Please select the option that better suits your needs):

OPTION 1: ANZ Competitive Members (ANZ club members must be financial for the 2021/2023 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)
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\$0.00	Local Master's Centre Fee
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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.
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\$45.00 (CIRCLE)	NZMA Social Member. Eligible to compete at local Masters' events only.
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\$0.00 (CIRCLE)	Local Masters Centre Fee (optional)
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Total Fee to pay \$	
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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:	04 973 6741
		E-mail:	gvgould@xtra.co.nz

OFFICIAL USE:

Verified by:		2022/2023 NZMA Reg No	
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Contact details

Wellington Masters

CURRENT 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
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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

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	04 237 9676
	Annie Van Herck	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 Runners and Walkers	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

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