THE MASTER COPY

Newsletter of Wellington Masters Athletics Inc.

Volume 24 Issue 3 **August 2025**

Johnsonville 8km Road Race and 6.4km Race Walk

Darren Gordon winner of the Jim Lockhart and Mariette Hewitson Memorial Baton

Ray Marten on his bell lap in the 6.4km Race Walk

In this Issue . . . .

From the Editors Desk

39th Masters Classic Club Relay:
Owing to the atrocious weather experienced in Wellington and the Hutt Valley the weekend of this relay and after communication with Trentham Harriers, it was decided to cancel this event. The committee have decided that it won't be held this year as with a running calendar full of events already, it was difficult to find an appropriate day to hold the event. There was also the issue of booking Trentham Memorial Park again and there was no guarantee that the weekend that we chose would be available.

Johnsonville 8km Road Race and Walk:
Held on Sunday 27th July with the weather being overcast with a light to moderate wind for competitors to contend with. This year there were 11 walkers and 16 runners taking part, down slightly on last year. The results can be found on page 9.

Centre Records:
Graham Cook has volunteered to take over the role of looking after our records for the website. Going forward it would be appreciated if athletes who break a Centre record could fill out the appropriate paperwork and forward 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.

RECORD UPDATE DATES:
Compendium of Records.
The Compendium of Records includes the following records:
- World Records from World Masters Athletics as at 3 February 2023.
- Oceania Championship Records from Oceania Athletics as at September 2019.
- NZ Records from NZ Masters Athletics as at 16 February 2023.
- NZMA Championship Records from NZ Masters Athletics as at 16 February 2023.
- South Island Championship Records from NZ Masters Athletics as at February 2023.
- North Island Championship Records from NZ Masters Athletics as at January 2023.

This Compendium will not be updated with any new records. To obtain the latest information athletes can access the latest records from individual web sites.

Wellington Records Wellington records are regularly updated as new record applications are submitted by athletes.

Constitution:
Many thanks to Keith Chapman who has gone through our Constitution and created the final draft of our new Constitution which must be reregistered with the Companies Office by 5th April 2026 as set out in the new Incorporated Societies Act 2022. This draft will be presented at our AGM in September for approval before being forwarded to the Companies Office. A copy is now available for members to look at and can be found on the Wellington Masters website.

NZ Masters Championships and Vetline:
In 2026 the NZ Masters track and field championships are to be held from 13-15 March and hosted by Taranaki Masters in Inglewood.

The May issue of Vetline has been published and can be found at the following link:
https://nzmastersathletics.org.nz/wp-content/uploads/2025/06/Vetline-May-2025-Website.pdf

John Palmer,
Editor

The Health Benefits of Walking 20 Minutes a Day

Walking is often considered one of the most underrated forms of exercise, but it can be an effective health-enhancing activity. It's simple, free, and one of the easiest ways to become more active, lose weight, and become healthier. Here are five compelling benefits of incorporating just a 20-minute walk into your daily routine.

Enhancing Cardiovascular Health

Walking for just 20 minutes a day can significantly improve your cardiovascular health. Regular walking has been shown to reduce your risk of heart disease and stroke. It strengthens the heart, lowers blood pressure, and improves cholesterol levels, collectively enhancing heart health.

Boosting Mental Wellbeing

Mental health is as important as physical health, and walking has profound benefits for our minds too. A daily 20-minute walk can help alleviate symptoms of depression and anxiety. It boosts mood by releasing endorphins, the body's natural feel-good hormones, promoting a sense of calm and wellbeing.

Aiding Weight Management

Walking is an accessible and low-impact way to aid in weight management. A brisk 20-minute walk can burn up to 100 calories. It also increases metabolism, helping you burn more calories even when at rest. Over time, this can contribute to weight loss and healthier body composition.

Strengthening Bones and Muscles

Regular walking helps strengthen bones and muscles, reducing the risk of osteoporosis and frailty in later life. It can also improve balance and coordination, reducing the likelihood of falls in older adults. This weight-bearing exercise stimulates bone formation and helps maintain joint health.

Improving Digestion

A post-meal stroll can do wonders for your digestion. It aids in the breakdown of food and absorption of nutrients, leading to better metabolic health. Walking after eating can help regulate blood sugar levels and reduce uncomfortable bloating or indigestion.

Morning Light Benefits

There's even a specific time of day that provides the most benefit from walking – the morning! Getting light into our eyes within an hour of waking helps to keep our circadian rhythms balanced and healthy. Morning light exposure helps regulate melatonin production, which can improve your sleep quality that night.

Take the first step today toward better health with a simple 20-minute walk.

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Stretches for Long Car Rides to Prevent Back Pain

Long car rides can take a toll on your spine. Being confined to a seated position for hours often leads to stiffness and discomfort. Fortunately, a few simple stretches can make a significant difference.

Before your trip, prepare your body with gentle neck rolls, shoulder circles, and forward bends. During your drive, plan to stop every 1-2 hours for quick stretch breaks.

Try these effective stretches at each stop:

Standing Backbends: Place hands on your lower back and gently lean backward to counteract the forward driving position.

Hamstring Stretch: Place your heel on a bumper or curb and gently lean forward to release tension in your legs and lower back.

Shoulder Rolls: Roll shoulders backward and forward to relieve upper back stiffness.

Stay hydrated during your trip, as dehydration can contribute to muscle fatigue and tension.

These simple proactive measures can help you arrive at your destination feeling comfortable and ready to enjoy your time there!

H E A L T H

Plantar Fasciitis: How to Overcome the Pain

If you've ever experienced sharp, stabbing pain in your heel or arch of your foot, you may be suffering from a condition called plantar fasciitis. This condition is caused by the inflammation of a thick band of tissue that runs along the bottom of your foot, from your heel to your toes. Plantar fasciitis is common, affecting millions of people around the world every year.

There are several things that can contribute to plantar fasciitis, such as:

- Age – as we get older, our bodies start to break down and our tissues become less elastic. This can lead to the formation of tiny tears in the plantar fascia, which can cause pain and inflammation.
- Obesity – carrying around extra weight puts additional strain on the plantar fascia, which can lead to plantar fasciitis.
- Pregnancy – the added weight and hormonal changes of pregnancy can contribute to the condition.
- Standing or walking for long periods of time – this repetitive stress on the feet can lead to the formation of tears in the plantar fascia.
- Shoes – shoes that don't provide adequate support or cushioning can put extra stress on the feet and lead to problems.

There are several common treatments for plantar fasciitis, such as:

- Rest – resting your feet will help to reduce inflammation and pain.
- Ice – applying ice to the affected area can also help to reduce inflammation and pain.
- Stretching – stretching the muscles and tendons in the feet can help to loosen them up and reduce pain.
- Orthotics – custom orthotic devices, such as arch supports or heel cups, can help to take pressure off the plantar fascia and provide support.

Chiropractic care can also be an effective option for plantar fasciitis. As a chiropractor, we're trained to identify problems within the musculoskeletal system, including the feet.

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

In a Running Rut

When running becomes part of your weekly plan, it's easy to slip into a routine that becomes all too familiar – boring, and repetitious.

When you've hit a wall and feel like you're becoming bored with running, it's important to know it won't stay that way. Action can be taken to put your passion back into the sport, and the spark into your weekly running routine.

Change up your running routine

Making changes to your general running routine can help restore your motivation and passion. It's a good way to provide yourself with variety that runners often seek in their training.

There are several ways you can go about changing it up:

1. Environment

The best way to give yourself a quick and easy change is to mix up your environment.

Running past the same landmarks and racing the treadmill each week will undoubtedly become repetitive.

Consider changing up your environment and running a new route, or experimenting with new terrain. This will give your body unfamiliar challenges to overcome and can be very useful in breaking out of a rut.

Try to mix up your running with:

- **Off-road running**: New Zealand has an abundance of trails that are exciting to take on. There are ranges of trail options for experienced to beginner runners alike.
- **Mixing up your route**: Run in a different area than normal – try running in a new part of town, or from work instead of home.

2. Time

A lot of running is psychological. It takes mental strength to keep going and to stick to your running routine, and time of day is a crucial player in driving your motivation. Consider changing the time you go running to help get your mentality in a stronger state.

You may find that adjusting your running routine to a new time of day could offer a new set of benefits.

- **Morning**: Runners often choose the morning to start the day off, but it's important to know this can be challenging because your body is colder. It will require more mental strength, which can be a good change.
- **Mid-morning or midday**: Mid-morning is when your body has more energy from food and a higher temperature, so running will be easier. Your lungs have also reached a good functioning rate, and it's often argued to be the best time of day to run.
- **Evening**: Body temperature peaks during the afternoon-evening. It's probably the easiest time of day to run because it can fit around a workday easily.

3. Group running

If your running is mainly a solo activity, consider group running. Running with other people has major benefits for motivation. When you're surrounded by people working to complete the same run, it helps you find the determination to complete the run and also to excel.

Running with other people will also extend your weekly training into an entire community. If you're bored of running alone, participating in group running can give you motivation, excitement, and a new running routine.

Consider group running options like:

- Local running clubs.
- Free running meetups.

Take time off

Sometimes when you're facing challenges with your motivation it can signal time to give yourself a rest. Whether your reason for feeling slumped is influenced by a strict schedule or a need for change, incorporating running recovery days into your routine will help you gain the motivation you need for breaking out of a rut.

Try a revised running routine that takes extra break days than you normally would. You can always work back into your normal routine once you're feeling more positive about running.

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The oldest computer was owned by Adam and Eve.

It was an Apple with very limited memory, just 1 byte and everything crashed.

* * * *

The biggest joke on mankind is that computers have started asking humans to prove that they are not robots

OBITUARIES

It is with sadness that we note the passing of John Heap who passed away on Sunday 18th May 2025 at Riverleigh, Lower Hutt, aged 83.

John was born in Manchester, England where he did his schooling and printing apprenticeship there. He emigrated to New Zealand in the early 1970s and worked as a printer for The Dominion and Evening Post until he was made redundant in 2004.

John joined Kapiti Harriers and ran with them for many years until he joined Wellington Scottish when he moved to Wellington. At age 58 he was the Wellington Scottish Masters Men 50+ Club Champion for the year 2000.

In 2001 he did the City of Wellington (Evans Bay) half marathon in 1.28.39 for 1st in the M55 grade. He gained many top three placings in several age groups over the years and also competed in Wellington Masters events.

He was a keen and active member of the Wellington Masters Cycling Club. A bad crash in a race in the Wairarapa put him in Masterton Hospital for a time with cracked ribs, punctured lung and other injuries. He also took up golf and played for Hutt.

In 2016 he had a stroke that paralyzed him down his left side such that he was unable to get himself in or out of bed. He had been in a rest home since then.

He will be sadly missed by his longtime partner Delphine and his many running, cycling and golfing friends.

It is also noted that Karen Stockill passed away peacefully on Thursday 24th July 2025. Karen was a new member to Wellington Masters and competed in the race walk at the Wellington Championships held earlier this year. She was the wife of Adrian Stockill a well-known Wellington Masters thrower.

* * * *

A Healthy Dessert

Who doesn't love a big bowl of ice cream to satisfy their sweet tooth every now and then? It's a staple in most freezers, but not the healthiest choice for frequent eating.

Here's a "nice" cream recipe you can make with ingredients you probably already have at home, and with no added sugar and just a couple ingredients, it's a healthy, yet delicious, dessert option.

Ingredients:

• 2 large frozen bananas (cut into slices before freezing for easier blending).

• Splash of milk of choice.

• Optional: additional mix-ins such as strawberries, cocoa powder, peanut butter, etc.

Instructions:

• Place everything into a high-speed blender and blend for 1 to 2 minutes, stop to scrape the sides a couple times.

• If it's too thick, add more milk one tablespoon at a time until you reach a smooth, soft-serve consistency.

• Enjoy immediately or place in a container to freeze for 1-2 hours before scooping.

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ATHLETE PROFILE

JOHN WOOD

If you're even remotely close to being as fit, agile and motivated as John Wood when/if you turn 86, you've won at life.

The Kapiti Running and Tri Club and Wellington Masters Cycling legend has been an inspiration since ages ago but his gold medal performance in the M85-89 standard distance Duathlon in Pontevedra, Spain was next level.

Wood completed the 10km run, 40km bike and 5km run in a swift 3:22:51 to win by nearly 40 minutes from his highly rated French rival Jean Claude Pesenti. The Kiwi octogenarian's run speed genuinely left many competitors many years his junior gasping in his dust.

It was a 4th World Triathlon title for Wood and his second in Pontevedra after he won the 80-84 title here in 2019. Last year he won both the sprint and standard duathlon titles in Townsville but Australia didn't have the bike elevation or ankle busting cobbles of Pontevedra.

Article courtesy Triathlon NZ.

Pronation Guide

Pronation is the way the foot rolls inward when you walk and run. It is part of the natural movement that helps the lower leg deal with shock. Some people pronate more (overpronation) or less (underpronation) than others.

Though this is not bad in itself, it does affect the way you run and it may increase the likelihood of injury. This makes your pronation pattern an important factor in choosing the right running shoes.

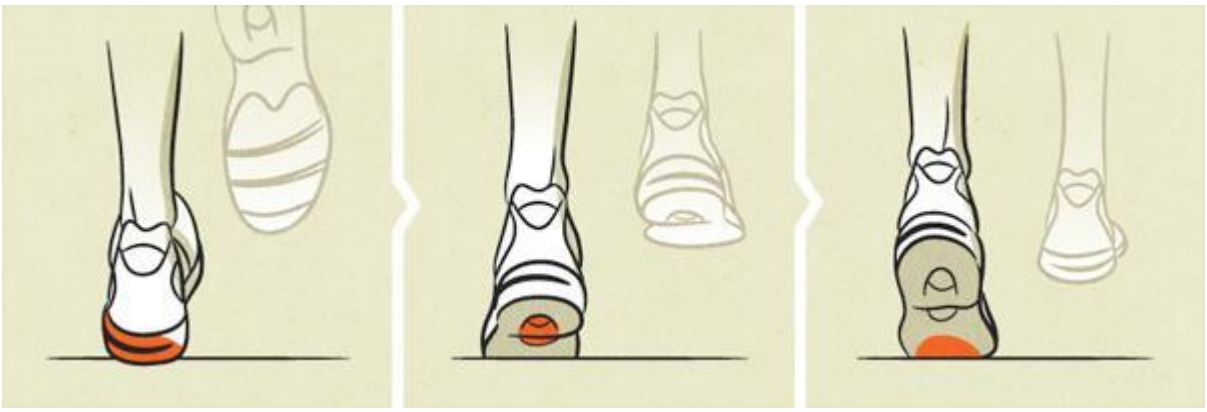
What is Pronation?

Pronation occurs at the joint below the ankle, the subtalar joint. It describes the inward rolling motion of the foot just after it lands on the ground. This moment is called initial contact, which is part of the stance phase of the gait cycle.

Running shoes are designed today specifically for different pronation patterns. When you pick your next pair of running shoes, your pronation type is a very important factor in your choice.

Neutral Pronation

You are likely to be a neutral pronator if the soles of your shoes show wear in an S-shaped pattern, from the outer (lateral) heel to the big toe. When you have a normal pronation pattern you can run in a wide variety of shoes, but specialised neutral running shoes offering cushioning and support are most suitable.



Pronation pattern of a neutral runner.

Underpronation

Underpronation, also known as supination, is when the foot doesn't pronate much. The outer or lateral side of the heel hits the ground at an increased angle, and little or no normal pronation occurs, resulting in a large transmission of shock through the lower leg. This lateral loading of the foot continues for the entire stance phase of gait, further affecting running efficiency.

As underpronators tend to be susceptible to shock-related injuries like stress fractures, you should choose a neutral running shoe with plenty of cushioning.

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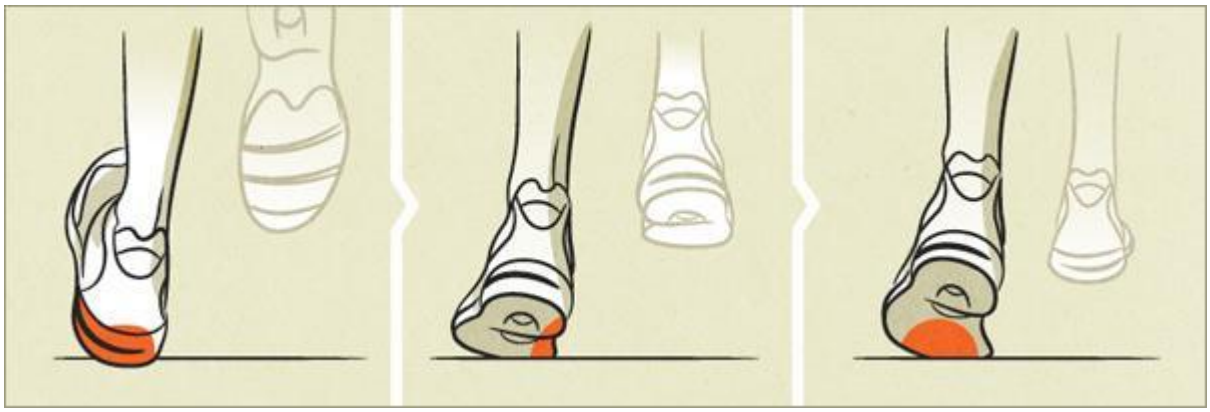
Overpronation

Overpronation is when the foot rolls in excessively, or at a time when it should not, for instance late in the stance phase of gait. In this case much weight is transferred to the inner or medial side of the foot, and as the runner moves forward the load is borne by the inner edge rather than the ball of the foot. This destabilises the foot, which will attempt to regain stability by compensating for the inward movement. In a kind of chain reaction, this in turn affects the biomechanical efficiency of the leg, especially the knee and hip.



The shoes of an overpronator will show extra wear on the inside of the heel and under the ball of the foot, especially the big toe.

Overpronators should consider choosing maximum support or structured cushioning shoes. Running shoes in both of these categories will help your feet distribute the impact of running more effectively.

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Masters Johnsonville 8km Road Race and 6.4km Race Walk

Walkers ready for the start of the 6.4km walk

Runners ready for the start of the 8km run

WELLINGTON MASTERS ATHLETICS

41st Annual 8km Road Race and 6.4km Race Walk

Sunday 27th July 2025

The weather conditions for this year's event were overcast and with a light to moderate northerly wind. This year 16 runners and 11 walkers took part down slightly on last year's numbers.

Fastest female walker over the hilly four-lap course was Terri Grimmett (Scottish) and Clive McGovern (Trentham) was the fastest the male.

Fastest female runner over the five-lap course was Lara Zoeller (Scottish) and Paul Evans (Olympic) was the fastest male.

The Jim Lockhart and Mariette Hewitson Baton was won by Darren Gordon for being closest to the M50 age grade record.

The club team for the runners was won by Olympic and Trentham won the club team for the walkers.

A special thanks to the timekeeper Dave Gratton, the marshal Graeme Moss, and recorder David Sim who stood in at the last minutes as a replacement recorder after our original recorder pulled out with sickness – as always, your support is very much appreciated.

A special thanks to Olympic Harriers for the use of their clubrooms and the support they gave to this event.

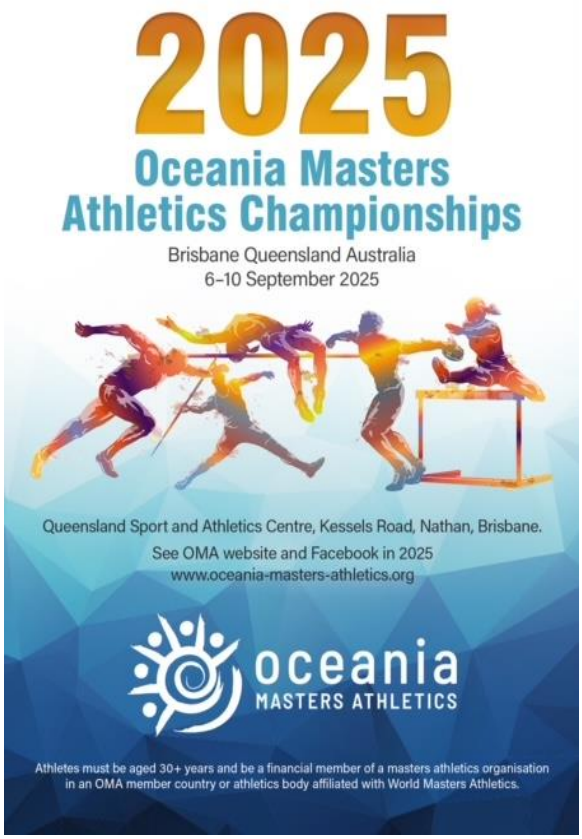
Run (8km)

Name	Club	Age Grade	Time	Age Gr %	Race Pl	Grade Pl
Paul Evans	Olympic	M49	31:35	75.15%	1	1
Darren Gordon	Olympic	M52	31:50	76.44%	2	1
Willie Gunn	WHAC	M54	33:39	73.50%	3	2
Gary Spierling	Trentham	M46	35:20	65.61%	4	2
Stephen Mair	Trentham	M63	35:33	75.29%	5	1
Matyas James	Scottish	M51	37:23	64.56%	6	3
Lara Zoeller	Scottish	W41	37:24	66.53%	7	1
Betty Harp	Scottish	W65	37:47	86.63%	8	1
Sarah Tobin	Trentham	W40	38:10	64.80%	9	2
Kylie Fayen	HVH	W43	38:18	65.88%	10	3
Michelle Van Looy	Olympic	W54	38:22	73.98%	11	1
Anthony Hughes	Trentham	M49	38:47	61.19%	12	3
Glen Wallis	Scottish	M61	40:51	65.34%	13	2
Andy Rawlins	Olympic	M55	43:12	57.75%	14	1
Kath Littler	Scottish	W46	43:59	58.92%	15	1
Linda Rawlins	Olympic	W54	56:11	50.52%	16	2

Name	Club	Age Grade	Time	Age Gr %	Race Pl	Grade Pl
Clive McGovern	Trentham	M75	44:37	70.11%	1	1
Terri Grimmett	Scottish	W67	45:24	74.44%	2	1
Jackie Wilson	Trentham	W79	46:09	84.47%	3	1
Helen Willis	Scottish	W63	46:34	69.44%	4	1
Rob McCrudden	Olympic	M60	49:27	54.77%	5	1
Maryanne Palmer	Scottish	W72	49:58	71.49%	6	1
Bruce Stewart	Trentham	M65	50:46	56.37%	7	1
Sandy Dowling	Olympic	W69	51:36	66.24%	8	2
Cathy Gordon	Olympic	W60	55:27	56.37%	9	2
Ray Marten	Scottish	M77	58:32	55.77%	10	2
Daphne Jones	Scottish	W84	62.17	68.35%	11	1

Note: age percentages are based on the new World Masters individual age percentages that come into force from 2022. A linear conversion of times from 6.4km (walkers) and 8km (runners) has been made to a World Masters standard distance of 10km, which means the percentages will be slightly favourable than if World Masters made available factors for 6.4km and 10km.

UPCOMING EVENTS



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NZ MASTERS TRACK and FIELD CHAMPIONSHIPS 2026

The 2026 NZ Masters track and field championships are to be held from **13-15 March 2026** and will be hosted by Taranaki Masters in Inglewood.

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MASTERS NI TRACK and FIELD CHAMPIONSHIPS 2025

These championships are to be held in Tauranga from **28-30th November 2025**.

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MASTERS SI TRACK and FIELD CHAMPIONSHIPS 2026

These championships are to be hosted by Tasman and held at Saxton Field, Stoke from **23 – 25th January 2026**.

RUN - WALK - JUMP - THROW
Wellington Masters Athletics

NOTICE OF ANNUAL GENERAL MEETING

The Annual General Meeting of Wellington Masters Athletics Inc. is to be held on

Wednesday 17th September 2025

at the
Waiora Hub (Olympic Harrier Clubrooms),
17 Bannister Avenue, Johnsonville
commencing at 7.00pm.

Nominations are called for the following positions:

Patron
President
Vice President
Secretary
Treasurer.

Nominations for the above positions are to be in the hands of the Secretary by **Thursday 4th September 2025.**

Nominations for Committee members will be called for from the floor at the AGM, but nominations can be submitted to the Secretary beforehand.

Any Remits for discussion at the AGM must also be in the hands of the Secretary by **Thursday 4th September 2025.**

Please note that at the AGM the draft Constitution for Wellington Masters Athletics Inc. will need to be approved as set out by the new Incorporated Societies Act 2022.

John Palmer
Secretary
Wellington Masters Athletics
palmer.palace@xtra.co.nz
122 Onslow Road
Khandallah
Wellington 6035.

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	0274 598 502
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
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

Aug		
9	Run the Forest, 21km, 10km & 7km	Rotorua
23	Mt Manganui ½ Marathon, 10km & 5km	Mt Manganui
30	NZ 10km Road Championships	Cambridge
Sept		
6-10	Oceania Masters Athletics T & F Championships	Brisbane
13	Wainuiomata Hill Run, 10km & 6.5km	Wainuiomata
21	Hutt Full Marathon, ½ Marathon, 10km & 5km	Petone
27	Marina 2 Marina, 24km, 13km & 10km	Anakiwa Bay
Oct		
4	NZ Road Relay Championships	Fielding
19	Wairarapa ½ Marathon, 14km & 7km	Masterton
Nov		
1	Remutaka Rail Trail Run, 21km, 14km & 7km	Kaitoke
	Round the Vines, ½ Marathon & 10km	Martinborough
2	Nelson Half Marathon, 10km, 5km & 2.5km	Saxton Field, Stoke
	Auckland Marathon, ½ Marathon, 11km & 5km	Devonport
8	Fielding Festival of Running, Full Marathon, ½ Marathon, 10km & 5km	Fielding
9	Kapiti Half Marathon, 10km & 5km & Kids 2km	Paraparaumu
15	Queenstown Full Marathon, ½ Marathon & 10km	Queenstown
23	Tinman Triathlon (various distances)	Mt Maunganui
28-30	**Masters North Island Track & Field Championships**	**Tauranga**
29	Lake Taupo Cycle Challenge	Taupo
30	Whanganui 3 Bridges Full Marathon, ½ Marathon, ¼ Marathon & 5km	Wanganui
Dec		
14	Canterbury Half Marathon & 9km	Pegasus Town

2026

Feb		
14	Buller Gorge Full Marathon, Marathon Relay, ½ Marathon & 10km	Westport
22	Kapiti Women's Triathlon	Raumati Beach
March		
13-15	**NZ Masters Track & Field Championships**	**Inglewood**
April		
12	Full Marathon, ½ Marathon, 10km & 3km	Christchurch
Aug		
8	Run the Forest, 21km, 10km & 7km	Rotorua
22 Aug-		
3 Sept	World Masters Championships	Daegu, South Korea
July		
4-5	Gold Coast Full Marathon, ½ Marathon, 10km & 5km	Gold Coast, Queensland

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.