THE MASTER COPY

Newsletter of Wellington Masters Athletics Inc.

Volume 24 Issue 4 **October 2025**

Oceania Masters Athletics Championships 2025

Jackie Wilson and Daphne Jones (2nd and 3rd from left) with other NZ Walkers after the 1500m Track Walk

In this Issue . . . .

CHAIRPERSON'S REPORT FOR WELLINGTON MASTERS AGM 2025

After I took on the role as Chairperson the first few months were quiet and then things got a bit hectic when I was accepted into the Police College for a training course lasting 20 weeks ending with graduation in July. During this time I was busy with study, extensive training and exams and didn't have much time for master's committee meetings.

During this time Keith Chapman took over and acted as chairman and along with the other committee members kept masters ticking over. Now I am rostered on shift work from time to time and unable to be Chairperson for the upcoming year, Keith has put up his hand and will be the incoming President and I will continue on the committee as Vice President.

Membership:
Wellington Masters membership for the year stands at 11 members made up of seven competitive members, one social member and three Life members. The seven competitive members are those that don't belong to a harrier club and compete at Newtown Park in track and field events. The Masters who belong to harrier clubs make up the bulk of our membership as per the MoU signed in 2016.

Records:
After Michael Wray stood down as President in 2020 from Wellington Masters and while we waited for a new website to be designed the records that Michael used to maintain had fallen behind and some had become out of date. Graham Cook put up his hand and volunteered to look after the records for Wellington Masters. As there was nobody with the relevant skills to update all the different tabs with various records categories it was decided that we would only update Wellington records on our website and that NZMA would take over the other categories that were previously updated by Michael Wray.

The committee also decided that it was up to the athlete to fill out the necessary paperwork when they set a new record and send that in to the committee for ratification. This used to be in place some time back but Michael Wray and then Sean Lake who used to look after the records searched for the results themselves and updated the website thus getting away from the athlete being responsible for their record. Thank you Graham for your time and effort looking after the records.

Although our members have been active around the region and in other parts of the country there haven't been a lot of records set by Wellington Masters. A couple of records worth mentioning - on 25th January at Cooks Garden, Kathrine Switzer set a W70 National and Wellington record for the 1 mile in a time of 8:39.96. At a Central League meeting at Newtown Park, Peter Stevens set two new Wellington records in the M60 400m (1:01.66) and the M60 800m (2:17.74).

Website:
Matt Hunt from Hutt Valley Harriers continues to maintain and update our website and we are grateful to the time that he spends on updating material sent to him. He usually has any updates done within a couple of days and we appreciate his time as he also manages Hutt Valley Harriers website as well as acting as Secretary for them.

Constitution:
The new Incorporated Societies Act 2022 requires all incorporated clubs to draft a new Constitution. Keith Chapman took on this task and spent many hours coming up with a new draft Constitution. The Committee and Keith have finalised the new Constitution which has to be approved at this AGM and once approved sent to the Companies Act for reregistration. Many thanks to Keith for the many hours he spent working on the new Constitution.

Events:
Classic Relay. Unfortunately, atrocious weather in the Wellington Region forced the cancellation of this event. The Committee decided after looking at the tight Wellington schedule that this event would not take place this year.

Johnsonville Road Race. The 41st running of this event was held on Sunday 27th July with Olympic Harriers acting as host for the event. The weather conditions were overcast with a light to moderate wind. The numbers were down slightly on the previous year.

Continued on next page . . . .

Continued from previous page . . . .

Thanks to Dave Gratton who once again took the times for the event and thanks also to David Sim who stood in at the last minute to act as recorder as the person delegated this task had to pull out with sickness.

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

Thanks to John Palmer and Graham Gould for once again organising both these events.

Bereavements:
It is with sadness that we note the passing of three stalwarts of Wellington Masters: In March John Turner, Bob Stephens and Paul Rodway all passed away and their funerals were attended by many Masters members.

Finally, I would like to thank all the committee members for all the time and effort that they put in over the past 12 months.

Michelle Van Looy
Chairperson

* * * *

Why Your Smartphone is Rewiring Your Spine (And How to Fight Back)

Have you ever noticed neck stiffness after a long texting session or felt like your shoulders are permanently hunched forward? You're experiencing what's become known as "text neck" or "tech neck" – and it's literally changing the structure of your spine.

The Hidden Weight Your Neck is Carrying

Your head weighs about as much as a heavy bowling ball in a neutral position. But here's where it gets alarming: when texting on a phone, it is common to bend the head forward and look down at a 45- or 60-degree angle, which creates five times the amount of force on the neck.

Think about that for a moment – you're essentially asking your neck to support the weight of a small child every time you check your phone. Over the course of a year, this amounts to an additional 1,000 to 1,400 hours of pressure on the average smartphone user's spine.

How Your Smartphone Changes Your Spine

Text neck isn't just temporary discomfort – it's creating lasting changes in your spinal structure. Research in the journal Ergonomics found that study participants had more forward head posture while texting compared to other smartphone tasks, such as web browsing or watching a video.

This happens because texting typically requires both hands and more screen interaction, naturally pulling your shoulders forward and head down. Over time, mechanical stress in the cervical spine due to erroneous cell phone use induces poor posture and incorrect body alignment, which is associated with dysfunctional movement patterns, weak balance-ability and distorted function of the respiratory, circulatory, digestive, and nervous systems.

Fighting Back: Practical Solutions

The good news is that you don't have to give up your smartphone to protect your spine. Here are evidence-based strategies to reduce your risk:

- Bring Your Phone to Eye Level: Instead of looking down at your device, raise it to eye level. This simple change dramatically reduces the forward head posture that creates so much stress on your neck.
- Take Regular Movement Breaks: Set reminders to look up and move every 20-30 minutes. Simple neck stretches and shoulder rolls can help counteract the forward posture.
- Strengthen Your Postural Muscles: Focus on exercises that strengthen your upper back and neck muscles. These help maintain proper alignment even when you do need to look down.
- Be Mindful of Your Texting Position: When possible, use voice-to-text features or make phone calls instead of lengthy text conversations. When you do text, try to keep sessions shorter.

WELLINGTON MASTERS ATHLETICS INCORPORATED

Financial Report - Receipts and Payments for the year ended 31 August 2025

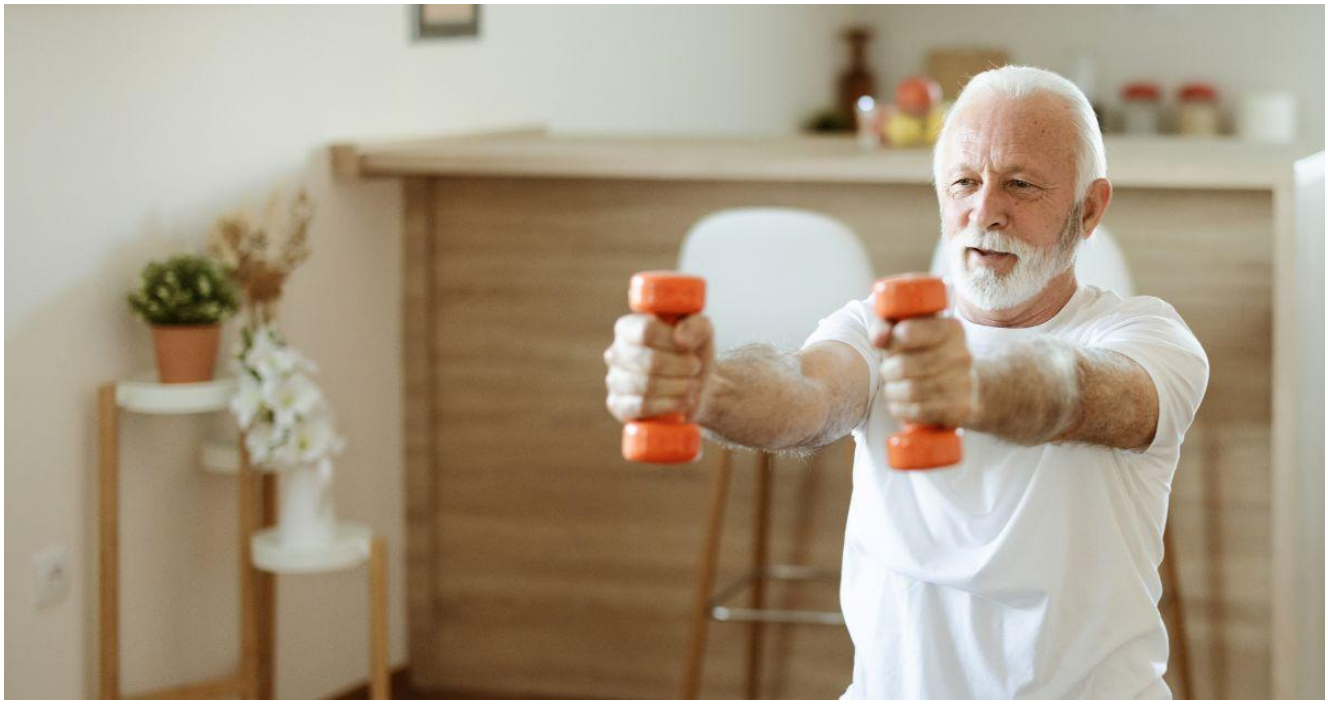
2024 $		2025 $
	OPENING FUNDS AT 31 AUGUST 2024	
2,536.07	ANZ Current Account	3,047.58
30,000.00	ANZ Term Deposit	30,000.00
4,314.60	ANZ Savings Account	4,758.15
36,850.67		37,805.73
	PLUS RECEIPTS	
330.00	Subscriptions Received	480.00
1,942.89	Interest Received	1,777.26
1,135.00	Race Entry Fees	315.00
60.00	Equipment Sales	-
-	Uniform Sales	145.00
3,467.89	**TOTAL RECEIPTS**	2,717.26
	LESS PAYMENTS	
320.00	Subscriptions to NZMA	420.00
509.81	Race Expenses	311.40
47.00	Newsletter Printing & Postage	258.45
150.00	Track & Field Levy to Wellington Centre	-
265.39	Presentation & Awards Expenses	-
1,220.63	Website Expenses	206.28
2,512.83	**TOTAL PAYMENTS**	1,196.13
37,805.73	**CLOSING FUNDS AT 31 AUGUST 2025**	39,326.86
	Represented by:-	
3,047.58	ANZ Bank Current Account	4,176.89
30,000.00	ANZ Bank Term Deposit – Mature 22/09/25 and 07/11/25	30,000.00
4,758.15	ANZ Bank Savings Account	5,149.97
37,805.73		39,326.86

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.

H E A L T H



Strength Training Exercises to Improve Posture

Good posture is key to overall health and well-being, and as your partner in natural health, 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. This foundational exercise helps support proper spinal alignment throughout the day.

Rows: They 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. This strengthens the muscles that naturally pull your shoulders back into proper alignment.

Deadlifts: These 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. Deadlifts help build the posterior chain muscles critical for maintaining an upright posture.

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. It's perfect for combating the forward shoulder position many develop from desk work.

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. This helps counteract the muscular imbalances created by hunching forward.

Incorporating these exercises into your routine could make a significant difference in your posture. We also know of another way to help your posture - a custom care plan with our team. If it's been a while since we've seen you, consider booking an adjustment with us.

We're here to help you achieve and maintain a healthy, strong posture!

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

Athletics Wellington Race Walking Championships

Held Sunday 28th September 2025 at Trentham Memorial Park, Upper Hutt.

There was a 10km walk for the Wellington Championships and a 5km walk for B Grade walkers. The course was on a measured 1km around the sealed paths at Trentham Memorial Park.

The conditions were overcast with a strong northerly wind to contend with. Sadly, the entries were low for this championship event.

Results:

10km Masters Women

1	Helen Willis	Scottish	1:12.17
2	Maryanne Palmer	Scottish	1:18.46

10km Masters Men

1	Clive McGovern	Trentham	1:06.23

Non-Championship B Grade

5km Masters

1	Daphne Jones	Scottish	44:14

5km Open

1	Rupert Watson	Scottish	39:21
2	Ray Marten	Scottish	41:26
3	John Palmer	Scottish	44:32

10km Masters Women

1	Jackie Wilson	Trentham	1:12.16
2	Teri Grimmett	Scottish	1:17.36.

* * * *

Wellington Masters AGM

The AGM for Wellington Masters Athletics was held on Wednesday 17th September at the Waiora Hub in Johnsonville.

The turnout was low but there were enough members to form a quorum so the meeting was able to proceed.

Keith Chapman was elected as our new President and Michelle Van Looy becomes Vice President. The other committee members elected were John Palmer, Graham Gould, Jackie Wilson and Graham Cook.

The annual accounts have been verified and these were discussed and adopted.

The annual subscription remains the same - $60 for a competitive member and $40 for a social member.

The new draft Constitution was adopted and this has since been sent off to the Companies Office for reregistration.

In general business it was suggested that a new course be looked at for the walkers at the Johnsonville race as the hilly course used now isn't really suitable for walkers. Olympic Harriers have a course they use around the Alex Moore Park area for one of their events so this will be considered nearer the time for the 2026 race.

* * * *

MASTERS NI TRACK and FIELD CHAMPIONSHIPS 2025

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

* * * *

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**.

* * * *

NZ MASTERS TRACK and FIELD CHAMPIONSHIPS 2026

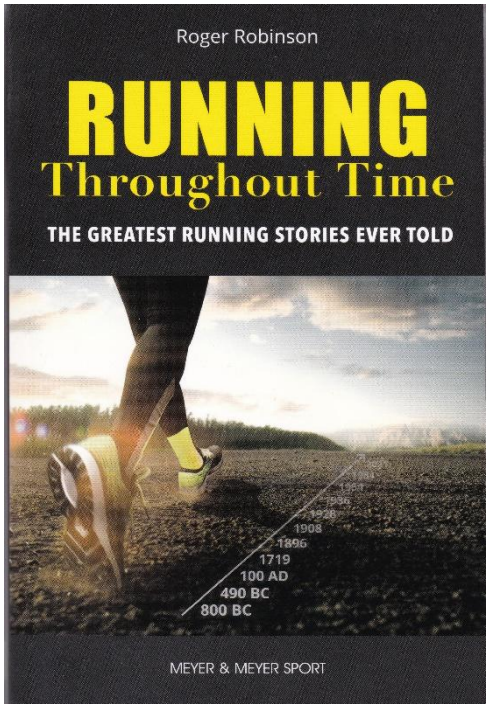
The 2026 NZ Masters track and field championships are to be held from **13-15 March 2026** and will be hosted by Taranaki Masters in Inglewood.

* * * *

OMA CHAMPIONSHIPS 2027

The Oceania Masters Championships will be held in January 2027 in Christchurch. The dates haven't been announced as yet.

* * * *



Written by Roger Robinson and a must read for all runners.

THE ATHLETE'S KITCHEN

The Sugar Debate: Friend or Foe?

I've cut out sugar. Gurus on social media say it's fattening, a waste of calories, and toxic.
I have a sweet tooth. Given the choice of eating more dinner or having dessert, I'll always choose dessert!
Is Coke healthier if made with cane sugar instead of high fructose corn syrup?

If you are like most of my clients, you are confused about the role of sugar in your daily sports diet. The anti-sugar "experts" (who speak to the general public, not specifically to runners) report sugar is health erosive. Sports nutrition researchers claim sugar enhances performance. Does that leave you wondering: *Is sugar friend or foe for athletes*? This article addresses both sides of the sugar debate.

Sugar: Avoid it!

• Limiting sugar intake does not harm anyone. Sugar is not an essential nutrient. Our bodies can make sugar (glucose) by breaking down muscle and fat tissue, or by converting fat and protein that we eat into glucose.

• The average American consumes about 17 teaspoons of added sugar a day (27 kgs a year). That's a lot of empty calories. Populations with a high intake of added sugars tend to have health issues. By reducing added sugar to less than 10% of total calories, they can reduce tooth decay and the risk of overweight, obesity, and associated health issues.

• Dietary sugar can drive up blood sugar. The risk of diabetes increases by 1% in those who routinely consume the sugar-equivalent of a can of soda a day.

• Drinking Coca-Cola made with cane sugar is no better for you than Coca-Cola made with high fructose corn syrup.
  — Cane sugar (also called sucrose) is comprised of 50% glucose, 50% fructose.
  — High fructose corn syrup is 45% glucose, 55% fructose.

Both are metabolized similarly. Although President Trump says all-natural cane sugar "is just better," science does not support that belief. Both contribute to health problems. Drinking Coke made with cane sugar will not make America healthier.

• With very high sugar consumption (sports drinks, gels, soda, candy), one could become nutrient depleted. Empty calorie sugar offers no nutritional value yet displaces nourishing food, which can make a lacklustre sport diet.

Sugar and rowers: Moderation!

• Sugar consumption increased from less than 4.5kgs per person a year in the late 1800's to about 45kgs per person a year by 1945. It remained relatively flat until 1980. Yet, our health improved between 1880 and 1980. We can't blame just sugar for health problems. Low exercise, high stress, and poverty are also health erosive.

• Sugar (a "carb") is in breast milk, dairy food, fruit, vegetables, honey, potato, corn, quinoa, and all grains. People around the globe have consumed these foods for years. So why now are sugar and "carbs" deemed responsible for creating human obesity and diseases?

• The fear-mongering terms of *unhealthy*, *poisonous, toxic* are simply unscientific. People who lack knowledge of physiology fail to understand sugar is not inherently fattening, nor is one food *healthy* or *unhealthy*. Note: An apple is a *healthy* food; a diet of all apples is a *very unhealthy* diet.

• Our present state of poor health is not because we consume sugar and our diets are unhealthy. Rather, we are physically inactive. Too little exercise reduces our ability to metabolize sugar optimally. That, along with environmental factors, endocrine disrupters, stress, etc., explain the fundamental causes of obesity and metabolic disease.

• In terms of diabetes prevention, you should be concerned about *blood* sugar, not *dietary* sugar. A rise in blood sugar that occurs after eating is not pathological — unless unfit muscles and liver fail to take up the sugar. *It's not what you eat, but what your body does with what you eat*.

• With inactivity, the body becomes less able to transport sugar out of blood and into muscle. This erodes metabolic health. Also with inactivity, a person can easily overeat because energy intake gets dissociated from energy expenditure.

Continued on next page

Continued from previous page

Remember: athletes' bodies are metabolically very different from sedentary bodies. You want to stay active to preserve your ability to enjoy some sweets without hurting your health!

• Sugar cravings happen when the body needs fuel. If you eat before you run out of fuel, you will tame your sweet tooth. Enjoy a second lunch when you are droopy and low on energy in the afternoon instead of devouring sweets in the evening. That said, a desire for sweets can also be a genetic preference.

Concluding comments

Lack of physical activity is the bigger threat to health than sugar. For people who are overfat and underfit, a diet low in sugar and starch is likely a wise idea. But for athletic people like runners (who are at lower risk for heart disease, diabetes, and obesity), sugar and carbs are not toxic; they are an important fuel for enhancing athletic performance.

The *one size diet* does not fit all. No one is suggesting that athletes should eat more sugar. Rather, understand that as a runner, you can embrace a sport diet that includes an appropriate balance of sugars and starches (carbohydrates) in each meal. Strive for a healthy eating pattern that offers 85% to 90% quality foods and 10% to 15% *fun foods*, such as apple pie instead of an apple.

If you are fearful sugar will harm your health, note that fearmongering relies on cherry-picked research that can prove what the "expert" wants to prove. Fear-mongering "experts" have created distrust of the food industry and have shaped opinions that support raw foods, super foods, whole foods, organic foods, and clean eating. Confusion reigns!

My suggestions are:

- Enjoy a variety of foods to get a variety of nutrients.
- Limit added sugar to less than 10% of your total calories (~250 sugar-calories/day for an active woman; ~300 sugar-calories for an active male).
- If you currently limit your sugar intake to a weekly "cheat day," try this experiment: Enjoy a small sweet daily as a part of lunch or afternoon snack. This can curb your urge to binge on sweets in an unhealthy way on a cheat day. Sugar binges are what gives sugar a bad name.

Nancy Clark MS RD CSSD counsels both fitness exercisers and competitive athletes in the Boston-area (617-962-4382). Her best-selling *Sports Nutrition Guidebook* is a popular resource. Visit NancyClarkRD.com for more 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 website listed above.

* * * *

Healthy Late Night Snacks

We all have those days. You're about to go to bed, but you just can't ignore that pang in your stomach. It's 10pm. What can you eat that will satisfy you until morning, but not wreck your diet or keep you awake?

Here are a few healthy late-night snacking options:

Apple with nut butter – Dipping apple slices in a tablespoon of a natural nut butter provides a good combination of fiber and healthy fat that will keep you satisfied until breakfast.

Handful of almonds – The fiber and protein in almonds is filling, and some suggest that the magnesium in almonds may actually help you fall asleep.

Eggs – A hard-boiled egg is an easy, protein-packed snack to grab late at night.

Oats – We typically think of oats as a breakfast food, but it's a great choice at night. The complex carbs will break down slowly and help regulate your blood sugar. Cook up some oats with your favourite milk.

Festival of Top Sports Action

George (Geordie) Beamish, the US-based Havelock North athlete was a promising runner from Wanganui Collegiate junior ranks, to graduate of Northern Arizona University in Civil Engineering to ON Running OAC to this.

Medalling at world championships are seldom ever easy to win. Geordie Beamish had returned from injuries, and despite an upset fall in the heat I was quietly confident he would do OK in the final.

This was one of those historic unforgettable moments in sport - that requires great personal courage to get your face stomped on in the heat, get up, and ultimately win the final - unforgettable!

So when he made that bit of a stumble at the water jump, and lost momentum temporarily, he regathered quickly. He's a sub four-minute miler from 2020 so he has real wheels with a calculated saved finishing kick.

Also the news gets better Geordie has become a double World Champion. Just last year prior to onset of injury he won world Indoors 1500 metres, and now the outdoors 3000m steeplechase.

It's also a first track gold for New Zealand at a world championships.

This could yet prove positive for the rest of our team competition in Japan. In ways we are seeing the continued renaissance of NZ middle distance running.

WORDS OF WISDOM "Whatever I have tried to do in life, I have tried with all my heart to do it well; whatever I have devoted myself to, I have devoted myself completely; in great aims and in small I have always thoroughly been in earnest - Charles Dickens."

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

* * * *

A blonde women tired of all the blonde jokes decided to dye her hair brown and go for a drive in the countryside.

She stopped when she saw a shepherd with a large herd of sheep. She said if I can guess how many sheep you have can I take one home. The shepherd agreed and she guessed 382.

The shepherd was shocked – she was right! So, she picked up a sheep and started walking away.

Then the shepherd called out "if I can guess your real hair colour, can I have my dog back?"

* * * *

Hydration Habits: Why Water Matters More Than You Think

When it comes to making healthy choices, we often focus on diet and exercise – both are crucial, of course. But there's another essential habit that often gets overlooked: drinking enough water.

Staying hydrated can make a noticeable difference in how your body feels and functions. From energy to joint comfort, your daily water intake plays a bigger role than many people realise.

How Hydration Supports Your Body

Every cell in your body depends on water. Being even mildly dehydrated may affect focus, mood, and physical energy. Hydration helps support circulation, temperature regulation, and the natural cushioning around joints and the spine. If you're feeling stiff or sluggish, a glass of water could be a simple first step to feel more refreshed.

Everyday Tips That Make a Difference

You don't have to drink litres at once. Sipping steadily through the day works best. Keeping a water bottle handy – whether at your desk, in the car, or beside your bed – can make it easier to stay hydrated.

Many people find they feel better when they swap just one or two sugary or caffeinated drinks for water.

Small Habit, Big Impact

Good hydration isn't just about quenching thirst – it's about supporting your body from the inside out. Whether you're chasing your kids around, heading to the gym, or just sitting at your workstation, water helps you function at your best.

Check in With Your Body

If you're unsure whether you're drinking enough, pay attention to early signs, such as fatigue, headaches, or dry skin. These subtle cues may point to low hydration.

WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2024-25

PATRONS:	Roger Robinson and Kathrine Switzer	
PRESIDENT:	Keith Chapman	027 230 3582
VICE PRESIDENT:	Michelle Van Looy	021 244 8645
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:		

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

2026

Feb		
14	Buller Gorge Full Marathon, Marathon Relay, ½ Marathon & 10km	Westport
22	Kapiti Women's Triathlon	Raumati Beach
March		
7	Ironman NZ and Ironman 70.3	Taupo
13-15	**NZ Masters Track & Field Championships**	**Inglewood**
April		
12	Christchurch Full Marathon, ½ Marathon, 10km & 3km	Christchurch
May		
16	Hawkes Bay Full Marathon, ½ Marathon & 10km	Napier
17	Masters Classic Club Relay	Trentham Memorial Park
June		
28	Gazley Volkswagen Full Marathon, ½ Marathon & 10km	Sky Stadium
July		
4-5	Gold Coast Full Marathon, ½ Marathon, 10km & 5km	Gold Coast, Queensland
Aug		
1	Taupo Full Marathon, ½ Marathon, 10km & 5km	Taupo
8	Run the Forest, 21km, 10km & 7km	Rotorua
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.