



# Master Copy

APRIL 2024

WELLINGTON MASTERS ATHLETICS INC NEWSLETTER | VOLUME 23 – ISSUE 1

## Announcing our new website Going live soon



Sneak preview of our new website, coming soon!



# President's report

## April 2024

The winter season is upon us one again, although looking out of my window at the glorious sunshine, winter doesn't seem a fitting description.

We are so excited to share our new website! As you'll see on the front cover, we have our new website ready to launch, pending paperwork. Editing ability will be transferred to the current committee.

**The intended go live date is 1 June 2024.**

### Advance notice of this year's AGM:

*Save the date:*

Date: Thursday 12 September  
 Time: 7 pm onwards for the AGM  
 Venue: Olympic Harrier Clubrooms

NOTE: The financial report and president's report presented at the 2023 AGM can be found on pages 6-9.

### Committee update 2024

Due to the continued devolution of Masters since the MoU, the Masters direct membership and ecosystem has continued to reduce. As a result, the frequency of committee meetings as well as the required number of committee members will be discussed at the upcoming AGM – we welcome your feedback on this.

We would love to hear from anyone interested in being part of the committee. If you want to know more, please feel free to contact me or anyone else on the committee. We meet (approximately) once a month via Teams, usually on the first Thursday of each month.

I will be writing to clubs to request supplying one or two masters reps to serve on the committee for a 12-month period. Currently we have Heather Walker, Scottish; and Belinda Walker; Trentham.

In January, I notified the committee of my intention to stand down at the upcoming AGM. At the time of writing, Sean and Ayesha are also standing down.

### Congratulations

Congratulations to this year's winners of the prestigious WMA athletes of the year. I'm delighted to announce our female and male athletes of the year:

- Heather Walker
- Roger Robinson

The Athletics Wellington Masters Athletes of the year are:

- Heather Walker
- Peter Stevens

A full list of category winners can be found [here](#)

### Events

*Notice of two of our popular racing events:*

#### Masters Classic Relay

Sunday 19th May | Trentham Memorial Park  
 Perfect opportunity to get ready for the winter season!  
 Hot drinks available post event.  
 Please help our hosts, Trentham, to pack down equipment after the event, pre-prize giving.

*The entry form can be found on pages 4-5, and on the Wellington Masters Facebook page.*

#### Johnsonville 8km Road Race & 6.4 Race Walk

Sunday 28 July | Johnsonville

### Event calendar

One of the many benefits to having Masters representatives from different athletic clubs is being able to share event details to avoid clashes. I received many complaints, understandably, about event clashes last season. Perhaps most notably the Wellington Champs / Round the Bays / NZMA T&F championships.

Ideally, one calendar noting all events will avoid a repeat of situation again; though buy-in from all parties will be required to make this a success. More to come about this initiative as it becomes available.

**Liz Bentley**  
**President**



## Registration Form

2023/2024 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.		
<i>Fees for 2023/2024 year (Please select the option that better suits your needs):</i>			
<b>OPTION 1:</b>	ANZ Competitive Members (ANZ club members must be financial for the 2023/2024 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			
<b>OPTION 2:</b>	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)		
<b>Total Fee to pay \$</b>			
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
<b>OFFICIAL USE:</b>			
Verified by:	2023/2024 NZMA Reg No		



# 38th Wellington Masters Classic Club Relay

**VENUE** Trentham Memorial Park off Barton Avenue, Upper Hutt

Sunday 19 May 2024 | Walkers 10 am start | Runners 10:15 am start

### Course:

A 4km circuit around Trentham Memorial Park, a mixture of road and grassland. At this time of the year underfoot conditions are usually firm.

- Runners - 4 laps of 4km each = 16km.
- Walkers - 3 laps = 12km.

### Race conditions:

- Runners / Walkers should be current financial members of NZ Masters Athletics or Athletics NZ.
- Non-NZMA/ANZ members pay \$10 extra.
- Teams should compete in their club singlet/shirt.
- Where a team has to make last minute changes e.g. a competitor having to run/walk twice that team will not qualify for major placings or prizes. Failure to notify any team changes will result in **DISQUALIFICATION**.
- Any protest must be lodged within 10 minutes of the protesting team completing its final lap.
- Mixed running teams must have at least 2 women runners.

### Composite teams:

- Clubs that do not have enough Masters to field a team may combine with other Masters runners to form a Composite Team.

### Marshals:

- Each Club is requested to provide at least one Marshal for the course.

### Timing:

- Teams are asked to provide a back-up for the printer-timer by recording their team's times on the recording sheets included in the Race Pack: please have **stop watches!**

### Umpires:

Umpires will be appointed and published on the day. They will also be the Protest Committee.

### Pre-vets:

May participate but any team with a pre-vet member will be classed as a pre-vet team and compete in the Pre-Vet Section (30-34 years).

### Seniors:

- The event has been opened up to allow teams with Senior runners to compete either in the Pre-Vet section (30-34 years if they qualify) or as on Open Senior team (under 30 years).

### Prize list comprises:

- Hamlin Trophy**  
1st Masters Men's Team
- Trentham United Harrier Club Cup**  
1st Masters Women's Team
- Wellington Centre of NZAVA Trophy**  
1st Mixed Team (at least 2 women)
- Meryllyn Hamlin Trophy**  
1st Team with aggregate of 200 or more years
- WMA Trophy**  
1st Team with aggregate of 240 or more years
- WMA Trophy**  
1st Open Walk Team
- WMA Trophy**  
1st Walk Team with aggregate of 150 or more years
- 1st Pre-Masters/Senior Team (if more than 1 team)
- 1st Composite Team (if more than 1 team).

A limited number of spot prizes will also be drawn - all team members eligible.

### Prize giving:

- Approximately 12:30pm.

### Refreshments:

- A selection will be available. Pay for what you consume! The Club's licence facility will be operating.

### Changing & shower facilities:

- These are available in the clubrooms.

### Entry fee:

- \$30 per running team. \$20 per walking team.
- \$10 extra for each non-member of NZMA/ANZ.
- Entry fee for non-members of NZMA/ANZ \$50 per team.

### Entries:

Postal entries with entry fee must reach Graham Gould, PO Box 5887 Lambton Quay, Wellington 6145 by **Thursday 16 May 2024** or Direct Credit to Wellington Masters Athletics Inc., ANZ Bank, The Terrace: 06 0565 0064415 00 and either post or email entry form to Graham Gould or bring to event on Sunday morning.

A separate entry form is required for each team

Enquiries can be made to: Graham Gould (gvgould@xtra.co.nz) or John Palmer (027 459 8502).



# 38th Wellington Masters Classic Club Relay

## 2024 MASTERS CLASSIC CLUB RELAY ENTRY FORM

Fee enclosed (please select one)		
Runners	<input type="checkbox"/>	\$30.00
Walkers	<input type="checkbox"/>	\$20.00
Non NZMA/ANZ Members	<input type="checkbox"/>	\$_____
<b>TOTAL</b>		<b>\$_____</b>

**Club details**

Club/s

Team category

Marshall

**Team details\* (please select one)**

Runners  Walkers

Lap 1	Age <input type="text"/>	M <input type="checkbox"/>	F <input type="checkbox"/>
Lap 2	Age <input type="text"/>	M <input type="checkbox"/>	F <input type="checkbox"/>
Lap 3	Age <input type="text"/>	M <input type="checkbox"/>	F <input type="checkbox"/>
Lap 4	Age <input type="text"/>	M <input type="checkbox"/>	F <input type="checkbox"/>

I certify that each runner is a current financial member of ANZ or NZ Masters Athletics or the non-member fee of \$10 has been collected.

\*A separate entry form is required for each team

**Declaration & Agreement to be signed by Team Captain or Club Co-ordinator on behalf of the competitors listed above**

I agree to abide by the race rules and follow the directions of race officials.

I acknowledge that I compete at my own risk.

There are NO Road closures.

Runners/walkers must use the footpath provided for the section outside of Trentham Memorial Park. Failure to comply with this rule will result in the offending team's disqualification.

Team Captains/Club Co-ordinators to ensure that all team members are made aware of this declaration.

Privacy Act: Information concerning this event may be used by Wellington Masters Athletics and its sponsors for promotional purposes.

Signed \_\_\_\_\_

Team Captain/Club Co-ordinator

# President's report

## *Report from 2023 AGM*

### Introduction

A lot has happened on the committee looking back over the past twelve months.

We've said goodbye with huge thanks to Michael and Sharon Wray; we welcomed Roger Robinson and Kathrine Switzer as our Patrons, new committee members Vickie Humphries and Ayesha Shafi; and we hosted the 49th NZMA championships (three weeks before Christmas!) as if the silly season isn't silly enough!

Before we go any further, I'd like to thank our long-standing and long-serving committee members Graham, Sean, John, and Albert; and to say thanks with a fond farewell to Vickie. Thanks also to Veronica as membership registrar, and to Peter Hanson as our official record statistician.

### Membership

At the time of writing we have 9 direct members.

Unfortunately, I don't have the numbers registered via Athletics Wellington. We will publish the breakdown in the next newsletter.

### Events

Recent 48th NZMA Track and Field Championships, Wellington 2-4 December 2022

Attracted over 200 entrants and 900 events (phew!), which was a great turnout. Congratulations to the many athletes who achieved personal bests and also to the many record breakers. There were nine New Zealand records broken with one to Wellington athlete Michele Allison, 46 Championships records with 14 of those going to Wellington athletes, and we also had 11 new Wellington Records set.

While I'm here, I'd like to acknowledge all the volunteers, officials, and organisers who went far and above to ensure the safety and success of the event; organising this event on such a scale was an enormous task.

We have had a great deal of positive feedback about the event, and no injuries that I can recall. We also managed to sell the additional commemorative t-shirts to very happy customers.

*Classic Cross Country Relay, 21 May 2023*

This was a huge success (despite the weather!). The event was well attended by 16 teams, 14 running and two walking. The course, like last year, was wet, muddy and slippery with some (not surprisingly) losing their footing to the muddy conditions!

*Johnsonville road race, 23 July 2023*

Given the weather the day before, the 23 runners and 9 walkers who attended made for a great turnout. Although that's less than the year before, there were two other events happening that day.

### Congratulations

#### Wellington Masters Athletes of the Year

Huge congratulations to Wellington Masters Athletes of the Year Jackie Wilson and Roger Robinson who incidentally both won the Athletics Wellington Masters Athletes of the Year.

- Jackie was also shortlisted for the top honours for the WMA Athlete of the Year 2022, and
- Roger Robinson won his M80 at the recent World Cross-Country Championships, Bathurst.

Both athletes are, as ever, inspiring.

### Website

I'm delighted to announce the website will be updated! After three years of trying to find someone, Matt Hunt from HVH has offered (not sure if that's the right word?!) to redo our website using Wordpress. This means the current committee will have editing access, and we can tweak the design to be inline with the WM brand. We will need to decide which pages we want to retain or remove; we can discuss this more over email or at our next meeting as preferred. I said I'd get back in touch with Matt after the AGM. *(Note to Michael - Matt may need files from you.)*

### Future of Wellington/NZ masters

One of the biggest challenges we're facing seems to be finding new committee members. We are not unique in this situation, and I appreciate people are busy, but we do need to find a solution to the succession planning issue.

I wondered if clubs could supply 'Wellington Masters Committee Reps' for a 12 month period. I wrote to clubs asking they have a discussion with members. I hoped to have an idea of the numbers this would generate so we could discuss this evening, but as yet I have not had responses with results other than a volunteer from Scottish – thank you Heather.

#### *Incentive*

By way of incentive and a small thank you for time, I would like to see serving committee members' club fees paid. This is a change to how the committee has operated in the past, though I think we need to consider this as a viable option to the succession planning issue.

#### *Discuss with the floor and vote.*

Going forward, I think it's important to decide what the future of Masters looks like, perhaps this can be a focus for next year.

### Obituaries

Sadly, we have a few members who passed away during the last year, namely:

Murray Gowans, Judy and John Hammond, Michael Browne, Don Brodie, Bruce Perry and Kathryn Fraser.

## WELLINGTON MASTERS ATHLETICS INC.

### Financial Report - Receipts and Payments for the year ended 31 August 2023

2022		2023
\$		\$
	<b>OPENING FUNDS AT 31 AUGUST 2022</b>	
3,407.51	ANZ Current Account	3,705.46
20,000.00	ANZ Term Deposit	20,000.00
3,656.42	ANZ Savings Account	3,926.55
27,063.93		27,632.01
	<b>PLUS RECEIPTS</b>	
405.00	Subscriptions Received	480.00
-	NZ Masters Athletics National Championships (Note 1)	22,230.62
190.70	Interest Received	1,032.51
960.00	Race Entry Fees	830.00
30.00	Uniforms Sales	140.00
-	Subscriptions Received in advance	60.00
1,585.70	<b>TOTAL RECEIPTS</b>	24,773.13
	<b>LESS PAYMENTS</b>	
450.00	Subscriptions to NZMA	525.00
-	Race Expenses	266.22
-	NZ Masters Athletics National Championships (Note 1)	13,352.95
50.18	Newsletter Printing & Postage	116.78
300.00	Track & Field Levy to Wellington Centre	300.00
21.50	Presentation & Awards Expenses	822.10
195.94	Website Expenses	171.42
1,017.62	<b>TOTAL PAYMENTS</b>	15,554.47
<b>27,632.01</b>	<b>CLOSING FUNDS AT 31 AUGUST 2023</b>	<b>36,850.67</b>
	Represented by:-	
3,705.46	ANZ Bank Current Account	2,536.07
20,000.00	ANZ Bank Term Deposit – Mature 27/09/23 and 09/10/23	30,000.00
3,926.55	ANZ Bank Savings Account	4,314.60
27,632.01		36,850.67

**Statement of Accounting Policies:**

The above statement is prepared on the basis of Receipts and Payments through the Association's banking accounts. No Provision or Accrual is made for amounts payable or receivable at the 31 August of each year.

As the Association is not GST registered the amounts in the Statement include GST.

## WELLINGTON MASTERS ATHLETICS INC.

### Note 1: NZ Masters Athletics National Championships

Income	\$	\$
Grants		
WCC Sports Events Partnership Fund	5,000.00	
Fourth World Games Trust	2,000.00	
		7,000.00
Event Entry Fees – NZMA	17,847.00	
Less NZMA Fee at \$25 per Participant	5,475.00	
Less Entry System Processing Fees	732.74	
		11,639.26
Dinner Tickets	3,110.00	
Less Entry System Processing Fees	120.65	
		2,989.35
Tee Shirt Orders	600.00	
Less Entry System Processing Fees	20.11	
		579.89
Results Certificates	544.00	
Less Certificate Production & Postage	500.00	
Less Entry System Processing Fees	21.88	
		22.12
<b>Total Income Per Receipts Listing</b>		<b>22,230.62</b>
<b>Less Expenses</b>		
Catering for Event Officials	1,832.42	
Dinner – West Plaza Hotel	3,080.00	
Event Programme Design	1,150.00	
Event Medical Coverage	2,354.63	
Printing Event Programme	1,254.65	
Printing Race Numbers	535.00	
Polo Shirts	2,328.75	
Venue Hire Fees – WCC	817.50	
		13,352.95
<b>Total Expenses Per Payments Listing</b>		<b>13,352.95</b>
<b>Net Surplus NZ Masters Athletics Champs</b>		<b>8,877.67</b>



## BULLER GORGE 10km - SATURDAY 10<sup>th</sup> FEBRUARY 2024

Once again Maryanne and I made the annual pilgrimage to Westport to take part in the 41st 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. Two years ago, a 10km was introduced and Maryanne and I took part in this new event which takes part on the newly formed Kawatiri Coastal Trail. Sadly, this year owing to ongoing hip and back problems, and not being able to run 10km, I had to be content acting as support person.

This year there were no ferry issues and we made it to Nelson to stay with friends and then travelled to Westport on the Friday morning. After picking up our race packs we then proceeded to Carters Beach to our accommodation for the weekend.

In 2023 there was a new Race Director for the event and the whole proceedings from race number pickup through to the prize giving was a disaster. This year a new Race Director and committee were in place, and it was a completely different event right from race numbers pick up until the completion of the prize giving. Sadly, numbers were down on previous years for all races, and this could have been because of last year's poorly run event. In the full marathon there were only 121 starters (2 being walkers), half marathon 475 runners and 105 walkers, 40 relay teams and in the 10km, 210 runners and walkers.

Race day was overcast and there was rain forecast for later in the day. At the 2021 event we were asked for feedback from the 10km and we along with other competitors suggested an earlier start time than the scheduled 11am. In 2023 the start time was once again 11am and the conditions were very hot by start time. The new committee must have taken on the feedback and moved the start time to 9.30am. They also instigated a course change for the last 1.5km of the 10km which kept the runners and walkers off the main street of Westport and talking later to those that competed in the 10km, they said that it was a great change to the course as it went alongside the Buller River before crossing a bridge over the rail lines before entering Victoria Square and the finishing chute.

The prize giving was well run, started on time, and this year there were a good number of major spot prizes drawn after the previous year were there were no major spot prizes offered at all. The forecasted rain finally arrived part way through the prize giving and it was a mad dash to our vehicles after the prize giving finished.

Maryanne completed the 10km walk in 1:22:25. Also taking part in the half marathon from Trentham Harriers were John Roskvist 2:31:24 (Walker 2<sup>nd</sup> in his age grade), Chris Homan 1:36:54 and David Hood 1:45:40.

Next year is the 42nd running of this event and is to take place on Saturday 8th February 2025.

John Palmer

## ARTHUR'S BOYS

One of the amazing things to me is that the men in the photo below - when NZ had a population of 2-3 million - were beating the world of about 5 billion, and those who were not Arthur's Boys were Commonwealth Champions or Medalists.

There were six Olympic medals and 17 World Records by 'Arthur's Boys' - from New Zealand.

Most of the world did not even know where NZ was!

Ten Athletes, led by all-time greats Murray Halberg and Peter Snell and the legendary coach Arthur Lydiard.

Other successful NZ athletes subsequently coached by or influenced by the coaching methods of Arthur included Dick Quax, John Walker, Rod Dixon and Dick Tayler.

In the 1970s there was the emergence of Anne Audain, Lorraine Moller and Allison Roe who were successful New Zealand female distance runners.

Successful coach Arch Jelley OBE of Neville Scott (photo) was a 1500m finalist at the 1956 Melbourne Olympics and 1958 British Empire and Commonwealth Games three-mile bronze medalist. He was training the next generations on most of Arthur Lydiard principles.

At the time of preparing this article it was Arthur Lydiard's birth date anniversary on Thursday 10<sup>th</sup> August.

On Sunday 13th August 2023 it is Arch Jelley OBE, 101st birthday milestone.

Paul Mulvaney



Back row L to R: Jeff Julian; Neville Scott; Dave Norris; Les Mills; John Davies; Roy Williams.  
Front row L to R: Barry Magee; Bill Baillie; Peter Snell; Murray Halberg and Arthur Lydiard.

Ed - This article was sent to me by Paul Mulvaney who is a Freelance Journalist from Christchurch and has been reproduced with kind permission from Paul.

## Five Foods That Can Boost Bone Health



Our bones might not be visible, but they play a crucial role in our overall health. Your bones support your body and help you move so you want to keep them healthy. By incorporating certain foods into your diet, you can enhance your bone health.

**Dairy Products:** Milk, cheese, and yogurt are excellent sources of calcium, a key nutrient for bone strength.

**Fish:** Fatty fish like salmon and mackerel are rich in vitamin D, which aids calcium absorption.

**Leafy Greens:** Foods such as spinach and kale provide both calcium and vitamin K, essential for bone health.

**Nuts and Seeds:** Almonds and flaxseed offer healthy fats and minerals that promote bone density.

**Whole Grains:** These are packed with magnesium, a mineral that plays a role in bone structure.

As everyone's nutritional needs are unique, consult with a healthcare professional to create a diet plan that supports your bone health.

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

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### DATES FOR YOUR DIARY

#### Masters Classic Club Relay

Sunday 19<sup>th</sup> May at Trentham Memorial Park

#### Johnsonville 8km Road Race & 6.4 Race Walk

Sunday 28<sup>th</sup> July

Olympic Harrier Clubrooms, Johnsonville

# THE ATHLETE'S KITCHEN

Copyright: Nancy Clark MS RD CSSD, February 2024



## Nutrition Advice: Does one-size-fit-all?

Most nutrition advice is targeted to the average American: *Don't drink fruit juice. Eat less sugar. Stay away from pasta. Take the saltshaker off the table.* Does this same advice pertain to runners? Sometimes, yes. Sometimes, no.

Physiologically speaking, the body of a healthy, fit runner differs significantly from the body of the unfit "average American." For example, compared to an unfit person, a runner's muscles readily take up sugar (glucose) from the blood; this means "sugar spikes" are less of a concern.

This article highlights the confusion stemming from nutrition advice that does not always apply to the needs of athletes. One size does not fit all!

• ***I've stopped eating (fattening) potato, pasta & starchy carbs with dinner. I eat a pile of veggies, instead***  
To start, *starchy carbs* are not inherently fattening. Excess calories of any kind of food are fattening. Eating a "pile of veggies" for "healthier" carbs is expensive, time consuming, likely to result in a very high fiber diet (leading to undesired pit stops), and unlikely to optimally refuel muscles.

Carb-dense (sweet) potato, (brown) rice, (whole wheat) bread, and other starchy carbs/grains optimize fueling the muscles of runners who train hard. A strong carb intake can prevent "dead legs" and disappointing workouts. The harder you exercise, the greater your needs for starches/grains. One-third to one-half of your plate can be starches (at least 200 calories from starch/meal (2.5-4.0+ gram carb/lb body weight per day)).

• ***I enjoy recovering from my workouts with a 40-gram-protein shake***  
While a bit of post-workout protein can help *build and repair* muscles, you actually want three times more carbs than protein to *refuel* depleted muscles. An effective dose of post-exercise protein is ~0.12-0.15 grams protein per pound body weight (0.25-0.3 g pro/kg). For 120- to 170-pound runners, that's about 15 to 20 grams protein, the equivalent of 2 to 3 eggs in a recovery breakfast, or 16-ounces chocolate milk. If you really want to use protein powder, blenderise it with carb-dense *chocolate milk + banana or juice + frozen fruits*.

• ***I don't drink orange juice anymore. Too much sugar***  
For busy runners who train hard, have high calorie needs, limited time to eat, and consume too little fruit, 100% juice is exactly what their sports diet needs! While most calories in juice (and fruit) are from *sugar*; abundant nutrients come along with that sugar. Eight ounces OJ provides 100% of the daily need for vitamin C, replaces potassium lost in sweat, and offers folic acid (critical for women who might become pregnant). By choosing a variety of colorful juices (purple grape, red cranberry, yellow pineapple, blue blueberry) runners can consume a variety of health-promoting compounds that fight inflammation. If you've stopped drinking OJ, at least eat an orange, berries, or other fruit.

• ***I've stopped salting my food***  
When runners sweat, they lose sodium, a part of salt. The standard American diet contains far more sodium than most people need, so most sweaty runners can easily consume abundant sodium. That said, if you have a post-workout layer of salt on your skin and you are craving salt, sprinkle some on your food! Salt cravings indicate your body needs salt.

• ***I use electrolyte tablets after long workouts***  
Electrolytes (more commonly called *minerals*: calcium, sodium, potassium, magnesium) are abundant in food. Chances are you will consume more electrolytes in your recovery meal than you will get from electrolyte tablets.

Sodium is the key electrolyte of concern. Before taking electrolyte supplements, read the *Nutrition Facts* on food labels to educate yourself about the sodium in the foods you commonly eat. You might be shocked to learn the 270 mg sodium in a 20-oz bottle of Gatorade is less than the 450 mg in a Thomas' plain bagel, the 470 mg in a 1/2 cup Prego pasta sauce, 600 mg in a sprinkling (1/4 tsp) of salt on your pre- or post-exercise meal, or the 850 mg in a cup of chicken broth.

• ***I crave sugar. I'm trying to not eat it***  
Sugar cravings commonly happen when runners get *too hungry*, when they fail to eat enough calories and carbs at breakfast and lunch. By afternoon, their gas tank is empty, and their body is shouting for quick energy: *sugar!* To curb sugar-cravings (and easily reduce your sugar intake), simply eat more breakfast and lunch. If you stop eating breakfast just because the *food is gone* or because you *think you should*, think again. Stop eating because you *feel content and satisfied*.

Your body can tell you how much food it requires IF you listen to it! If you don't trust your body to feel fullness, please meet with a sports dietitian (RD CSSD). This nutrition professional can estimate energy needs and design a food plan that distributes adequate food throughout the day, thereby curbing hunger and urges for sugar.

• ***I try to not snack in the afternoon***  
Runners need snacks! They get hungry and should eat at least every four hours. If you have breakfast at 7:00, you'll want lunch by 11:00, and then a *second lunch* by 3:00. (Note: change to word *snack* to *second lunch*, so you end up choosing quality food for this mini meal, such as banana + peanut butter + crackers, or apple + cheese + nuts.

Afraid you'll gain weight by eating a second lunch/snack? Fret not. You'll be less hungry for dinner. Instead of holding off to devour a huge evening meal, enjoy eating in the afternoon, when you feel hungry. Hunger is simply a request for fuel! Your body has burned off what you fed it and is requesting more food.

• ***I avoid peanut butter. Too fattening***  
Yes, peanut butter is calorie-dense, but it is not inherently fattening. A tablespoon offers about 100 *satiating* calories. A PB & J sandwich will help you feel fed far longer than eating similar calories from a low-fat turkey sandwich. Plus, the fat in PB is anti-inflammatory; it reduces the risk of heart disease and diabetes.

Nancy Clark MS RD CSSD counsels both fitness exercisers and competitive athletes in the Boston-area (Newton; 617-795-1875). Her best-selling *Sports Nutrition Guidebook* is a popular resource, as is her online workshop. Visit [NancyClarkRD.com](http://NancyClarkRD.com) for info.

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

\* \* \* \* \*

## Natural Solutions for Managing Knee Pain



Knee pain isn't something that has to happen as you age – in fact, it can affect people of all walks of life—from teens to athletes, adults, and seniors. Some of the most common causes include overuse, underlying medical conditions, osteoarthritis, patellar tendinitis, meniscal tears, and ligament injuries.

While medication and surgery may provide relief, natural solutions can also be effective. Stretching and exercise can help strengthen the muscles around the knee joint, reducing the risk of injury and improving mobility. Low-impact exercises such as swimming and cycling may be particularly beneficial. Maintaining a healthy weight is also essential in managing the condition.

Our team helps patients overcome knee pain by restoring proper joint alignment, which may reduce pressure on joints and improve range of motion. Find out if it can help you by booking a visit with us today.

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

## UPCOMING EVENTS

### 2024

#### April

14 Waitarere Forest Run, ½ Marathon, 10km, 5km & 2km Fun Run  
 21 Frontrunner Christchurch Full Marathon, ½ Marathon & 10km  
 23 TCS London Marathon

#### May

3-4 60<sup>th</sup> Rotorua Full Marathon, ½ Marathon, 10km & 5.5km  
 18 Sotheby's Hawkes Bay Full Marathon, ½ Marathon & 10km  
 19 Masters Classic Club Relay

#### June

8 Dorne Cup  
 23 Gazley Full Marathon, ½ Marathon & 10km

#### July

6-7 Gold Coast Full Marathon, ½ Marathon, 10km & 5km  
 6 North Island Cross Country Champs  
 28 Johnsonville 8km Road Race & 6.4km Race Walk

#### August

3-4 NZ Cross Country Championships  
 10 Run the Forest, 21km, 10km & 7km  
 31 Wellington Road Championships

#### Sept

15 Hutt Full Marathon, ½ Marathon, 10km & 5km  
 28 NZ Road Relay

#### Nov

3 Auckland Full Marathon, ½ Marathon, 11km & 5km  
 Nelson Half Marathon, 10km, 5km & 2.5km

#### Dec

14-15 Ironman 70.3 World Championships

### 2025

#### Feb

8 Buller Gorge Full Marathon, Marathon Relay, ½ Marathon & 10km

Waitarere  
 Christchurch  
 London

Rotorua  
 Napier  
 Trentham

Trentham  
 Sky Stadium

Gold Coast, Queensland  
 Taupo - TBC  
 Olympic Clubrooms

Mission Estate Vineyard  
 Rotorua  
 Wainuiomata - TBC

Petone  
 Taupo

Devonport  
 Saxton Field, Stoke

Taupo

Westport

**Note:** While every attempt is made to provide correct dates of events, intended dates and venues can change. It is advisable to check the information from official entry forms, event websites or event organisers.



RUN - WALK - JUMP - THROW  
 Wellington Masters Athletics

## Contact details

### Wellington Masters

#### CURRENT COMMITTEE MEMBERS

Patron	Roger Robinson, Kathrine 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
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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      John Palmer 2010

Graham Gould 2023

Committee Meetings are usually held on the first Thursday of each month at 7pm, via Teams. Club representatives and members are always welcome. Contact anyone on the committee if you would like to join.

### 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
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Kapiti	Peter Ellis	027 447 1883
	Bryn Kempthorne	027 445 4625
Kiwi Athletic Club	Peter Jack	04 388 6224
Levin Harriers	Karen Humpage	06 3676465 levinharrrier@gmail.com
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	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
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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.

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