

# THE

# MASTER

# COPY

Newsletter of Wellington Masters Athletics Inc.

Volume 24 Issue 1

March 2025

## Wellington Masters Athlete of the Year 2024

Winners Jackie Wilson and Peter Stevens



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# *From the Editors Desk*

## **Masters Classic Club Relay:**

Trentham Memorial Park has been booked for Sunday 18<sup>th</sup> May for the holding of the 39<sup>th</sup> Classic Club Relay. The event in 2024 attracted more teams than in the past few years and we hope that this trend continues this year.

## **Johnsonville 8km Road Race and Walk:**

This event is scheduled for Sunday 27<sup>th</sup> July with race headquarters being the Olympic Harriers Clubrooms, Bannister Avenue, Johnsonville.

## **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 Centre 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](mailto:gcookrae@xtra.co.nz).

## **Records:**

While setting up our new website, the updating of records has fallen behind. We are trying to get the records up to date as quickly as possible but this is taking some time. It states on the Records page that the male records were last updated 25<sup>th</sup> February 2023 and the female records updated 7<sup>th</sup> May 2023. If you feel that you have broken a Centre record since those dates could you please notify Graham Cook (email address on records page) with the date of the event, where it was held and the time (or distance or height if it is a field event) and if possible paperwork should you have some. We will try to verify the details are correct and update the records site.

## **Missing Trophy:**

Wellington Masters is still 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.

## **National Championships and Vetline:**

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

The December issue of Vetline has been published and is available at the following link:

[Vetline December 2024](#)

## **Wellington Masters Athlete of the Year 2024:**

Congratulations to Jackie Wilson and Peter Stevens who are our 2024 winners. Both were chosen as they meet the criteria by medaling at the World Championships held in Sweden in 2024.

## **Noeleen Perry Memorial Trophy:**

This trophy is presented to the Masters Women in the 3000m track walk held in conjunction with the Centre Championships and is worked out on an age grade criteria. The winner for 2025 was Jackie Wilson whose time of 21:25.61 which is an age grade percentage of 86.05%.

## **Editor Vacancy:**

After being Editor of The Master Copy since 2000 I wish to stand down from this role. If anyone is interested in taking on being the editor for Wellington Masters please contact me and I can answer any queries you may have regarding the role.

*John Palmer, Editor*



## *Is Blue Light Keeping You Wired?*

The modern world is replete with technological advancements that keep us connected more than ever before. However, there's a downside to this digital age: the pervasive blue light emitted by our devices. But how is it affecting your sleep and overall health? Let's take a look.

### **Understanding Blue Light**

Blue light is a type of light with a short wavelength, which produces higher amounts of energy. While it's naturally present in sunlight, it's also prevalent in digital screens like computers, smartphones, and televisions. Because we're exposed to these devices for extended periods, our exposure to blue light has significantly increased.

### **How Blue Light Affects Sleep**

Our bodies have an internal clock known as the circadian rhythm, which regulates our sleep-wake cycle. Exposure to blue light can disrupt this rhythm, making it harder for us to fall asleep at night. This is because blue light suppresses the production of melatonin, the hormone that controls our sleep-wake cycle.

### **The Health Implications**

Beyond sleep disruption, prolonged exposure to blue light can lead to other health issues. Some studies suggest it may contribute to digital eye strain, which results in symptoms like dry eyes and headaches. In severe cases, it could potentially lead to age-related macular degeneration, a leading cause of vision loss.

### **Mitigating The Effects**

Fortunately, there are multiple ways to reduce the effects of blue light:

- Adopt the 20-20-20 rule: Every 20 minutes, take a 20-second break and look at something 20 feet away. This can help reduce digital eye strain.
- Use blue light filters: Many devices now offer built-in settings or apps that filter out blue light, particularly useful during evening hours.
- Wear blue light blocking glasses: These glasses have special lenses that block or absorb blue light, reducing exposure.

By taking simple steps to protect our eyes and regulate our sleep patterns, we can enjoy the benefits of technology without compromising our wellbeing. Another way to optimise your health is through chiropractic care. Book an appointment today to learn more about how we can help.

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*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)

# HEALTH

## Five Benefits of Morning Stretches



While having a cup of coffee may be the most cherished part of your morning routine, consider another morning habit: stretching! This easy addition to your daily regimen carries numerous benefits that can truly transform your wellness journey.

**Eases Muscle Tension:** Overnight, our bodies can develop stiffness. Morning stretches help ease this tension and promote flexibility.

**Boosts Energy Levels:** Stretching increases blood flow, providing an invigorating start to the day.

**Improves Posture:** Regular stretching strengthens muscles, supporting good posture, leading to improved alignment and less discomfort.

**Promotes Mental Clarity:** The act of stretching encourages mindfulness, setting a positive tone for the day ahead.

**Enhances Mobility:** Consistent stretching over time increases mobility, making daily tasks easier.

By incorporating morning stretches into your routine, you're taking a significant stride towards better health.

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## Five Strength Training Exercises to Improve Posture

Good posture is key to overall health and well-being, and we know that strength training can play a vital role in improving it. Want to work on your posture and your fitness? Here are a few different exercises that could help you stand taller.

**Plank:** The plank is excellent for strengthening your core, shoulders, and back. Start in a push-up position, keep your body straight, and hold for 30 seconds to a minute. Remember to engage your abs and avoid sagging.

**Rows:** Rows target your upper back and shoulders, helping to counteract the effects of slouching. You can use dumbbells, resistance bands, or a rowing machine. Keep your back straight and squeeze your shoulder blades together as you pull.

**Deadlifts:** Deadlifts are fantastic for strengthening your lower back, glutes, and hamstrings. With a straight back and engaged core, lift the weights by straightening your hips and knees. Start with light weights to ensure proper form and reduce your risk of injury.

**Shoulder Blade Squeeze:** This simple exercise can be done anywhere. Sit or stand with your arms at your sides. Squeeze your shoulder blades together and hold for a few seconds. Repeat 10-15 times. This helps strengthen your upper back and improve posture.

**Chest Stretch:** Stretching your chest muscles can alleviate tightness that leads to poor posture. Stand in a doorway with your arms at a 90-degree angle on the frame. Step forward gently to stretch your chest, holding for 20-30 seconds.

Incorporating these exercises into your routine could make a significant difference in your posture.

\* \* \* \*

Tony Rogers the General Manager of Athletics Wellington is looking for some support. The two areas where he would value any possible support from you:

### 1. Volunteer help

Any ability to act as an official in any capacity especially during the week to support our schools' programmes, to take the pressure away from our current small results group led by Peter Baillie and Marshall, and our current equipment facilitator Vaughan Oates.

### 2. New sound system at Newtown Park

If anyone is in the position to make a small donation towards funding a new sound system, Athletics Wellington would be extremely appreciative. If you were able to, we would suitably acknowledge your contribution. The best means to help is to lodge a donation to the AW Bank account:

03 -1540 - 0009238 – 00 Reference your 'Name' and 'Sound System'.



# The 6 Best Knee Strengthening Exercises for Stronger, Healthier Joints

## 1. Butt kickers



**How to do it:** Stand next to a wall if you need something to hold on to for balance, stand up straight, and try to kick your butt with your heel. Do 20 kicks on each side alternating for two rounds, take a 30 to 45s rest in between sets.

## 2. Sitting down and standing up



**How to do it:** Using a bench or chair, slowly come down to sitting position with your arms to your side and raising up as you sit for stability. Then, slowly stand up, squeezing your glutes when you reach the top. While coming down, it's very important to focus on sitting down *slowly* because it allows you to focus more on the muscles being worked. You can also increase your risk of injury by speeding to the bottom of the movement. Modify the movement by finding a slightly higher bench or chair so that you don't have to go down as low. Perform 3 sets of 15 reps of this exercise.

## 3. Glute bridges



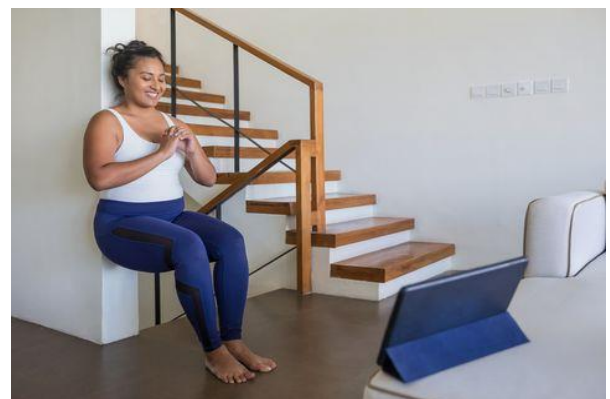
**How to do it:** Lay on your back with your knees comfortably bent and the bottoms of your feet against the ground, right inside shoulder width. From there, lift your glutes off the ground and squeeze them at the top, in a slow and controlled manner, focusing on contracting the glutes at the top. Perform 3 sets of 15 reps of this exercise.

## 4. Hamstring stretch



**How to do it:** Lay on your back with one knee bent and one leg straight. Your arms can be rested at your side. Then, raise your straight leg up to 90 degrees, and slowly back down. Perform 3 sets of 15 reps of this exercise for each leg.

## 5. Wall sit



**How to do it:** Find a wall and put your back flush to the wall with your arms at your side. Slide down, bending your knees no more than 90 degrees. The closer to 90 degrees you go, the more challenging it will be. Find your sweet spot based on your current level of strength and hold a sitting position for 30 seconds to 1 minute.

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It is important to note that your knees should never go over your toes, and your shins should be as perpendicular to the ground as possible. Perform 3 sets of this exercise.

## 6. Donkey kicks



**How to do it:** Grab a mat or find a soft surface, like a cushioned carpet, and get on your hands and knees. From there, you want a 90-degree angle at your hip and knee joints. Kick one leg back while keeping the 90-degree bend in the knee. Your belly button should be pointing to the floor so you don't twist at all. You should feel a squeeze in your glute. Return to your starting position and repeat this for 3 sets of 10 to 15 reps each leg with 30 to 45 seconds of rest in between each set.

\* \* \* \*

## 5 Ways to Stay Injury-free Before Your Race

### 1. Avoid sudden increases in training loads

Avoid sudden increases or “spikes” in your training loads. Spiking can occur from increased volume, intensity, hill work or all of these combined. A spike can add adverse loads on the body which may, 1-2 weeks after the spiked training load was completed, present injuries such as shin pain (shin splints) or sore achilles tendons (achilles tendinopathy).

### 2. Don't panic

Injured runners in the latter stages of their preparation often panic. They believe they haven't done enough training. As a result, they may try and “cram” their training into a condensed period of time creating a sudden spike in load and an accompanying injury such as an acute strain (e.g. calf strain, bone stress injury).

### 3. Maximise your recovery

Not allowing time for adaptation from the stressors of training can increase the likelihood of injury. For example, running on your day off following a long run. You may run 5-10kms and feel psychologically “good” however, it may do little for your fitness. Rather than being a positive training stimulus, it may be a fatigue

inducing stimulus hindering the fitness gains you were to make from your next training session. Allowing sufficient recovery time helps absorb the training loads better and your performance improves.

### 4. Act on niggles and strains quickly

It can be difficult to know when to seek professional help as opposed to “seeing how it goes”. If a ‘niggle or strain’ has not settled, improved or disappeared 48-72 hours after you first noticed it, and you rate the discomfort more than a 3-4/10 on a 0-10 pain scale, then seek professional assistance. With short time frames to race day, every day counts and you don't want to lose training time by acting too slowly on getting help.

### 5. Keep things the same

As the start date looms, some runners often catch wind of a new fad, way of training or equipment. The temptation is to rush in and begin wearing it or buying it. Sound familiar? For example, purchasing your new shoes in the final few weeks before race day. The new equipment, such as shoes, may create issues, niggles or strains. With a reduced timeframe to rehabilitate the result of these issues can jeopardise a runner's participation on race day.

\* \* \* \*

The information flyer below was sent by Jill Taylor, Vice President, Australian Masters Athletics.

**‘SAVE THE DATES’  
2025 INDOOR THROWS DAYS**

**#1. SAT 17 MAY**  
(NSWMA STATE CHAMPIONSHIP DAY #1)

**#2. SAT 21 JUNE**  
(NSWMA STATE CHAMPIONSHIP DAY #2)

**#3. SAT 19 & SUN 20 JULY**  
(2 DAY AUSTRALIAN MASTERS  
INDOOR THROWS CHAMPIONSHIP)

**EVENTS ON OFFER:  
SHOT PUT, WEIGHT THROW, SUPER WEIGHT  
HEAVY WEIGHT PENTATHLON, 56LB, 100LB**

Experience something completely different, throwing in an indoor setting, not affected by weather, and a great winter training alternative, located in the beautiful NSW Hunter Valley.

Never thrown before, or thrown in an indoor venue? Then **COME & TRY**, and learn from our experienced masters group, at our friendly and inclusive events.

Who can enter May17 and June21?

- NSW Masters members, members of ANSW Clubs
- ‘PRE MASTERS’ 18-29 years of age, must be a member of an ANSW Club
- Members of other state/territory associations

Who can enter the July AMA Championship?

- NSW Masters members
- Members of other state/territory associations

**ARGENTILLE EQUESTRIAN CENTRE**  
283 Wilderness Rd, Lovedale NSW

Questions? Contact Gabi Watts  
fieldrep@nswmastersathletics.org.au

# THE ATHLETE'S KITCHEN

Copyright: Nancy Clark MS RD CSSD, January 2025



## Runners, Food & Fear of Weight Gain

As a sports nutritionist, I spend too many counselling hours resolving weight concerns of runners (and other athletics). Females and males alike come to me, trying to figure out how to lose weight. The *eat less and move more* paradigm doesn't always work. Weight is more than a matter of will power.

Despite restricting their food intake, some runners aren't losing weight. They ask if they are they are eating too much. Others wonder if lack of weight loss is because they are eating too little. Both feel frustrated their bodies defy their attempts to shed fat.

Runners who under-eat can be experiencing *Relative Energy Deficiency in Sport* (REDs). *Relative energy deficiency* happens when an athlete eats well — but not enough to support both normal body functions and the demands of exercise. REDs is a constellation of symptoms (including eating disorders/disordered eating, stress fractures, low libido (men), amenorrhea (women), depression, hormonal imbalance, and altered metabolism) that can impair overall health and performance. Despite consuming, let's say, 2,500 calories a day, a female runner can still have an energy (calorie) deficit relative to how much fuel her body actually requires. Over the long term, this Low Energy Availability (LEA) contributes to the symptoms associated with REDs.

- Runners can be in a state of low energy availability and still remain weight stable, despite having undesired body fat. They (understandably) become frustrated at lack of fat loss despite their efforts to slim down. As one ultra-marathoner reported, "*I should be pencil-thin by now, for all the exercise I do...*"
- The body does an amazing job of conserving energy and curbing fat loss when food is scarce. Signs of energy conservation include chronically cold hands and feet; irregular or no menstrual period in women; low libido with no morning erection in men. Constant food-thoughts (e.g. finishing one meal only to start thinking about the next one), trouble concentrating, and poor sleep are also signs of LEA.
- LEA can happen unintentionally due to lack of nutrition knowledge about how much an athlete "deserves" to eat. Because we live in a *food is fattening* culture, hefty meals often get negatively scrutinized. ("*You're really going to eat that much food???*").
- Female endurance runners commonly need more than 2,600 calories a day and males more than 3,000 depending on their body size, sport, and training hours. Selecting this amount of food can become a daunting challenge without a structured food plan, particularly for runners who "eat healthy" (i.e., no added sugar, fat or "fun foods"). They can easily fail to consume enough calories because a high-quality diet (based on lean proteins, fiber-rich veggies, whole grains, and fruits) is filling and curbs the appetite. Suggestions: Eat more nuts, olive oil, and even some fun foods. A reasonable target is 85% to 90% quality calories and 10% to 15% fun foods. Yes, when you need a lot of calories, it's okay to plan in some sweets and treats!
- LEA also happens with *intentional* food restriction, as with dieting, disordered eating and eating disorders. Other barriers to increasing food intake can include lack of time to prepare/eat the food, as well as lack of money to buy the food. Chronic food restriction means reduced consumption of not just calories but also vitamins, minerals, protein, and bioactive compounds that promote a strong immune system, health, and performance. LEA can potentially lead to yet-another injury and ruin an athlete's career. Recovery from chronic LEA can take months (to regain menstrual status) and years (to restore lost bone mineral density).
- "*Just eat more*" is not the simple solution for LEA among athletes who fear weight gain. While they may want to eat "normally," they can experience high anxiety. After all, "*How can I eat more calories and not get fat?*" (Answer: Your body will stop hibernating. You will feel warmer, more energetic, and overall perkier.)
- Knowing how much is okay to eat — your calorie budget — can be helpful information and give context to information on food labels. For example, a 250-calorie energy bar is too little when your calorie budget is 400 calories per snack. Most runners underestimate their required energy (calorie) needs and underestimate how many calories they burn during exercise. Hence, they can find it eye-opening and very helpful to learn their actual calorie requirements. Knowing how much is okay to eat can boost food intake — guilt-free.

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- That said, calorie education alone is unlikely to inspire all athletes to increase their food intake. That's because eating more than usual can be scary. In a study, 62% of 55 female runners with LEA reported being afraid their weight and body shape would change and hurt their performance. Yet, adding just 300 to 350 calories a day led to resumption of menses in the majority of these women — without needing to cut back on their training. Adding those calories before exercise felt like a "safe" time to do so.

Research indicates any weight gain (related to the added calories) tends to be minimal. To resume menses, a small (2-10lb) increase in body weight may be required to induce menstrual recovery — and the benefits are worth it!

- Don't let fear or shame get in your way of seeking food-help. Two-thirds of the athletes with LEA reported they welcomed the support of a sports nutritionist who educated them about their calorie needs, developed an eating plan, and supported the implementation of the plan.

If you are now inspired to talk with a local sports nutrition professional, choose one who is a Registered Dietitian (RD or RDN) and a Certified Specialist in Sports Dietetics (CSSD). The referral networks at [eatright.org](http://eatright.org) or [healthprofs.com](http://healthprofs.com) are helpful. You should feel no shame about seeking help. Making seemingly simple dietary changes can feel hard and an understanding RD CSSD can help you make changes more easily.

**Reference:** Matkin-Hussey, P, D Baker, M Ogilvie, S Beable and K Black. The barriers and facilitators of improving energy availability amongst females clinically diagnosed with Relative Energy Deficiency in Sport (REDs). *J Sports Med Phys Fitness* 2024 Dec 02.

Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) counsels both casual and competitive athletes in her private practice in the Boston area ([www.nancyclarkrd.com](http://www.nancyclarkrd.com)). Her best-selling *Sports Nutrition Guidebook* is a popular resource, filled with food tips and recipes.

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**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 website listed above.

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## Nutrient-Packed Zucchini Noodle Stir-Fry Recipe



As we embark on a new year, it's the perfect time to prioritise our health and well-being. And what better way to do that than by trying out this healthy recipe: Zucchini Noodle Stir-Fry! This delectable dish also promotes natural health with its numerous benefits.

Zucchini noodles serve as an excellent alternative to traditional pasta, packed with essential nutrients and low in sugar. To whip up this recipe, simply spiralise fresh zucchinis and sauté them with an array of colourful bell peppers, mushrooms, and your choice of lean protein such as chicken or tofu. Enhance the flavours with garlic, ginger, and a splash of low-sodium soy sauce for an extra burst of taste.

Why is this recipe great for natural health? The low sugar content helps support overall well-being, while the crunchy vegetables provide valuable fibre and promote healthy digestion. Additionally, the vitamin C from the bell peppers boosts immunity and supports vibrant skin.



# WELLINGTON MASTERS TRACK & FIELD CHAMPS 2025

Day 1, Saturday 15th February - Day 2, Sunday 16th February

Grade	Name	Result	Wind
<b>60m</b>			
W45-49	Melanie Calder	11.18	-2.3
W50-54	Kirsten Kilmister	10.15	-2.3
	Linda Rawlins	12.98	-2.3
M40-44	Shaun Broughton	7.98	+0.1
M55-59	Chris Roberts	8.65	+0.1
M60-64	Mark Macfarlane	8.83	+0.1
<b>100m</b>			
W45-49	Melanie Calder	18.19	+0.4
W50-54	Linda Rawlins	21.29	+0.4
M55-59	Chris Roberts	13.70	+2.0
M60-64	Mark Macfarlane	13.78	+2.0
<b>200m</b>			
M55-59	Mark Ford	29.21	-0.3
	Chris Roberts	29.56	-0.3
	Tiwhane Te Kanapu	56.19	-0.3
M60-64	Mark Macfarlane	28.44	0.0
<b>400m</b>			
W50-54	Linda Rawlins	1:58.81	
M45-49	Andy Ford	1:02.32	
<b>400m Hurdles</b>			
M55-59	Tiwhane Te Kanapu	2:00.99	
<b>800m</b>			
M35-39	Zaan Janse	2:01.51	
M45-49	Andy Ford	2:12.91	
	Anthony Hughes	2:41.91	
M50-54	Graeme Morrison	2:21.85	
<b>1500m</b>			
W45-49	Heidi-Jane Humphries	6:14.26	
M35-39	Will Critchlow	4:20.07	
M40-44	Nick Horspool	4:18.87	
M45-49	Andy Ford	4:29.42	
	James Waite	4:43.84	
M50-54	Graeme Morrison	4:41.20	
<b>3000m Track Walk</b>			
W60-64	Helen Willis	20:32.54	
W65-69	Terri Grimmett	21:45.01	
W75-79	Jackie Wilson	21:25.61	
W80-84	Daphne Jones	25:04.72	
M70-74	Clive McGovern	18:50.72	
<b>3000m Steeplechase</b>			
M35-39	Anthony Jackson	11:12.39	
<b>Shot Put</b>			
W45-49	Heidi-Jane Humphries	6.79	4kg
M45-49	Joshua Sharkey	8.72	7.26kg
M55-59	Adrian Stockill	11.15	6kg
M70-74	Raj Menon	9.13	4kg
M75-79	Peter Jack	4.45	4kg
M80-84	Graham Cook	6.83	3kg
<b>Discus</b>			
W45-49	Heidi-Jane Humphries	19.61	1kg
W50-54	Linda Rawlins	15.30	1kg
	Bronwen Vicki Sola	15.17	1kg
W55-59	Theresa Bartlett	21.74	1kg
M45-49	Joshua Sharkey	26.47	2kg
M55-59	Adrian Stockill	37.42	1.5kg
	Tiwhane Te Kanapu	20.01	1.5kg
M70-74	Raj Menon	26.12	1kg
M75-79	Peter Jack	9.77	1kg
M80-84	Graham Cook	14.41	1kg

Grade	Name	Result	Wind
<b>Javelin</b>			
W50-54	Linda Rawlins	22.98	500g
M55-59	Adrian Stockill	31.88	700g
M70-74	Raj Menon	17.99	500g
M80-84	Graham Cook	11.65	400g
<b>Hammer Throw</b>			
W45-49	Heidi-Jane Humphries	10.91	4kg
W50-54	Bronwen Vicki Sola	20.35	3kg
	Linda Rawlins	16.42	3kg
W55-59	Theresa Bartlett	27.38	3kg
M45-49	Joshua Sharkey	27.50	7.26kg
M50-54	Alex Gould	29.04	6kg
M55-59	Adrian Stockill	30.25	6kg
M70-74	Raj Menon	18.97	4kg
M75-79	Peter Jack	12.19	4kg
M80-84	Graham Cook	20.12	3kg
<b>High Jump</b>			
W55-59	Theresa Bartlett	1.05	
M35-39	Mark Tinkle	1.55	
<b>Long Jump</b>			
W45-49	Melanie Calder	3.14	-1.8
W50-54	Linda Rawlins	2.05	+0.3

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## 2025 Oceania Masters Athletics Championships

Brisbane Queensland Australia  
6-10 September 2025



Queensland Sport and Athletics Centre, Kessels Road, Nathan, Brisbane.

See OMA website and Facebook in 2025  
[www.oceania-masters-athletics.org](http://www.oceania-masters-athletics.org)



Athletes must be aged 30+ years and be a financial member of a masters athletics organisation in an OMA member country or athletics body affiliated with World Masters Athletics.



## BULLER GORGE 10km - SATURDAY 8<sup>th</sup> FEBRUARY 2025

Once again Maryanne and I made the annual pilgrimage to Westport to take part in the 42nd 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. Three 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. Last 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 as I have managed to do a bit of running without too many issues, I thought that I would try and run about 6km and then run/walk the rest of the distance.

This year there were no ferry issues, but we had to go on the 2am Bluebridge crossing as Interislander cancellations owing to bad weather in January meant that more people had booked on the Bluebridge and all what was left were the early morning sailing which was cheaper than at the normal daylight times. We made it to Nelson and stayed with friends and then travelled to Westport on Friday morning. After picking up our race packs we then proceeded to Carters Beach to our accommodation for the weekend.

In 2024 a new Race Director and committee were in place after a disastrous event the previous year. Things certainly were completely different right from race numbers pick up through until the completion of the prize giving. Again, this year the numbers were down on previous years for all races with just under 900 entrants. In the full marathon there were only 103 finishers (plus four that did not make the cutoff time), half marathon run 467 and 104 in the half marathon walk, 34 marathon relay teams and in the 10km, 187 runners and walkers.

Race day was sunny and warm with the temperature forecast to get up to 22 degrees around lunchtime – not an ideal temperature to be out running a marathon. The start time was again 9.30am and the course change for the last 1.5km of the 10km which kept the runners and walkers off the main street of Westport and alongside the Buller River before crossing a bridge over the rail lines before entering Victoria Square and the finishing chute was used again for this year.

The prize giving was well run, even though it started about 15 minutes later than the advertised time. There were a good number of major spot prizes drawn out though our group weren't lucky enough to strike one of the major spot prizes.

This year I managed to run the whole way (albeit slowly) and only walked over the swing bridge both ways and up over the bridge that goes over the railway lines by the finish. My finishing time was 1:28.40 and Maryanne completed the 10km run in 1:14:29. Also taking part this year from Wellington Masters was Jon Roskvist from Trentham United Harriers who was 1M55-64 in the half marathon walk in a time of 2:35.25. Also from Trentham Harriers were David Hood (1:47.27) and Terry Bedlington (2:34.49) both in the M65+ grade in the half marathon run. All finishers also received a finishing medal this year.

Next year is the 43rd running of this event and is to take place on Saturday 14th February 2026 (Valentines Day).

John Palmer

**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:

# WELLINGTON MASTERS ATHLETICS INC.

## COMMITTEE MEMBERS 2024-25

PATRONS:	Roger Robinson and Kathrine Switzer	
CHAIRPERSON:	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)

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## CLUB CO-ORDINATORS

ATHLETICS & CYCLING MASTERTON:	Malcolm MacDonald	04 233 2241
AURORA HARRIERS:	Hadley Bond	04 233 2241
HUTT VALLEY HARRIERS:	Matt Hunt	
KAPITI:	Peter Ellis	027 447 1883
	Bryn Kempthorne	027 445 4625
KIWI ATHLETIC CLUB:	Peter Jack	04 388 6224
LEVIN HARRIERS: levinharrier@gmail.com	Diane (President)	027 439 1586
OLYMPIC:	Tineke Hooft	04 237 9676
	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.



## UPCOMING EVENTS

### 2025

#### **March**

23-26 World Masters Indoor Championships

Florida, USA

28-30 NZ Masters T & F Championships

Auckland

#### **April**

13 Waitarere Forest Run,  $\frac{1}{2}$  Marathon, 10km & 5km

Waitarere

Christchurch Full Marathon,  $\frac{1}{2}$  Marathon & 10km

Christchurch

#### **May**

3 61<sup>st</sup> Red Stag Rotorua Marathon,  $\frac{1}{2}$  Marathon, 12km & 5km  
(Incorporating NZ Masters Marathon Championships).

Rotorua

18 Masters Classic Club Relay

Trentham Memorial Park

#### **June**

29 Gazley Volkswagen Full Marathon,  $\frac{1}{2}$  Marathon & 10km  
(Incorporating NZ Half Marathon Championships)

Sky Stadium

#### **July**

5-6 45<sup>th</sup> Gold Coast Full Marathon,  $\frac{1}{2}$  Marathon, 10km and 5km

Southport, QLD

27 Masters Johnsonville 8km Road Race & 6.4 Race Walk

Johnsonville

#### **August**

2-3 NZ Cross Country & Relay Championships

Christchurch

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

Rotorua

30 NZ 10km Road Championships

Cambridge

#### **Sept**

6-10 Oceania Masters Athletics T & F Championships

Brisbane

#### **Oct**

4 NZ Road Relay Championships

Fielding

#### **Nov**

2 Nelson Half Marathon, 10km, 5km & 2.5km

Saxton Field, Stoke

29 Lake Taupo Cycle Challenge

Taupo

### 2026

#### **Feb**

14 Buller Gorge Full Marathon,  $\frac{1}{2}$  Marathon & 10km

Westport

22 Kapiti Women's Triathlon

Raumati Beach

#### **22 Aug-**

**3 Sept** World Masters Championships

Daegu, South Korea

**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.