

THE

MASTER

COPY

Newsletter of Wellington Masters Athletics Inc.

Volume 23 Issue 3

December 2024

World Masters Track & Field Championships Gothenburg, Sweden, August 13-25



World Champion Peter Stevens takes the water jump in the M60 2000m Steeplechase



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From the Editors Desk

Annual General Meeting:

The AGM for Wellington Masters was scheduled to be held on Thursday 12th September. Unfortunately, we had to reschedule the AGM until Wednesday 25th September owing to a lack of a quorum. There were enough members present at the rescheduled AGM for the meeting to proceed.

Three months out from the AGM it looked like the committee for the new 2024-2025 year was going to consist of Graham Gould, Jackie Wilson and myself. I can happily say that the canvassing by committee members was successful, and we elected a new committee to see us through for another 12 months. The new committee members are listed elsewhere in this edition of the newsletter.

There were three remits put forward:

1. That the annual subscription be kept at the current rate of \$60 for a competitive member and \$45 for a social member.
2. That the quorum for committee meetings be changed from five members to four members; and
3. That the quorum for general meetings be changed from ten members to eight members.

There was also a lot of discussion relating to membership and the formulating of our new Constitution. Marshall Clark from Wellington Scottish provided a lot of insight to what has to be achieved in changing our Constitution and has offered to take on this task for us having been through the process with Scottish. Thank you, Marshall, – this offer is much appreciated.

Masters Classic Club Relay 2025:

Trentham Memorial Park has been booked for Sunday 18th May 2025 for the holding of the 39th Classic Club Relay. The event this year attracted more teams than in the past few years and we hope that this trend continues next year.

Centre Records:

Graham Cook has volunteered to take over the role of looking after our records on the website. Going forward it would be appreciated if those athletes who break a record could fill out the appropriate paperwork and forward those to the committee for ratification. We seem to have gone away from following the correct procedures over the past few years. The application form can be found on our website under the “Records” tab. Once filled out please forward to Graham Cook at gcookrae@xtra.co.nz. Peter Hanson who has been our Records person for many years has relinquished this role and I would like to thank Peter for his service undertaking this role for many years.

Missing Trophy:

Wellington Masters is missing one of the cups that is presented at the Classic Relay. It is the “Wellington Centre of NZAVA Trophy” which is presented for the Mixed Team. Could clubs please check their trophy cabinets to see if this cup is amongst your trophies. Also, could members please check at home in case you were part of the winning mixed team and have ended up with the cup for safekeeping.

ANZ Bank Account Name:

The ANZ has sent us a letter outlining the launch of the Payee Service being phased in by the banks.

Our account holder name for this purpose is:

The Wellington Masters Athletic Incorp

Island and National Championships and Vetline:

The South Island Masters track and field championships are to be held from 24-26 January 2025 in Christchurch.

The NZ Masters track and field championships are to be held from 28-30 March in Auckland.

The December issue of Vetline should be published and available to members shortly.

Finally, I would like to wish all Wellington members a safe and Happy Christmas and New Year.

John Palmer, Editor

Top 10 Foods that Assist with Pain and Inflammation



One of the best ways to manage pain and inflammation is through your diet. Here are our top 10 foods to help you feel your best:

- 1. Fatty Fish:** Wild salmon, mackerel, and sardines are packed with omega-3 fatty acids, which have powerful anti-inflammatory properties. They may help reduce joint pain and stiffness.
- 2. Berries:** Blueberries, strawberries, and raspberries are rich in antioxidants that fight inflammation. They're also delicious and easy to add to your diet.
- 3. Turmeric:** This golden spice contains curcumin, a compound known for its anti-inflammatory effects. Add it to soups, stews, or smoothies for a health boost.
- 4. Ginger:** Ginger has been used for centuries for its medicinal properties. It may help reduce muscle pain and soreness.
- 5. Green Tea:** Packed with antioxidants, green tea is a great anti-inflammatory drink. Enjoy a cup or two daily to reap its benefits.
- 6. Leafy Greens:** Spinach, kale, and Swiss chard contain vitamins and minerals that combat inflammation. Incorporate them into salads, smoothies, or sautéed dishes.
- 7. Nuts:** Almonds and walnuts are excellent sources of healthy fats that help reduce inflammation. They make a great snack or addition to meals.
- 8. Olive Oil:** Extra virgin olive oil contains oleocanthal, a compound with similar effects to anti-inflammatory drugs. Use it as a salad dressing or cooking oil.
- 9. Tomatoes:** Rich in lycopene, tomatoes can help reduce inflammation. Enjoy them fresh, in sauces, or roasted.
- 10. Dark Chocolate:** In moderation, dark chocolate may be beneficial due to its antioxidants-just be sure to choose varieties with at least 70% cocoa.

Incorporating these foods into your diet could help you manage pain and inflammation naturally.

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

WELLINGTON MASTERS ATHLETICS INC.

Financial Report - Receipts and Payments for the year ended 31 August 2024

2023		2024
\$		\$
	OPENING FUNDS AT 31 AUGUST 2023	
3,705.46	ANZ Current Account	2,536.07
20,000.00	ANZ Term Deposit	30,000.00
3,926.55	ANZ Savings Account	4,314.60
27,632.01		36,850.67
	PLUS RECEIPTS	
480.00	Subscriptions Received	330.00
22,230.62	NZ Masters Athletics National Championships	-
1,032.51	Interest Received	1,942.89
830.00	Race Entry Fees	1,135.00
-	Equipment Sales	60.00
140.00	Uniform Sales	-
60.00	Subscriptions Received in advance	-
24,773.13	TOTAL RECEIPTS	3,467.89
	LESS PAYMENTS	
525.00	Subscriptions to NZMA	320.00
266.22	Race Expenses	509.81
13,352.95	NZ Masters Athletics National Championships	-
116.78	Newsletter Printing & Postage	47.00
300.00	Track & Field Levy to Wellington Centre	150.00
822.10	Presentation & Awards Expenses	265.39
171.42	Website Expenses	1,220.63
15,554.47	TOTAL PAYMENTS	2,512.83
36,850.67	CLOSING FUNDS AT 31 AUGUST 2024	37,805.73
	Represented by:-	
2,536.07	ANZ Bank Current Account	3,047.58
30,000.00	ANZ Bank Term Deposit – Mature 23/09/24 and 23/10/24	30,000.00
4,314.60	ANZ Bank Savings Account	4,758.15
36,850.67		37,805.73

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.

2024 Presidents Report to the AGM

Introduction

Welcome everyone to what is my final meeting as your President, and thanks for attending this evening's AGM.

I am sure you will all want to join me in thanking the outgoing and remaining committee members, and in welcoming the incoming committee. At the time of writing, we have two new 12-month committee members: Jackie Wilson and Michelle Van Looy.

Heartfelt thanks to outgoing committee members: Sean Lake, Ayesha Shafi, Belinda Walker, Heather Walker. Your contributions have been invaluable, and we truly would not be here without you. Earlier this year Albert suffered a severe stroke which came as a huge shock. We were waiting for him to join our Teams meeting, and it was when I called to see where he was that we found out. I am delighted to be able to say his progress has been remarkable and he is now back home and recovering well. We are also grateful to Albert for his many years of service, too.

Serving the Wellington Masters Community appears to be in the DNA of Graham and John, both of whom are generously staying another year to ensure the Wellington Masters Committee survives. It is with much warmth and gratitude that I express "HUGE thanks" on behalf of us all.

I have written to Roger and Kathrine asking if they would be happy to continue being our Patrons, they responded they'd be delighted. I still feel rather honoured, they are both rather fabulous.

Events

Our two Wellington Masters run events, the Classic Relay and the Johnsonville Road Race, were both well attended and enjoyed by all. Even the weather behaved!

I would really like to see more WM-run events to help share the sport and maybe increase participation etc, though it takes many hands to organise and run events, not to mention available calendar space.

I received many complaints, understandably, about event clashes last season. Perhaps most notably the Wellington Champs / Round the Bays / NZMA Track and Field championships. Another benefit perhaps to having Masters representatives from different athletic clubs is being able to share event details to help avoid clashes. It certainly would be ideal to avoid a repeat of this situation going forward.

Membership

Our direct membership has changed very little, with a total of 10 comprising six competitive, one social, and three life members.

Achievements

NZMA T&F Championships

We welcomed having the NZMA Track and Field Championships in Wellington after so many event cancellations/closures due to COVID-19. Hosting the event really was an enormous task, especially considering the hours are voluntary, and again I'd like to specifically acknowledge Graham, John, and Sean from the Committee and Tony Rogers for their assistance running a safe and successful event".

Website

Our new website is up and running and looking fabulous. It took a lot of hours to get the design ready for Matt to build, with many follow up meetings (design elements like colour and alignment possibly matter more to me than others). We are fortunate to have Matt's web skills onboard now, after a three-year search. Please note that Matt is still working on transferring the huge amount of record data, so bear with us here. Do feel free to email if you think we have missed something.

12-month committee reps

Due to the continued devolution of Masters direct membership since the MoU, the Masters ecosystem continues to reduce. It was with this in mind I introduced the 12-month rolling committee initiative to help encourage people to join, knowing there was an end date where needed to avoid being over committed. My hope is for this initiative to become a part of athletic clubs' culture, for Masters' athletes, to keep our committee viable and fresh.

And finally

I'm sure you can all appreciate being self-employed is far from the "standard 9 to 5 Monday to Friday working week" and fitting in Masters tasks between deadlines can be a real challenge. Also, this year I have taken care of Agendas and Minutes, so I am looking forward to having some free time again.

My fondest best wishes for a great year ahead with your athletics and new committee.

Liz Bentley,
President.

What's Causing Your Headaches?



Frequent headaches may be common, but they aren't normal. If you suffer from them frequently, there are a few common causes that you should be aware of.

- 1. Dehydration:** Dehydration causes your blood vessels to constrict, which can lead to pain.
- 2. Caffeine withdrawal:** If you regularly drink caffeinated beverages and then suddenly stop, you may experience caffeine withdrawal headaches. These can be excruciating and may last for several days.
- 3. Skipping meals:** If you go too long without eating, your blood sugar can drop, resulting in a headache.
- 4. Eye strain:** Staring at a computer screen or other digital device for long periods of time can cause eye strain, resulting in a tense head and neck.
- 5. Spinal misalignments:** Spinal bones that are out of alignment can cause pinched nerves and a host of health issues that often result in headaches.

THE ATHLETE'S KITCHEN

Copyright: Nancy Clark MS RD CSSD, August 2024



How to Eat Like the Champions

If you are like me, you have been enthralled with watching the Tour de France and the Paris Olympics. I find myself wondering about the strategies those high-performing athletes use to fuel their bodies before, during, and after extremely hard training sessions/competitions. A webinar [Fuelling the Tour de France](#), addressed my curiosity and solidified my observation that sports nutrition has indeed evolved into being a central component of elite athletes' training and competing strategies.

For example, Tour de France riders historically refuelled minimally — perhaps a protein shake — soon after the day's race. They waited until they got back to the hotel to eat three to four hours later. Today's riders quickly consume a significant amount of carbs right after each stage to speed up their recovery. Today's cyclists also eat significantly more carbs compared to their peers of 10 to 20 years ago. They now experience fewer episodes of hitting the wall, bonking, and being completely depleted. This hastens recovery. After all, if you don't dig yourself into a hole, you don't have to dig yourself out of a hole!

The following key messages from the webinar might be of interest — and inspire you to take a closer look at your fuelling patterns and carbohydrate intake, in particular. While you may not be a Tour de France cyclist, you likely have a similar goal of being the best athlete you can be.

- Tour de France losses are commonly linked to inadequate carbohydrate intake. A cyclist may not win the tour in a single stage, but he can lose it in a single stage.
- Fatigue related to *training hard* vs. fatigue related to *under-fuelling* is difficult to distinguish. Experimenting with eating more grains, fruits and veggies can help identify and resolve an under-fuelling problem.
- To optimize the availability of fuel (carbs) for muscles and the brain, runners who exercise intensely should:
 - carb-load the day or two *before* the endurance event.
 - consume adequate carbs *during* the endurance event.

This will reduce the risk of bonking/hitting the wall plus will improve stamina, endurance, and overall performance.

- Ideally, each competitive runner has a meal-by-meal plan and day-by-day approach that offers high, medium, or lower carb meals, according to the demands of the day. That is, not every day requires a high carb intake. For a Tour de France cyclist, flat stages require fewer carbs compared to mountain climbs, with further adjustments needed for heat, wind, and rain.
- While some high-level endurance runners have a support crew that helps provide them with food and fluids during an event, the cycling Team Sky has their own *kitchen truck with three performance chefs* (!) who guide the cyclists' food intake during the Tour. The four main meals are breakfast, on-bike fuelling, post-bike fuelling, and dinner.
- Overall daily targets are 2.5-9g carb/lb (5-20g carb/kg) per day to fuel muscles, >0.9g protein/lb (2g/kg) per day to preserve muscle mass, and minimal dietary fat intake (so the athletes fill up on carbs, not fat).
- During hard efforts that last longer than 2.5 hours, the goal is to consume 90 to 120 grams of carbohydrate per hour. That's about 350 to 500 calories from carb/hour — a lot more than most endurance athletes consume!
- Marathoners and Ironmen triathletes, take note: For a 150-lb (69 kg) Tour cyclist doing extreme work, 9 g carb/lb. (20 g carb/kg) translates into 1,350 grams of carbohydrate. That's 5,400 calories just from carbohydrate alone — about the amount in a 2-pound bag of uncooked white rice. No wonder Tour de France cyclists consume bowls of white rice for a pre-race breakfast!
- Consuming that much carb from food can be difficult. Hence, concentrated sources of carbs such as gels and chews can help athletes hit their carb goals.
- During endurance exercise, sports drinks facilitate the ability to consume 120g carb per hour. Tour de France riders rarely go below 80g/hour. Endurance runners should choose hydration fluids that offer more than just plain water!
- Consuming a variety of carb sources enhances their transport out of the GI tract and reduces the risk of intestinal distress. Carb blends (such as sports drinks made with glucose + fructose) have limited variety, so don't eat too much of the same commercial sports food! Standard carb-rich foods (banana, granola bar) both offer a wider variety of carbs.

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- Tour de France cyclists must train their guts to be able to comfortably digest and absorb up to 120 g carb (~500 cal)/hour. In training camps, they not only do on-bike training but also gut/ digestive training. They practice eating as they would for a race. Gut training can take years, as the cyclists gradually increase their intake of carbs per hour. Simultaneously, they test different products they might want to use.

Note: Cyclists report less GI distress than runners, in part because they train their guts better (and in part because runners have more intestinal jostling).

- Cyclists might plan to start feeding early and for as long as they can manage if they know they will be unable to ingest much during the upcoming mountain climbs.

- In the first 60 to 90 minutes of recovery, a cyclist may consume cherry juice (carbs + antioxidants), quickly absorbed carbs, and a whey + carb recovery shake. When traveling back to the hotel, they eat a meal (such as salmon and pasta with extra salt) and sweets (cake, fruit). If they have a hard ride the next day, they eat and refuel as much as possible. At the hotel, they snack, have a massage, eat another dinner, and go to bed with a full belly!

- At the elite level, some endurance athletes practice *carbohydrate periodization* (training with depleted muscle and/or liver glycogen stores some of the time) for selected workouts at the start of a training block. *Sleeping low* (with low glycogen stores) and then training on empty (no pre-exercise carbs) a few times a week can enhance cell signalling and induce adaptations that can improve performance. These *train low* sessions get phased out as training intensity increases.

Note: Athletes not yet at the elite level should focus on the fundamentals of fuelling adequately. No need to *train low* when there are easier ways to enhance performance!

Conclusion: Food is more powerful than many runners think it is. If you have a hit-or-miss sports diet, think again. A sports dietitian (RD CSSD) can help you eat to win!

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 for information.

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.

* * * *

Turmeric & Ginger: Inflammation Fighters



Turmeric and ginger, two potent spices from the Zingiberaceae family, are renowned for their anti-inflammatory properties. Extensively studied in preclinical and clinical trials, both have shown promising effects on inflammation.

Turmeric, rich in a polyphenol called curcumin, exhibits both antioxidant and anti-inflammatory activity, potentially benefiting conditions like osteoarthritis and rheumatoid arthritis.

Ginger, praised for its ability to reduce inflammation, is also known to enhance cognitive function and regulate blood pressure levels. The combination of these two spices not only fights inflammation, but also may bolster immunity, promoting overall health.

Despite being simple kitchen ingredients, turmeric and ginger hold importance beyond culinary uses. Incorporating them into your diet could be a natural way to combat inflammation and boost health.

The following is the current wording of the I.A.A.F. Rule covering Race Walking.

SECTION VII - RACE WALKING EVENTS

RULE 230

Race Walking

Definition of Race Walking

1. Race Walking is a progression of steps so taken that the walker makes contact with the ground, so that no visible (to the human eye) loss of contact occurs. The advancing leg shall be straightened (i.e. not bent at the knee) from the moment of first contact with the ground until the vertical upright position.

Judging

2. (a) The appointed judges of Race Walking shall elect a Chief Judge, if one has not been appointed previously.

(b) All the Judges shall act in an individual capacity and their judgements shall be based on observations made by the human eye.

(c) In competitions held under IAAF Rule 1(a), all Judges shall be International Race Walking Judges. In competitions held under IAAF Rule 1(b) and (c), all Judges shall be either Area or International Race Walking Judges.

(d) For road races, there should normally be a minimum of six to a maximum of nine Judges including the Chief Judge.

(e) For track races, there should normally be six Judges including the Chief Judge.

(f) In competitions held under IAAF Rule 1(a) not more than one Judge from any country can officiate.

Chief Judge

3. (a) In competitions held under Rule 1(a), (b), (c), (d), the Chief Judge has the power to disqualify an athlete inside the stadium when the race finishes in the stadium or in the last 100m when the race takes place solely on the track or on the road course, when his/her mode of progression obviously fails to comply with the paragraph 1 above regardless of the number of previous Red Cards the Chief Judge has received on that athlete. An athlete who is disqualified by the Chief Judge under these circumstances shall be allowed to finish the race.

(b) The Chief Judge shall act as the supervising official for the competition, and act as a Judge only in the special situation noted in paragraph (a) above in competitions under IAAF Rule 1(a), (b), (c) and (d). In competitions held under IAAF Rule 1(a), (b) and (c), a maximum of two Chief Judge's Assistants shall be appointed. The Chief Judge's Assistant(s) are to assist with the notification of disqualifications only and shall not act as Race Walking Judges.

(c) For all competitions held under IAAF Rule 1(a), (b) and (c) an official in charge of the Posting Board(s) and a Chief Judge's Recorder shall be appointed.

Caution

4. Athletes shall be cautioned when, by their mode of

progression, they are in danger of failing to comply with paragraph 1 above by showing the athletes a yellow paddle with the symbol of the offence on each side.

They cannot be given a second caution by one and the same Judge for the same offence. Having cautioned an athlete, the Judge shall inform the Chief Judge of his action after the competition.

Red Cards

5. When a Judge observes an athlete failing to comply with paragraph 1 above by exhibiting visible loss of contact or a bent knee during any part of the competition, the Judge shall send a Red Card to the Chief Judge.

Disqualification

6. (a) When three Red Cards from three different Judges have been sent to the Chief Judge, the athlete is disqualified and he shall be notified of this disqualification by the Chief Judge or a Chief Judge's Assistant by showing the athlete a red paddle. The failure to give notification shall not result in the reinstatement of a disqualified athlete.

(b) In all competitions, either directly controlled by the IAAF or taking place under IAAF permit, in no circumstances shall the Red Cards of two Judges of the same nationality have the power to disqualify.

(c) In track races, an athlete who is disqualified shall immediately leave the track and, in road races, shall, immediately after being disqualified, remove the distinguishing numbers and leave the course. Any disqualified athlete who fails to leave the course or track may be liable to further disciplinary action in accordance with IAAF Rules 22.1(f) and 145.2.

(d) One or more Posting Boards shall be placed on the course and near the finish to keep athletes informed about the number of Red Cards that have been sent to the Chief Judge for each athlete. The symbol of each offence should also be indicated on the Posting Board.

(e) For all IAAF Rule 1(a) competitions, hand held computer devices with transmission capability must be used by the judges to communicate all Red Cards to the Recorder and the Posting Board(s).

The Start

7. The races shall be started by the firing of a gun. The commands and procedure for races longer than 400m shall be used (Rule 162.3). In races which include a large number of athletes, a five-minute warning before the start of the race should be given, with additional warnings if required.

Safety and Medical

8. (a) The Organising Committee of Race Walking events shall ensure the safety of athletes and officials. In competitions held under IAAF Rule 1(a), (b) and (c), the Organising Committee shall ensure that the roads used for the competition are closed to motorised traffic in all directions.

(b) In competitions held under IAAF Rule 1(a), (b) and (c), the events shall be scheduled to start and finish in

(c) A hands-on medical examination during the progress of an event by a member or members of the official medical staff appointed by the Organising Committee and clearly identified by armbands, vests or similar distinctive apparel shall not be considered assistance.

(d) An athlete shall retire at once from the race if ordered to do so by the Medical Delegate or a member of the official medical staff.

Drinking/Sponging and Refreshment Stations

9. (a) Water and other suitable refreshments shall be available at the start and finish of all races.

(b) For all events up to and including 10km, drinking/sponging stations shall be provided at suitable intervals if weather conditions warrant such provision.

(c) For all events longer than 10km, refreshment stations shall be provided every lap. In addition, drinking/sponging stations for water only shall be placed approximately midway between the refreshment stations or more frequently if weather conditions warrant such provision.

(d) Refreshments, which may be provided by either the Organising Committee or the athlete, shall be placed at the stations so that they are easily accessible to, or may be put by authorised persons into the hands of, the athletes.

(e) An athlete who collects refreshment from a place other than the refreshment stations renders himself liable to disqualification by the Referee.

(f) In competitions held under IAAF Rule 1 (a), (b) and (c), a maximum of two officials per country may be stationed behind the refreshment table at any one time. No official shall, under any circumstances, run beside an athlete while he is taking refreshment.

Road Courses

10. (a) For competitions held under IAAF Rule 1(a), (b) and (c), the circuit shall be no longer than 2.5km and no shorter than 2km. For events that start and finish in the stadium, the circuit should be located as close as possible to the stadium.

(b) Road courses shall be measured in accordance with IAAF Rule 240.3.

Race Conduct

11. In events of 20km or more, an athlete may leave the road or track with the permission and under the supervision of an official, provided that by going off course he does not lessen the distance to be covered.

12. If the Referee is satisfied on the report of a Judge or Umpire or otherwise that an athlete has left the marked course thereby shortening the distance to be covered, he shall be disqualified.

* * * *



WMA Champs Gothenburg



Photos courtesy Jackie Wilson

WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2024-25

PATRONS:	Roger Robinson and Kathrine Switzer	
PRESIDENT:	Michelle Van Looy	021 244 8645
VICE PRESIDENT:	Keith Chapman	027 230 3582
SECRETARY:	John Palmer	0274 598 502
TREASURER:	Graham Gould	04 973 6741
COMMITTEE:	Jackie Wilson	04 526 7439
	Graham Cook	027 421 4236
SUBSCRIPTIONS:	Veronica Gould	04 973 6741
EDITOR:	John Palmer	04 479 2130
MASTERS RECORDS:	Graham Cook	027 421 4236

LIFE MEMBERS

Jim Blair (2004); John Palmer (2010) and Graham Gould (2023)

CLUB CO-ORDINATORS

ATHLETICS & CYCLING MASTERTON:	Malcolm MacDonald	04 233 2241
AURORA HARRIERS:	Hadley Bond	04 233 2241
H V HARRIERS:		
KAPITI:	Peter Ellis	027 447 1883
	Bryn Kempthorne	027 445 4625
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	Annie Van Herck	04 478 6775
SCOTTISH:	John Hines	04 384 3231
TRENTHAM UNITED HARRIERS:	Jackie Wilson	04 526 7439
UNIVERSITY:	Richard Owen	027 247 7757
WAINUIOMATA HARRIERS:	The Secretary	04 564 2141
WELLINGTON HARRIERS:	Paul Hewitson	04 476 8686
WELLINGTON MASTERS:	Jim Blair	04 528 2992

COMMITTEE MEETINGS ARE HELD ON A WEDNESDAY EVENING VIA TEAMS COMMENCING AT 7:00pm.

CLUB REPRESENTATIVES AND MEMBERS ARE ALWAYS WELCOME.

IF ANY MEMBER WISHES TO ATTEND PLEASE CONTACT THE PRESIDENT OR SECRETARY FOR THE TEAMS LINK.

2024-2025**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 (circle one only)? No / Yes (Please complete section below)

Athletics NZ Club:

ANZ Reg No.

Fees for 2024/2025 year (Please select the option that better suits your needs):**Option 1:****ANZ Competitive Members** (ANZ club members must be financial for 2024/2025 season)**N.B. All fees are paid to ANZ online or via your club registration process****\$0.00**

NZMA Fee (ANZ club athlete DO NOT pay a fee to NZMA as per the MoU)

\$0.00

Local Master's Centre Fee

Note: **ANZ Social Members** are required to be a Competitive member of either ANZ or NZMA if they intend to compete at local, NI, SI, NZMA, OMA or WMA Championship events.

Option 2:**NZMA Members (non-club members)****N.B. All fees are paid to your Local Masters Centre as per previous years****\$60.00**

(Circle)

NZMA Competitive Member

(Eligible to compete at local, NI, SI, NZMA, OMA or WMA Championship events.)

\$45.00

(Circle)

NZMA Social Member

(Eligible to compete at local masters' events only).

Total Fee to pay = \$**Payment Options:** Post, e-mail or hand completed registration forms to **Veronica Gould**.

Online Banking: The Wellington Masters Athletic Incorp, ANZ, The Terrace: 06 0565 0064415 00.

(Please insert your name in the reference box)

Postal Address:

**The Wellington Masters Athletic Incorp
PO Box 5887
Wellington 6140**Telephone: **04 973 6741**E-mail: **vgould@xtra.co.nz**

Official Use:

Verified by:

NZMA Reg No:

UPCOMING EVENTS

2024

Dec

14-15	Ironman 70.3 World Championships	Taupo
14	Lifestyle Sports Night of Miles	Newtown Park

2025

Jan

24-26	South Island Masters T & F Championships	Christchurch
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Feb

8	Buller Gorge Full Marathon, Marathon Relay, $\frac{1}{2}$ Marathon & 10km	Westport
23	Kapiti Women's Triathlon	Raumati Beach

March

1	Ironman NZ	Taupo
28-30	NZ Masters T & F Championships	Auckland

May

3	61 st Red Stag Rotorua Marathon, $\frac{1}{2}$ Marathon, 12km & 5km	Rotorua
18	Masters Classic Club Relay	Trentham Memorial Park

June

29	Gazley Volkswagen Full Marathon, $\frac{1}{2}$ Marathon & 10km	Sky Stadium
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July

5-6	45 th Gold Coast Full Marathon, $\frac{1}{2}$ Marathon, 10km and 5km	Southport, QLD
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August

9	Run the Forest, 21km, 10km & 7km	Rotorua
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Nov

2	Nelson Half Marathon, 10km, 5km & 2.5km	Saxton Field, Stoke
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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.



Season's Greetings
& Happy New Year