



# Master Copy

MARCH 2023

WELLINGTON MASTERS ATHLETICS INC NEWSLETTER | VOLUME 22 – ISSUE 2

## Recognising our champions *Both on and off the field!*



Roger Robinson | Word champion M80  
Pictured at the recent  
World Cross Country Championships  
Bathurst, New South Wales

### Inside this issue:

- President’s report..... 2
- Peter Bailey, Outstanding services ..... 3
- AW 2023 Awards ..... 4
- WM Athlete of the Year ..... 5
- Buller Gorge – 40th event..... 6
- Records tumble ..... 7
- Health – Improving foot pain ..... 8
- Training – with Meb Keflezighi ..... 9
- The Athlete’s Kitchen..... 10
- Upcoming events ..... 12
- Registration Form ..... 13
- Contact details..... 14
- Master Copy contributors..... 14



Peter Baillie | Facebook 19 March 2023  
Special presentation made  
to Peter Baillie at the Newtown Track,  
Wellington, for his outstanding services  
to track and field.

# President's report

## *Looking to the year ahead*

### Introductions and acknowledgements

#### *Welcome to this edition of Master Copy*

I'd like to start by welcoming our new committee members Ayesha Shafi and Vickie Humphries, and also to thank John, Graham, Sean, and Albert for their continued support and commitment to the committee. A vacancy still exists for those with either photography skills or website skills – please contact me if you can assist.

#### *Our goals this year include:*

- growing membership
- growing committee representation
- growing pool of volunteers
- growing competition / event participation
- new website.

#### *Wellington Masters Facebook page*

Visit our Facebook page for news / posting comments. We will be increasing its use to communicate while we are in the process of replacing the current website.

#### *Membership*

You may have seen the Athletics New Zealand article [regarding flexible membership](#) options. This brings even more options to Masters when choosing their membership.

#### *Benefits*

Some benefits Masters athletes enjoy include:

- competition run by Masters for Masters
- age group podium placings
- age group records – centre, national, international.

We are in the process of securing workshops specific to Masters long-term health and well-being. More details will be provided in the next issue of Master Copy.

#### *Survey*

We are preparing a survey for your feedback on topics like:

- website use and content
- members expectations
- workshops
- becoming an official
- joining the committee
- competition.

### Awards

With the track and field season drawing to a close, excitement is building for the Athletes of the Year Awards. Athletics Wellington have released their nominations, including several Wellington Masters, shown on the next two pages.

#### *Wellington Masters Athletes of the Year*

These will be judged at the upcoming April committee meeting and announced in the next issue of Master Copy.

We are introducing a new category next year – the *WMA Athlete's Choice Award*. Any WM member can nominate their 'favourite performance' from which we'll compile a voting list of males and females. For example, the nomination could be for the most improved performance, or for the longest standing record broken, or for the most time taken off a record, or for acts of service to Masters Athletics; the choice is yours and we'll be seeking your feedback! As I'm writing, I am recalling Heather Walker's fantastic performance at the Scottish Night of Miles in December. Heather broke Anne Hare's W50 2014 centre record by almost 27 seconds in a time of 5.21.85.

### Congratulations are in order!

#### *Firstly, records*

Congratulations to all our record breakers! A list of records ratified post the National Track and Field Championships can be found on page 7.

If you have broken a record and it is not listed, please email [Sean Lake and Michael Wray](#).

#### *Jackie Wilson*

Congratulation to Jackie Wilson who was selected for the top honours for the WMA Athlete of the Year 2022. Jackie said she felt very honoured to have been selected, and we are as always inspired by and proud of Jackie's achievements. [Click here for the winners.](#)

#### *Roger Robinson*

Congratulations to Roger Robinson, who won his M80 age group at the recent World Cross-Country Championships at (a very hot) Bathurst, New South Wales.



## Patrons

Talking of Roger, I am delighted to announce that both Roger Robinson and Katherine Switzer are our new Patrons. We are in excellent hands.

## AGM – yes, I know it’s March!

*Succession planning is ever present in my mind.*

We are keen to hear from anyone interested in joining the committee, especially the pre and early Masters, so we can move and change with the times.

I do appreciate it is tricky finding ‘spare time’ for voluntary positions, though the more on board, the more the tasks can be spread. The alternative – if we don’t have succession planning – is that Wellington Masters Athletics will have no choice but to be absorbed into the wider Athletics body. Whereas I can see many advantages in that scenario, losing our autonomy is not one of them.

I very much enjoy time spent with the committee, they’re a great team. Please do feel free to contact me if you would like more information, or just for an informal chat.

**Liz Bentley | President**

## Peter Bailey, Wellington’s chief photo-finish judge

### *Outstanding services to track and field*

*Recognising Peter Bailey who provides the excellent, though often unseen, work involved as chief photo-finish judge.*

Peter spends a large proportion of the entire summer season preparing entry systems and results databases for upcoming track and field meets, attending at the Newtown Park site several times each week, and dealing with results publications and queries after each meet. He provides photo-finish and results services at Newtown Park for a wide variety of meets, including the most recent National Track and Field Championships, Athletics Wellington senior and children’s meets, as well as events held during the week by primary schools, intermediate schools and secondary schools.

Peter arrives at Newtown Park at least two hours before

the first event to set up equipment, and is usually still there several hours after everyone else has gone. Peter is also responsible for specifying and ordering specialist equipment for photo-finish and results. He also maintains software, network systems and computer equipment right through the winter period so that it remains in operational condition for the next summer season.

*As the track season draws to a close, we’d like to extend our appreciation to Peter Bailie and to all our officials who make racing possible.*



# Athletics Wellington 2023 Awards Evening

*Congratulations to all our athletes nominated*

[CLICK HERE TO SEE FOR TICKET ENQUIRIES](#)



Athletics Wellington athletes that are **nominated** and under consideration for Annual Award in the **Middle and Long Distance** categories are as follows:

Alison Andrews Paul, Ava Sutherland, Ben Brunner, Cosgrove-Drayton, Eva Green, Hamish Carson, Hannah Miller, Heather Walker, Henry Beliveau, Hiro Tanimoto, James Preston, Jess McKenzie , Liam Lamb, Liz Bentley, Lola Campbell, Luca Evett , Mia Ramsden, Nathan Tse , Nic Willis, Peter Stevens, Poppy Healy, Reuben Beard, Roger Robinson, Ruby Barton, Sarah Drought, Stephen Day, Tim Robertson, Will Anthony

Athletics Wellington athletes that are **nominated** and under consideration for Annual Award in the **Out of Stadia and Walks** categories are as follows:

Ari Bennett, Daniel Du Toit, Danielle McLean, Quentin Rew, Jacqueline Wilson, Ava Sutherland, Callum Wos, Dan Jones, Esther George, Fiona Hayvice, Hannah Miller, Heather Walker, Hiro Tanimoto, Jess McKenzie, Josh Jordan , Kate McHardy, Luca Evett , Maddison Wos , Max Doherty, Max Poland, Mel Aitken, Peter Stevens, Poppy Healy, Roger Robinson, Sarah Cosgrove-Drayton, Sarah Drought, Stephen Day, Tim Robertson, Toby Gualter, Vicky Humphries, Will Anthony.

Athletics Wellington athletes that are **nominated** and under consideration for Annual Awards in the **Sprints** categories are as follows:

Analín Rudd, Anura Puliyađđā, Bebe Newman, Ben Lambert, Chris Roberts, Cody Wilson, Gary Rawson  
Jake Paul, Josh Ledger, Joshua Lotsu, Kirsten Kilmister, Liam Webb, Niamh Gedye, Oliver Krijnen, Petra Stoeveken, Poppy Healy, Saravee Sos, Seb Skelton, Sydney Evans-Tobata , Tamsin Harvey, Theresa Bartlett, Tyrone Trego, Veronica Gould

Athletics Wellington athletes that are **nominated** and under consideration for Annual Awards in the **Jumps** categories are as follows:

Theresa Bartlett, Aleksandra Domanski, Samasoni Hewitt, Hugo Jones, Jamie Kearns, Lucas Lambert, Anura Puliyyadda, Gary Rawson, Analin Rudd, Mark Tinkle, Anna Thomson, Naomi Waite.

Athletics Wellington athletes that are **nominated** and under consideration for Annual Awards in the **Throws** categories are as follows:

Heath Abbot, Max Abbot, Mia Bartlett, Theresa Bartlett, Ana Dunlop Brown, Corran Hanning, Alexander Hewitt, Elizabeth Hewitt, Linda Rawlins, Kaleb Sola, Mikayla Sola, Shaka Sola, Adrian Stockhill, Nathaniel Sulupo, Iorana TaufatoTafili, Nelson Tolu Tiumalu, Thomas Waldrom

## Wellington Masters Athlete of the Year

*Who will be this year's male and female athlete of the year?*



## 2022 male and female athlete of the year awards

- Award criteria*
- Achieving a medal at the WAVA or (WMA) Championships or World Masters Games
  - Achieving a World Record or a World Best Performance
  - Achieving a New Zealand Record or New Zealand Best Performance
  - Achieving a meritorious performance or performances
  - Achieving 90% or higher performance on the Age Graded Tables
  - Achieving a national placing or placings
  - Achieving a Wellington record or records

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*Eligibility period* • From 1 January to 31 December 2022

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*Selection* • Made by The Wellington Masters Athletics Committee

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*Results published* • Next Master Copy issue, scheduled for May 2023

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## Buller Gorge – 40th event

*11 February 2023*



Once again Maryanne and I have made the annual pilgrimage to Westport to take part in the 40th Buller Gorge Marathon weekend. Over the years we have competed in the full marathon, half marathon and in the latter years as part of a team doing the marathon relay. Last year the event was cancelled owing to Covid and being in the traffic light system. Westport had also been devastated by severe flooding, so the cancellation of the event was probably a blessing to locals as many were displaced from their homes by the flooding. This year proved an interesting trip with the cancellation of ferry sailings owing to the Kaitikai being taken out of service owing to engine problems. Some of the earlier sailings were cancelled and we thought that ours might follow the same fate, but an email had us on a different boat at an earlier sailing time – check in time 5.30am for a 6.30am sailing.

We made it to Nelson to stay with friends and travelled to Westport on the Friday morning. We then proceeded to pick up our race numbers only to find that there were only two people dealing with this and by the time we managed to get ours the queue was very long and stretched out the door of the building.

Race day dawned fine and it looked like the day was going to be hot as the temperatures the previous week in Nelson and Westport had been very warm. At the 2021 event we were asked for feed-back from the 10km and we along with other competitors suggested an earlier start time than the 11am time. This obviously fell on deaf ears as race start time for 2023 was again 11am.

Walking down to the start the temperature was very warm and getting warmer as the morning progressed.

The Heritage 10km is run on the new Kawatiri Coastal Trail which consists of a 2.2 metre wide flat gravel path, timber boardwalks and a swing bridge which was interesting to cross as there was plenty of movement with the number of runners and walkers on the bridge.

In 2021, I along with a large number of competitors, had to walk across the swing bridge as it was too difficult to try and run with the sideways movement of the bridge. We were told at the start that there would be marshals at the swing bridge who would only allow 10 people on at a time for safety reasons but this didn't happen as the marshals just stood there and didn't control numbers. The marshals were there again this year and on the way back I was stopped and asked to wait until the swing bridge emptied of competitors. The temperature was very hot during the run and there were parts that were in the shade given by the trees along the side of the path which was some relief from the heat.

I knew that I was probably going to struggle as in early December Maryanne and I caught the dreaded Covid and though I managed to get over it fairly quickly, I found it difficult with a lack of energy when trying to exercise. It took a long while for me to finally be able to run some distance and not feel afterwards like I had completed a marathon. At 7km into the run I ran out of puff and with the heat sapping my energy as well, ended up running and walking the last kilometers to the finish. Coming off the path and going over the bridge, I spotted Maryanne who was walking the 10km making inroads to my lead over her. At about 1.5kms to go I was passed by her but managed to run the last part (albeit slowly) to the finish just behind her.

The prize giving was a disaster with the scheduled start time long gone (and the band playing on just like on the Titanic) until an announcement was made that they were having issues getting out the results as there had been a timing issue.

This was met with disbelief from many in our group as we wondered how there could have been a problem as there were starting mats at the start and finish lines. Eventually the prize giving got under way with results garnered from somewhere.

There was the odd discrepancy when the recipient of a performance prize said that they didn't win their age grade or someone else would dispute the result. They finally got the performance prizes out of the way and then thanked everyone for coming and that was it!!

In past years there have been a selection of major prizes handed out, but not this year to every one's dismay. The results that we finally managed to see are different than what Maryanne and I had on our watches. The results show I managed to run/walk 1:21:52 for the 10km and Maryanne walked the 10km in 1:21:27.

Next year is the 41st running of this event and is to take place on Saturday 10th February 2024.

**John Palmer | Editor**

## A tumbling, tumbling, tumbling down

### *Congratulations to all our record breakers*



#### National records

| AGE | NAME             | DISTANCE | TIME    | DATE       |
|-----|------------------|----------|---------|------------|
| M75 | B Hayes [WLG]    | MILE     | 6:44.78 | 28/01/2023 |
| M80 | R Robinson [WLG] | MILE     | 8:09.60 | 28/01/2023 |

#### Centre records

##### *Scottish night of Miles 17 December 2022*

| AGE | NAME                    | NEW TIME | OLD TIME |
|-----|-------------------------|----------|----------|
| M45 | Daniel Clendon WHAC     | 4:37.03  | 4:46.08  |
| M75 | Brian Hayes WHAC        | 6:57.90  | n/a      |
| W50 | Heather Walker Scottish | 5:21.85  | 5:48.70  |
| W60 | Liz Bentley Scottish    | 7:10.41  | 7:36.47  |

##### *Newtown Park, 19 February 2023*

| AGE | WEIGHT | NAME                   |
|-----|--------|------------------------|
| M55 | 19.59  | Phil Jensen Lower Hutt |

#### *North Islands, Masterton 14 and 15 January 2023*

| AGE | EVENT | RESULT       | NAME                         |
|-----|-------|--------------|------------------------------|
| M80 | 3000m | 15:13.42     | Roger Robinson VIC           |
| M75 | 5000m | 22:56.72     | Brian Hayes WHAC             |
| W50 | 1500m | 4:54.42      | Heather Walker Scottish      |
| W50 | 800m  | 2:24.42      | Heather Walker Scottish      |
| M85 | 60m   | 12.71 (-1.4) | Peter Hanson Olympic         |
| M75 | 100m  | 13.77 (-2.5) | Brian Hayes WHAC             |
| W40 | Pent  | 1644         | Heidi-Jane Humphries Olympic |

#### *Newtown Park – Agency & NZMA*

| AGE | EVENT   | NAME                         | TIME     | DATE     |
|-----|---------|------------------------------|----------|----------|
| M75 | 10000m  | Brian Hayes (WHAC)           | 50:14.81 | 19/11/22 |
| M80 | 10000m  | Roger Robinson (Vic)         | 54:15.25 | 19/11/22 |
| M75 | 800m    | Brian Hayes (WHAC)           | 3:12.21  | 4/12/22  |
| M70 | 1500m   | Keith Chapman (Olympic)      | 5:46.07  | 3/12/22  |
| M75 | 1500m   | Brian Hayes (WHAC)           | 6:16.59  | 3/12/22  |
| M75 | 3000m   | Brian Hayes (WHAC)           | 13:55.72 | 2/12/22  |
| W65 | 5000m   | Michele Allison (Scottish)   | 21:23.94 | 4/12/22  |
| M70 | 5000m   | Keith Chapman (Olympic)      | 21:09.88 | 4/12/22  |
| M45 | 3000mSC | Stephen Day (Scottish)       | 10:32.85 | 3/12/22  |
| W75 | 1500mW  | Jacqueline Wilson (Trentham) | 9:52.25  | 3/12/22  |
| W80 | 1500mW  | Daphne Jones (Scottish)      | 11:39.56 | 3/12/22  |
| M70 | 1500mW  | Clive McGovern (Trentham)    | 8:44.68  | 3/12/22  |
| M55 | WT      | Adrian Stockill (Kiwi)       | 12.04    | 3/12/22  |

WT = Weight throw

# Health

## Improving foot pain

### Tips for Improving Foot Pain

As something we see in the practice every day, we wanted to share a bit more on the common problem so that you can be sure to take the right steps to combat it yourself.

Whether it's a sharp pain, dull ache, or burning sensation, foot pain can make it hard to walk, stand, or even sleep. If you're experiencing foot pain, it's important to understand the causes and take steps to improve it.

#### *Understand the Causes:*

- Foot pain can be caused by a variety of factors, including overuse, injury, and underlying medical conditions. Some common causes of foot pain include plantar fasciitis, heel spurs, tendinitis, and stress fractures. Understanding the cause of your foot pain can help you take the right steps to improve it. Unsure of the cause? We can help you get to the root of the issue.

#### *Wear the right shoes:*

- Wearing shoes that fit properly and provide proper support can help reduce the risk of foot pain. Avoid shoes that are too tight or too loose and opt for shoes that have a wide toe box and good arch support.

#### *Maintain a healthy weight:*

- Being overweight or obese can put extra stress on the feet, which can lead to pain and discomfort. Losing weight can help reduce the pressure on the feet and improve overall foot health.

#### *Strengthen your feet:*

- Strengthening the muscles in your feet can help improve foot pain. You can do this by doing exercises such as toe curls, heel raises, and ankle rotations.



IMAGE © PATTITITIA / 147829317 / 123RF.COM

#### *Stretch your feet:*

- Stretching the muscles and tendons in your feet can help improve flexibility and reduce pain. Try stretching your toes, ankles, and calves.

#### *Chiropractic care:*

- Chiropractors may help alleviate foot pain by identifying the underlying cause of the pain. Our practice can also provide adjustments, massage, and other therapeutic techniques to improve the function of the foot and reduce pain.

#### *Ice and rest:*

- Applying ice to the affected area and resting can help reduce inflammation and pain.

#### *Orthotics:*

- Custom orthotics may also help correct any structural imbalances that could be contributing to your foot pain.

It's important to note that foot pain can be a sign of an underlying condition, and if pain persists or worsens, it's important to seek the help of a qualified healthcare professional.

Ed: This article has been reproduced with the kind permission of Dr Louise Blair, Back to Living Chiropractic. The address is Level 1, 50 The Terrace, Wellington 6011. Call 04 499 7755 or visit their website [www.chiro.co.nz](http://www.chiro.co.nz)

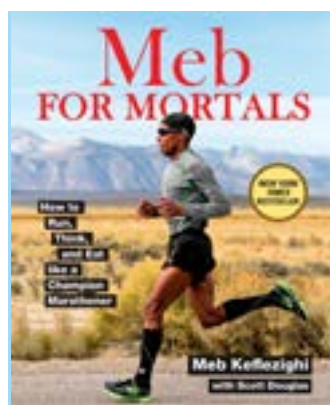


# Training

## Meb Keflezighi's 10km Session

On top of legendary runner Meb Keflezighi's marathon success, he also has a 10km PB of 27:13.98.

The workout below has a variety of speeds to build not only speed but also endurance, teaching the body to build pace throughout the workout and then repeat it after a short break. This session is great for runners up to a half marathon, as well as triathletes.



The workout is from Meb Keflezighi & Scott Douglas' book Meb For Mortals: How to Run, Think, and Eat like a Champion Marathoner.

- 10min WU Level II;
- 2x 1mile Level III, 4min RI;
- 2x 1mile Level IV, 4min RI;
- 2x 1mile Level V, 4min RI;
- 10min CD Level II;
- 10min Stretching.

### How to use this workout

- Start the workout with a Warm Up (WU) for a minimum of ten minutes of easy jogging at Level II.
- The main set is made up of a total of six, one-mile reps, with four minutes between for a Rest Interval (RI).
- The first two reps are done at Level III (or marathon pace).
- The next two reps are at Level IV (or slightly slower than 10km pace) and the final two reps are done at Level V (5km pace).
- The Cool Down (CD) is at a low intensity, jogging (Level I-II) for a minimum of ten minutes.
- Finish with 10 minutes of stretching to assist with the recovery.

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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.

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Check out his informative blog at: [www.coachray.nz](http://www.coachray.nz)

## 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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# The Athlete's Kitchen

## Personalised Sports Nutrition

© Nancy Clark MS RD CSSD | March 2023

### Pre-race weight loss – is it harmful or helpful?

Many runners fantasise about losing weight (*“Wouldn't it be nice to lose a few pounds...”*). Unlike some athletes who *have* to lose weight in order to meet a specific division for their sport (such as boxers or wrestlers), runners often *choose* to target a lower-than-normal weight for a specific race.

Note: Dropping weight once or twice a year is far healthier than trying to keep a low weight all year round!

Runners, like skaters, dancers, and gymnasts, who try to maintain a long-term low weight generally end up living in “food jail.”

While this article will not focus on the problems with long-term under-eating, it's well known that keeping the body at an unnaturally low weight sets the stage for injury after injury. This article will offer help for runners who want to lose weight for a short-term goal, such as a specific race.

Runners who seek to lose pre-race weight may believe being lighter will offer the advantage of having less weight to lug around and enhance their ability to run faster. Yes, there's a lot of talk about “power to weight ratio.” Unfortunately, the body is not a robot and does not work quite as mathematically as many people would like it to. As one champion commented, “I ran the same times in the same race despite being 8 pounds heavier a year later.”

A big problem with dropping pre-race weight is too many runners target a minimal weight that might not be their best performance weight. I suggest you focus less on a number on a scale and instead tune into where you compete well. And whatever you do, don't resort to last-minute restrictive dieting



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to reach an unrealistic weight goal. Inadequate pre-event fuelling can contribute to early bonking, poor performance, and disappointments. If you eat well and compete at your natural weight, you will be better able to run past any skinnier but depleted opponents.

*So, what are weight-focused runners supposed to do?* Obviously, they are not supposed to wait until the last few days before an event to shed pounds by abstaining from food and water, over-exercising, and abusing their bodies. The better path is to start chipping away at weight loss weeks in advance. If you have to lose 10 pounds, give yourself at least 5 to 10 weeks to do so, if not more.

Ideally, runners should first have their body fat accurately measured to determine if they even have fat to lose. Females should not drop below 12% body fat, males no less than 5%. Some runners might need to lose muscle to be able to reach their weight goal — and that seems counter to being a strong and powerful athlete.

### What's the best way to lose weight?

The best way to lose weight is to push yourself away from the dinner table before you eat your fill! Plain and simple, you have to eat less than your body requires. That is much easier said than done!



*These tips may be helpful.*

- Knock off only 300-500 calories/day from your typical daily intake. Do NOT chop your food intake in half or eat as little as possible! As an athlete, you need fuel to train.
- Fuel by day; diet by night. Plan to lose weight when you are sleeping — not when you are trying to train hard.
- Surround your workout with food: *fuel-up and refuel*.
- Do NOT cut out all carbohydrates. Runners need grains, veggies, and fruits to optimize their muscle glycogen stores. A very low-carb diet results in depleted glycogen, “dead legs,” and inability to train hard.
- Enjoy carb-protein combinations: carbs to fuel muscles; protein to build and repair muscles. Protein is also satiating and can help curb hunger.
- When it gets to “crunch time,” target about 1.5 g carb, 1 g protein, and 0.5 g fat per pound of body weight (3 g carb, 2 g pro, 1 g fat/kg). This means a 150-lb (68 kg) runner would target about 200 g carb, 135 g pro, and 70 g fat (~1,950-2,000 calories/day) during the weight-loss weeks.
- Divide the calories into 4 food buckets and eat a meal at least every 4 hours. (The clock starts ticking when you get up in the morning). A runner who trains from 6:30 to 7:30 a.m. could divide breakfast into 100-200 calories pre-workout at 6:00ish, then 400 calories post-workout at 8:00; eat early lunch (500 cal.) at 11:00ish; later lunch (400-500 cal.) at 3:00ish, and dinner at 6:00-7:00ish (500 cal.). The rest of the night, chew gum, drink herbal tea, go to bed early? (If you are ravenous, please eat a bit more...)
- If you don't have fat to lose, you can shed a few pounds by restricting fiber to reduce gut contents.

## After the race

The standard advice for weight-focused runners is to *just lose the weight and keep it off*. This makes sense intellectually, but it is the opposite of what the body wants to do physiologically. After having been underfed, hungry runners experience a very strong drive to eat, if not over-eat, and regain all the lost weight. This happens with most dieters, athletic or not.

The urge to devour food after having lost weight is physiological, and not simply due to lack of will-power. Here's the analogy: If you hold your breath for too long, you will uncontrollably gasp for air. If you rigorously restrict calories for too long, you will uncontrollably grab for food and easily binge-eat. No wonder eating disorders blossom in weight-focused sports!

### *The bottom line*

Any way you look at it, losing weight when you really are not over-fat in the first place is not much fun. Yes, it creates a bond with others doing the same thing — *misery loves company* — and is embedded into the culture of weight-focused sports like running. Ideally, it's time to change that culture to focus more on health (both short and long term) and injury reduction. Working with a sports dietitian can help with you fuel well to perform well. To find your local RD CSSD (Registered Dietitian who is a board Certified Specialist in Sports Dietetics), please use the referral networks at [www.EatRight.org](http://www.EatRight.org) and [www.HealthProf.com](http://www.HealthProf.com)

### *References*

- Langan-Evans C. *et al.* 2021. *Nutritional considerations for female athletes in weight category sports. European Journal of Sports Science.*
- Burke, L, *et al.* 2021. *ACSM Consensus Statement on Weight Loss in Weight-Category Sports. Current Sports Medicine Reports.*

### *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](http://NancyClarkRD.com).

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# Upcoming events

## 2023 and 2024

### 2023 UPCOMING EVENTS

#### April

|    |   |              |
|----|---|--------------|
| 2  | Tauranga ½ Marathon, 15km, 10km & 5km         | Tauranga     |
| 16 | Christchurch Full Marathon, ½ Marathon & 10km | Christchurch |
| 16 | Waitarere Forest Run, 21km, 10km & 5km        | Waitarere    |
| 23 | TCS London Marathon                           | London       |

#### May

|    |   |          |
|----|---|----------|
| 6  | Rotorua Full Marathon, ½ Marathon, 10km & 5.5km Fun Run | Rotorua  |
| 20 | Sotheby's Hawkes Bay Full Marathon, ½ Marathon & 10km   | Napier   |
| 21 | Masters Classic Club Relay                              | Trentham |

#### June

|       |   |                           |
|-------|---|---------------------------|
| 4     | Upper Hutt Handicap Marathon & ½ and ¼ Marathon Relay | Pinehaven                 |
| 25    | Gazley Volkswagen Full Marathon, ½ Marathon & 10km    | Sky Stadium               |
| 22-26 | Oceania Masters Athletics Championships               | Saipan, Northern Marianas |

#### July

|    |  |              |
|----|--|--------------|
| 23 | Johnsonville 8km Road Race and 6.4km Race Walk | Johnsonville |
|----|--|--------------|

#### September

|    |                                       |        |
|----|---------------------------------------|--------|
| 17 | Hutt Marathon, ½ Marathon, 10km & 5km | Petone |
| 24 | BMW Berlin Marathon                   | Berlin |

#### November

|   |                       |          |
|---|-----------------------|----------|
| 5 | TCS New York Marathon | New York |
|---|-----------------------|----------|

### 2024 UPCOMING EVENTS

#### February

|    |   |               |
|----|---|---------------|
| 10 | Buller Gorge Full Marathon, Marathon Relay, ½ Marathon & 10km | Westport      |
| 25 | 41st Kapiti Women's Triathlon                                 | Raumati Beach |

#### March

|   |  |       |
|---|--|-------|
| 2 | Nutri-Grain Ironman NZ & Ironman 70.3 NZ | Taupo |
|---|--|-------|

#### 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. |  |
|--------------------|--|--------------|--|

*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 2022/2023 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) |
|--------|---|

|        |                          |
|--------|--------------------------|
| \$0.00 | Local Masters 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.<br>PO Box 5887, Wellington 6140 | Telephone: | 04 973 6741        |
|                 |   | E-mail:    | gvgould@xtra.co.nz |

### OFFICIAL USE:

|              |  |                       |  |
|--------------|--|-----------------------|--|
| Verified by: |  | 2022/2023 NZMA Reg No |  |
|--------------|--|-----------------------|--|



## Contact details

### Wellington Masters

#### CURRENT COMMITTEE MEMBERS

|                   |                                      |               |
|-------------------|--------------------------------------|---------------|
| Patron            | Roger Robinson and Katherine Switzer |               |
| President         | Liz Bentley                          | 021 030 2384  |
| Vice president    | John Palmer                          | 04 479 2130   |
| Secretary         | Albert van Veen                      | 04 563 8450   |
| Treasurer         | Graham Gould                         | 04 973 6741   |
| Committee         | Vickie Humphries                     | 04 934 1498   |
|                   | Sean Lake                            | 04 389 5912   |
|                   | Ayesha Shafi                         | 021 024 40699 |
| 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 usually 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. *A Teams link can be set up for anyone wishing to join in.*

### 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              |

## Master Copy contributors

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Liz Bentley      Email      [liz@withkudos.com](mailto:liz@withkudos.com)

*We welcome your contributions to Master Copy. Please send news, articles, or comments to John. If you would like to advertise in Master Copy, please contact Liz.*

*Design and production, Liz Bentley*

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