

# THE MASTER COPY

Newsletter of Wellington Masters Athletics Inc.

Volume 24 Issue 5

December 2025



*Wishing all Members a Merry Christmas  
and a Happy and Healthy New Year*

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# *From the Editor's Desk*

## **Masters Classic Club Relay 2026**

The Masters Classic Relay for 2026 will be held on Sunday 17<sup>th</sup> May 2026 at Trentham Memorial Park. Let's hope the weather gods play their part and we don't have to cancel the event like we had to this year. Entry forms will be out nearer to the event.

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

The Johnsonville 8km run and 6.4km race walk will be held in July. At this stage a date has not been set but we are looking at changing the course for the walkers around the Alex Moore Park area as it was raised at the AGM that the current course isn't great for walkers. We will keep you informed of the changes. With a different course for the walkers we will need extra help with timekeeping and recording. If the walkers are happy with the course as it stands now and aren't interested in a course change please let me know what option you would favour.

## **2025 World Triathlon Age-Group Championships in Wollongong**

A number of Wellington Masters who are also triathletes took part in the 2025 World Triathlon Championships held in Wollongong, Australia. The standard distance triathlon is a 1500m swim followed by a 40km bike ride and then a 10km run. The sprint distance is a 750m swim followed by a 20km bike and a 5km run.

The following are the results from the championships:

### **Standard distance:**

F60-64	Tanya Lavington	Rank 8	Time: 2:42.03
M60-64	James Turner	Rank 50	Time: 2:40.12
M60-64	Paul Hewitson	Rank 5	Time: 2:21.11.

### **Sprint distance:**

M75-79	John Skinnon	Rank 9	Time: 1:35.04.
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In the Mixed Relay Tanya Lavington was part of the team that won Gold.

## **Journalism Award**

Congratulations to Roger Robinson who was the 2025 recipient of the George Hirsch Journalism Award. This prestigious award was announced by the New York Road Runners and Roger is in the company of previous winners Amby Burfoot and the late Kenny Moore – two of the best running writers that Roger knows. See page 9 for further mention of this award.

## **Vetline**

The latest issue of Vetline is now available and can be found at the following link:

<https://nzmastersathletics.org.nz/2025/12/10/november-vetline/>

## **Constitution**

The new Constitution for Wellington Masters has been sent off to the Companies Office for reregistration which they have informed me that it has been accepted. A copy of the Constitution is on our website should any member wish to view a copy.

*John Palmer,*  
*Editor*

# HEALTH

## Top 5 Exercises to Support a Healthy Spine



Your spine plays a vital role in supporting your body and keeping it strong is essential for overall health. One of the best ways to care for your spine is by strengthening the muscles around it, especially your core.

Here are five simple exercises you can do at home to help maintain a healthy spine between chiropractic visits with our practice.

### 1. Cat-Cow Stretch

This gentle stretch increases flexibility and helps align your spine. Start on all fours and alternate between arching your back (cow pose) and rounding it (cat pose). This movement is perfect for releasing tension in the lower back and neck.

### 2. Planks

Planks strengthen your core, which provides critical support for your spine. Begin by holding yourself in a push-up position, keeping your body in a straight line from head to toe. Aim to hold for 20-30 seconds to start, gradually increasing over time.

### 3. Child's Pose

This yoga position helps stretch the lower back and lengthen the spine. Begin on your hands and knees, then sit back onto your heels while reaching your arms forward. Hold for 30 seconds, focusing on deep, relaxing breaths.

### 4. Bridge Pose

Lying on your back with knees bent, lift your hips towards the ceiling while squeezing your glutes. This exercise strengthens the lower back and core muscles, providing added support for your spine.

### 5. Hip Flexor Stretch

Tight hip flexors can pull your spine out of alignment. Stretch them by lunging forward with one leg while keeping the other leg behind and gently press your hips downward. This helps improve mobility and reduces strain on the lower back.

Incorporating these exercises into your routine can help maintain a healthy spine and prevent discomfort.

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)

## Ice VS. Heat:

### What to Use and When

Life is full of bumps and bruises. And if you've found yourself injured, there seems to be a lot of differing information online about whether or not you should be using heat or ice to help manage pain and reduce inflammation.

Here are a few tips for choosing heat and ice when it comes to specific injuries.

**Headaches:** If you have a throbbing headache, instead of reaching for a pain reliever like ibuprofen, consider using a cool compress at the base of your skull and around your neck. If you're dealing with a tension headache, choose a warm compress around your neck to help relax tight muscles

**New Injuries (less than six weeks old):** Ice is usually the winner when it comes to new injuries. That's because ice may help constrict blood vessels, which lowers pain and inflammation. Heat, on the other hand, may increase inflammation in new injuries.

**Chronic Injuries (older than six weeks):** Choose a heating pad for lingering injuries as the warmth may help promote circulation and relax tight muscles, which can relieve stiff joints and offer relief.

**Strains or Sprains:** Using both heat and ice can be beneficial. Immediately after a strain or sprain, choose ice to help reduce swelling and inflammation. When inflammation has gone down, use heat to help relieve muscle stiffness.

\* \* \* \*

### 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 Christchurch from January 27th – January 31st.

\* \* \* \*

### NZ RECORD

Congratulations to Michelle Allison who broke the NZ Women's 70+ record at the Te Ahumairangi Ten Thousand Festival held on Saturday November 15<sup>th</sup> at Newtown Park. Her record winning time was 49:19.57.

\* \* \* \*

### How to Build Muscle Strength

I just came across this exercise suggestion for the over 40's to build muscle strength in the arms and shoulders. It seems so easy so I thought that I'd pass it on to our members. The article suggested doing it three days a week.

1. Begin by standing on a comfortable surface, where you have plenty of room at each side. With a 2kg potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, then relax.

2. Each day, you'll find that you can hold this position for just a bit longer. After a couple of weeks, move up to a 5kg potato bag. Then a 25kg potato bag and then eventually try to get to where you can lift a 50kg potato bag in each hand and hold your arms straight for more than a full minute (I'm at this level).

3. After you feel confident at that level, put one potato in each of the bags.

\* \* \* \*



## Paris Olympic IOC Status

There was a delay with both internal and external fact-checks.

Unfortunately in some ways, 'professionalism' has grown exponentially in most sports today, as has the world population.

Money is not a god and brushes away any altruistic feelings people may have had once!

The standard of competition has required athletes to forgo their amateur status.

This is particularly seen in our football world – union, league and soccer while Australia has its own AFL sport. USA has a major influence in basketball, American football and baseball.

It also explains the rapid fall off of participation of competitive sports once people have left school, and also it explains the increase in many fringe sports where excellence is not the expectation but enjoyment of participation with like-minded people is; cycle riding on trails, walking on trails, swimming tours to Europe, bowls, golf, fishing participation of 30-50 year olds in their own community activities with a sporting element.

It is only to be expected that amateur sportsmen and sportswomen will strive to reach the standards required by their professional sports teams. This is driven by financial reward and public recognition. Professional sport exists where there is demand to watch it, read about or discuss it. You cannot stop the wheel as it turns faster and faster in the pursuit of human achievement.

You can say stop the wheel, I want to get off, but you cannot stop the juggernaut that carries all before it. Amateurism is left far behind.

This is the primary reason why the ideals of the once proud Olympic movement have been beset by increasing levels of controversy. Anti-religious displays, transgender participants, performance enhancing drugs etc. are symptoms of the amateur world becoming more professional. We can only protest when standards (increasingly liberal) are not adhered to but, alas, this is seen as religious dogma, non-inclusivity and the chase for better rather than fairer competition.

The pursuit of excellence as an art of creation by the individual is still worthy. Do your best, do it naturally, and do it right. That pursuit defies the glorification of power and money through populist process.

Who won the first ancient Olympic chariot race? My answer to that question is "Who cares?"

It's always about lining up against the best, always knowing that it's not a level playing field, you are competing against cheats and drugs and training

systems that are sponsored by nations for political gain.

If you do it in the best way, with the right ideals, then you are creating something positive, regardless of the outcome, first or last.

I know that top NZ swimmer Danyon Loader said that and lived by that principle.

We need to keep up our quest for a better world, but I am concerned that the collective conservative viewpoint is now being drowned out by those with ulterior and evil motives.

Don't overlook the intrusive influence of television competing companies bid higher and higher for the broadcast rights and the organisers see bigger and bigger profits.

Meanwhile the athletes say (quite rightly) that you're all making money out of us, and we're entitled to a slice too.

## Roger Robinson - George Hirsch Journalism Award 2025

On the eve of another New York marathon another wonderful prestigious reward for my friend and colleague Roger Robinson by the NYRR in recognition of his services.

Overall it's proven a good year when just back in New Zealand in August 2025 at the Athletics NZ AGM he was made a Life Member of Athletics NZ.

As you're aware he has also achieved greatly in academia.

Then, as it is now, they recognise lifelong freelance contributions as a representative athlete for Great Britain (country of birth) and New Zealand.

I'm doing a fact check with Roger but as far as I know in the 1983 Vancouver marathon (since 1972 Vancouver International Marathon) 1981 Master's NZ Roger Robinson 2:18:45 at 41 (a record which still stands?).

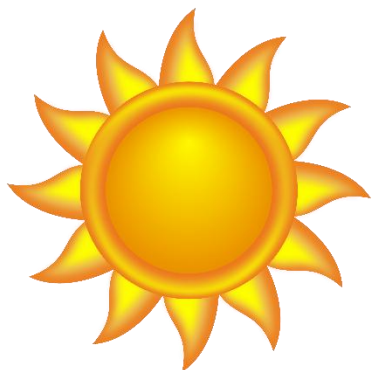
More roles held, coach, global stadium announcer including open 1974 Commonwealth Games broadcaster of athletics, prolific writer, author, historian, *et al.*

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Ed – These two articles were sent to me by Paul Mulvaney who is a Freelance Journalist from Christchurch and they have been reproduced with kind permission from Paul.







## Being SunSmart: Protecting Yourself While Enjoying the Outdoors

As the days get warmer, you will probably be spending more time outdoors.

In New Zealand, UV levels are high from September to April — even on cool or cloudy days. Too much UV exposure increases the risk of skin cancer, and the effects build up over time. Fortunately, staying safe is simple:

- **Slip on clothing:** Light, loose, long-sleeved tops and trousers keep you cool while protecting your skin.
- **Slip into shade:** Use natural or built shade like trees, gazebos, or buildings, especially during peak UV hours.
- **Slop on sunscreen:** Use broad-spectrum, water-resistant sunscreen with SPF30 or higher. Apply 20 minutes before going outside and reapply every two hours, or after swimming.
- **Slap on a hat:** Wear a wide-brimmed hat that shades your face, ears, and neck.
- **Wrap on sunglasses:** Not all sunglasses protect against UV radiation — always check the label for the sun protection rating or AS/NZ1067:2016 sunglasses Standard.

\* \* \* \*

There I was sitting at the bar staring at my drink when a large, trouble-making biker steps up next to me, grabs my drink and gulps it down in one swig.

“Well, whatcha’ gonna do about it?”, he says menacingly, as I burst into tears.

This is the worst day of my life, “I say I’m a complete failure.

I was late to a meeting and my boss fired me. When I went to the parking lot I found my car had been stolen and I don’t have any insurance. I left my wallet in the cab I took home. I found my wife in bed with another man and then the dog bit me.”

“So I came to this bar to work up the courage to put an end to it all, I buy a drink, I drop a capsule in it and sit here watching the poison dissolve; then you show up and drink the whole thing! But enough about me, how’s your day going?”

\* \* \* \*

## Why Balance Starts with Your Spine



Good posture isn’t just about standing tall — it’s about staying steady. Your spine is your body’s central support column, helping distribute weight evenly and keeping you balanced as you move through daily life. Even small spinal misalignments can throw off your equilibrium, affecting coordination and increasing your risk of slips or falls, especially as you age.

Feeling out of balance? Try these simple behaviours:

- Stand on one foot while brushing your teeth.
- Take short (slow) walks on uneven ground to challenge your stabilizer muscles.
- Check your posture at your desk — your ears should line up with your shoulders.

Whether you’re walking the dog, gardening, or practicing yoga, balance truly begins with your spine!

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)

**2025-2026****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 2025/2026 year** (Please select the option that better suits your needs):**Option 1:****ANZ Competitive Members** (ANZ club members must be financial for 2025/2026 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.)***\$40.00**

(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:

**Wellington Masters Athletics Inc  
PO Box 5887  
Wellington 6140**Telephone: **04 973 6741**E-mail: **gvgould@xtra.co.nz**

Official Use:

Verified by:

NZMA Reg No:



# **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)

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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 Bryn Kempthorne	027 447 1883 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**

### **Jan**

- |    |  |                       |
|----|--|-----------------------|
| 10 | Ian Priest Memorial Hutt River Trail 60km Ultra, Full Marathon,<br>$\frac{1}{2}$ Marathon & 10km | Featherston to Petone |
| 24 | Cooks Classic  | Whanganui             |

### **Feb**

- |       |   |               |
|-------|---|---------------|
| 1     | Capital Classic   | Newtown Park  |
| 14    | Buller Gorge Full Marathon, Marathon Relay, $\frac{1}{2}$ Marathon & 10km | Westport      |
| 21-22 | AW Track and Field Championships  | Newtown Park  |
| 22    | Kapiti Women's Triathlon  | Raumati Beach |

### **March**

- |       |   |                  |
|-------|---|------------------|
| 7     | Ironman NZ and Ironman 70.3                       | Taupo            |
| 13-15 | <b>NZ Masters Track &amp; Field Championships</b> | <b>Inglewood</b> |

### **April**

- |       |  |              |
|-------|--|--------------|
| 12    | Christchurch Full Marathon, $\frac{1}{2}$ Marathon, 10km & 3km | Christchurch |
| 25-26 | Faultline Ultra - 161km, 53km & 6km                            | Wellington   |

### **May**

- |    |  |                        |
|----|--|------------------------|
| 2  | Red Stag Rotorua Full Marathon, $\frac{1}{2}$ Marathon, 10km & 5km | Rotorua                |
| 16 | Hawkes Bay Full Marathon, $\frac{1}{2}$ Marathon & 10km            | Napier                 |
| 17 | Masters Classic Club Relay   | Trentham Memorial Park |

### **June**

- |    |  |             |
|----|--|-------------|
| 28 | Gazley Volkswagen Full Marathon, $\frac{1}{2}$ Marathon & 10km | Sky Stadium |
|----|--|-------------|

### **July**

- |     |  |                        |
|-----|--|------------------------|
| 4-5 | Gold Coast Full Marathon, $\frac{1}{2}$ Marathon, 10km & 5km | Gold Coast, Queensland |
|-----|--|------------------------|

### **Aug**

- |   |   |         |
|---|---|---------|
| 1 | Taupo Full Marathon, $\frac{1}{2}$ Marathon, 10km & 5km | Taupo   |
| 8 | Run the Forest, 21km, 10km & 7km                        | Rotorua |

### **22 Aug-**

- |               |                             |                    |
|---------------|-----------------------------|--------------------|
| <b>3 Sept</b> | World Masters Championships | Daegu, South Korea |
|---------------|-----------------------------|--------------------|

## **2027**

### **Jan**

- |       |                               |              |
|-------|-------------------------------|--------------|
| 27-31 | Oceania Masters Championships | Christchurch |
|-------|-------------------------------|--------------|

**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.