

# THE

# MASTER

# COPY

Newsletter of Wellington Masters Athletics Inc.

Volume 25 Issue 1

March 2026

## South Island Masters Track & Field Championships



Michele Allison and Betty Harp competing at the championships  
Photo courtesy Andrew Kerr

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# *From the Editor's Desk*

## **Congratulations**

To Betty Harp and Michele Allison who both set Wellington and New Zealand records at the South Island Masters track and field championships held over the weekend 23-25 January at the Saxton Field track in Stoke.

Their results were:

Betty Harp Mile in 6:45.75 (Wellington W65 record).

Michele Allison 3000m in 13:48.81 (Wellington W70 record), Mile in 7:27.51 (Wellington and NZ W70 Record), and 5000m 23:19.99 (Wellington and NZ W70 Record).

At our last committee meeting the committee ratified a large number of records (including those above) that have been set over the past few months. These should be uploaded onto the Wellington Masters website shortly.

## **Masters Classic Club Relay 2026**

The Masters Classic Relay for 2026 is scheduled for Sunday 17<sup>th</sup> May 2026 at Trentham Memorial Park. Entry forms will be sent out to club coordinators nearer to the event.

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

The Johnsonville 8km run and 6.4km race walk will be held on Sunday 26<sup>th</sup> July 2026. Race headquarters will be the Waiora Hub (Olympic Harriers Clubrooms). Entry forms will be available nearer to the race date.

## **AGM for Wellington Masters**

The annual general meeting for Wellington Masters will be held on Wednesday September 16<sup>th</sup> 2026 at the Waiora Hub, Johnsonville commencing at 7pm.

## **OMA Championships 2027**

The Oceania Masters Athletics Championships (OMA) will be held in Christchurch from January 27<sup>th</sup> – 31<sup>st</sup> 2027.

## **Constitution**

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

## **Upcoming Events:**

North Island Track and Field Championships – 27-29 November 2026 – Hamilton (TBC).

South Island Track and Field Championships – 20-22 November 2026 – Invercargill.

Combined NZMA / OMA Track and Field Championships – 27-31 January 2027 – Christchurch.

## **Vetline:**

The next issue of Vetline is going to be published in April.

*John Palmer,  
Editor*

# HEALTH

## *How Chiropractic Could Boost Your Athletic Performance*



Whether you want to shave a minute off your mile, add more steps to your day, improve your golf swing or have another performance goal, you want to stay at the top of your game and keep fit. Maximum performance requires athletes to keep their body in peak condition, and chiropractic care can be a valuable tool to help achieve that goal.

### **Injury Prevention and Recovery**

One of the biggest benefits of chiropractic care for athletes is injury prevention and recovery. Regular visits to the chiropractor can help athletes identify potential weaknesses or areas of vulnerability before an injury occurs. Additionally, if an athlete does suffer an injury, getting treated by a chiropractor as soon as possible can reduce pain, swelling, and inflammation while helping promote faster healing times.

### **Improved Performance**

Chiropractic adjustments can also improve athletic performance by improving range-of-motion issues that may be limiting an athlete's ability to train effectively or compete at the highest level.

For example, professional golfers often use chiropractic care to increase flexibility and improve their swing mechanics. Professional runners have reported improved agility after receiving regular adjustments. Such improvements result in increased performance, whether on the field, fairway, or court.

### **Mental Health Benefits**

Chiropractic care can also yield mental health benefits. That's because regular spinal adjustments have been shown to reduce stress levels while increasing alertness and clarity of thought — all important factors for any athlete looking to stay on top of their game mentally as well as physically.

Discover how our natural care may help you be at your athletic best.

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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)

# WELLINGTON MASTERS TRACK & FIELD CHAMPS 2026

Day 1, Saturday 21st February - Day 2, Sunday 22nd February

**Grade Name Result Wind**

## 60m

W45-49	Melanie Calder	11.04	
W50-54	Kirsten Kilmister	10.01	
W65-69	Liz Bentley	11.04	
M35-39	Saravee Sos	7.91	
M45-49	James Tipping	8.14	
	Jeremy Rodger	8.41	
	Philip Broughton	8.65	
M50-54	Emerson Willard	8.23	
M55-59	Mark Ford	8.59	
M60-64	Chris Roberts	8.70	

## 100m

W40-44	Erin Howell	15.33	-5.3
W45-49	Melanie Calder	19.04	-5.3
W50-54	Kirsten Kilmister	16.28	-5.3
W65-69	Liz Bentley	18.45	-5.3

## 200m

M35-39	Saravee Sos	24.23	-0.7
M45-49	James Tipping	26.58	-0.7
	Philip Broughton	27.87	-0.7
M50-54	Emerson Willard	26.60	-0.7
M55-59	Mark Ford	28.45	-0.7
M60-64	Chris Roberts	29.43	-0.7
	Tiwhane Te Kanapu	39.94	-0.7

## 400m

M35-39	Zaan Janse	53.80	
	Saravee Sos	56.41	
M45-49	James Tipping	58.89	
M60-64	Tiwhane Te Kanapu	1:28.48	

## 800m

W35-39	Andrea Peat	2:19.87	
	Ayesha Shafi	2:40.05	
W40-44	Shar McDonald	2:47.77	
W65-69	Liz Bentley	3:25.24	
M35-39	Zaan Janse	2:06.11	
M40-44	James Duncan	2:15.43	
M50-54	Graeme Morrison	2:27.83	
	Anthony Hughes	2:44.05	
M60-64	Tiwhane Te Kanapu	4:04.33	

## 1500m

W35-39	Andrea Peat	4:48.71	
W50-54	Katie Jenkins	5:09.39	
M35-39	Will Critchlow	4:18.58	
M40-44	Hiro Tanimoto	4:19.42	
	James Duncan	4:24.30	
M45-49	Mathew Rogers	4:40.94	
	Philip Broughton	4:59.28	
M50-54	Daniel Clendon	4:25.49	
	Paul Evans	4:14.13	
	Graeme Morrison	4:48.52	
	Darren Gordon	5:43.59	

## 5000m Track Walk

M85-89	Daphne Jones	43:39.37	
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## 5000m

W35-39	Amanda Broughton	20:12.64	
W50-54	Katie Jenkins	18:51.64	
M35-39	Alex Ross	17:16.25	
	Chris Wharam	17:23.12	
M40-44	James Duncan	16:27.27	
M50-54	Daniel Clendon	16:51.17	
	Paul Evans	17:17.05	
	Graeme Morrison	17:56.98	
	Darren Gordon	20:19.74	
M55-59	Willie Gunn	20:01.38	

**Grade Name Result Wind**

## 2000m Steeplechase

W50-54	Katie Jenkins	8:01.61	
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## 3000m Steeplechase

M40-44	Hiro Tanimoto	10:43.41	
M50-54	Stephen Day	11:04.63	

## Shot Put

W55-59	Theresa Bartlett	8.03m	
M55-59	Graham McPhail	8.35m	
M60-64	Tiwhane Te Kanapu	6.85m	
M70-74	Raj Menon	9.07m	
M80-84	Graham Cook	6.68m	
M80-84	Peter Jack	4.03m	

## Discus

W50-54	Bronwen Sola	15.23m	
W55-59	Theresa Bartlett	21.50m	
W60-64	Petra Stoeveken	19.79m	
M50-54	Joshua Sharkey	26.54m	
M55-59	Graham McPhail	22.13m	
M60-64	Tiwhane Te Kanapu	20.73m	
M70-74	Raj Menon	29.08m	
M80-84	Graham Cook	12.54m	
	Peter Jack	9.11m	

## Hammer Throw

W50-54	Bronwen Sola	25.57m	
W55-59	Theresaa Bartlett	27.27m	
M50-54	Joshua Sharkey	28.47m	
M70-74	Raj Menon	20.57m	
M80-84	Graham Cook	22.22m	
	Peter Jack	11.47m	

## Weight Throw

W50-54	Bronwen Sola	8.68m	
M50-54	Joshua Sharkey	8.43m	
M70-74	Raj Menon	7.89m	
M80-84	Graham Cook	8.02m	
	Peter Jack	3.56m	

## Javelin

W55-59	Theresa Bartlett	20.73m	
M60-64	Tiwhane Te Kanapu	16.39m	
M70-74	Raj Menon	24.16m	
M80-84	Graham Cook	10.90m	

## Long Jump

W45-49	Melanie Calder	3.19m	-0.9
M45-49	Jeremy Rodger	5.02m	+0.7
M60-64	Tiwhane Te Kanapu	3.11m	+2.0

## High Jump

W55-59	Teresa Bartlett	1.00m	
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## Triple Jump

W55-59	Teresa Bartlett	5.81m	-1.7
M60-64	Tiwhane Te Kanapu	6.17m	+2.1

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**Note:** These results for Wellington Masters members were taken from the two days of the Athletics Wellington Senior Open Track and Field Championships which included Masters in their events.

## WELLINGTON MASTERS RECORDS

Wellington Masters' requirements for accepting records are explicitly stated on their web page.

Please note that records will not be approved unless the following requirements have been adhered to.

- To be eligible, applicants must have resided in New Zealand for the previous 12 months.
- In addition, applicants need to hold either New Zealand citizenship or a permanent resident visa.
- For jumps or sprints, make sure you have an anemometer (wind meter) report as well as a finishing time.
- You need to have the form signed by Track Referee and Timekeeper at the track meet, which is usually Geoff Henry and Peter Baillie. Peter will provide you with the timekeeping system's photo of your finish as evidence.
- For the longer distances, 3000m and above, you also need to have a lap scorer recording your lap times.
- Send your claim and supporting information to Graham Cook by email or using the form on the website and it will then be processed.
- If you know that you could break a centre record, it's a good idea to let the officials know in advance so they can ensure everything is in place and provide lap scorer forms (or even a scorer if necessary).
- For throwing events, either mark or withdraw the implement used, as it must be weighed on the day. Also ensure that the measurement is rechecked at the time.
- Please remember: if you have your own implement, it should be weighed prior to the competition and put in the 'pool'.
- Centre records must be claimed within 30 days of the event.

We will endeavour to review Official Masters Championship results to identify Centre records and records can be adopted automatically if recorded within an official Championship. However, the ultimate responsibility lies with the athlete to ensure the record is picked up.

**Comment:** Athletes should be aware of the records for each event that they compete in. Waking up later to realise that they exceeded a current record is NOT an excuse as the conditions for accepting a record are there for a reason. Accredited Officials must sign off on:

- Wind speed recorded for sprints;
- Timekeeping by accredited Timekeeper for track events;
- Approval by Walking Judges;
- Throwing event marks must be checked and distances confirmed with an approved steel tape by an Accredited Official;
- Implements used for record breaking throwing events must be approved with measurements by an Accredited Official e.g. correct weight for age group, dimensions, hammer wire length, javelin geometry etc.



## Sam Ruthe/Sam Tanner Sub 1.46 800m

Recently another top effort at the Allan and Sylvia Potts Classic for 16-year-old Sam Ruthe to beat Sam Tanner over 800m both going Sub 1.46 for PBs.

The following weekend I watched live coverage of the Cook's Classic at Wanganui. Great history from 1962 when Peter Snell set a world record 3.54.4 that was the first sub-4-minute mile run in NZ. An extraordinary one mile Sam Tanner fifth NZ Mile 3.53.36 - Sam Ruthe, 16- year-old 3.53.83 WB Age-group best. The stadium record from 2006 is Nick Willis 3.52.75. Of the Kiwis they are 1, 2, 3 whilst Craig Mottram (Australia) ran 3.53.14 in the 2006 mile above when runner-up to Nick Willis sits second ranked at the famous venue.

To share from my archives some interesting results from the 1969 World International Cross Country Championships. T Wright in the men in 14th place is Sam Ruthe's grandfather Trevor! A British runner who had a distinguished career on the track, in cross country. And in the marathon. In 1971 Trevor made his marathon debut in the British trials for the Euros where he finished second. In 1972 he was badly injured and couldn't take part in the British Olympic training camps or trials.

In 1969 at Clydebank, Scotland the NZ Men's cross country team was 4th. The team was Rex Maddaford, Euan Robertson, Gavin Thorley, Barry Everitt, Bryan Rose, John Robinson, Eddie Gray, Dave Sirl and John Campbell.

The 1969 NZ Women's team unofficial NZ women's cross country team trip was initiated by Dame Lorna Overend who also was the catalyst for Canterbury provincial and national contests. It was reported "The men said we couldn't go," she said, "but we raised our own money and went and got second in the world championships."

Later, in 1974 she was an Athletics Official for the 10th British Commonwealth Games hosted in Christchurch. The Bronze medal in the inaugural NZ Women's race was won by Valerie Robinson.

The team was Valerie Robinson Millie Sampson, Carol Russell, Kathy McHugh, Jennifer Horton and Diane Dixey.

### 1975 was also special:

World Champions - A nine-strong Kiwi men's team in Morocco achieved one of NZ's greatest sporting feats by triumphing at the World Cross Country Championships, beating traditional powerhouses. Some key Athletes of this era saw top performances from athletes like Dick Tayler, John Walker, Rod Dixon, Dick Quax, Rex Maddaford and Eddie Gray.

Also it was significant for the first and only time the NZ team stood proud on the podium with a gold medal.

### Also 1975 World Championship Success:

The New Zealand women's team finished second. The team was Lorraine Moller, Heather Thomson, Anne Garrett (later Audain), Allison Deed (later Roe) and Dianne Zorn (later Rodger).

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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.

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## WMA MISSION STATEMENT

Promote premier athletic events for athletes thirty-five and over, of all abilities and encourage their passion for active healthy competition, global camaraderie, and celebratory spirit.

### THE WMA ORGANISATIONAL GOALS

- To organise, regulate and administer athletics for masters (women and men of not less than thirty-five years of age).
- To sanction World Masters' Athletic Championships and other international masters' athletic competitions.
- To ratify and register world masters five-year age-group records and maintain data on other outstanding athletic performances by masters.
- To foster international friendship, understanding and co-operation through masters' athletics.

### DEFINITIONS

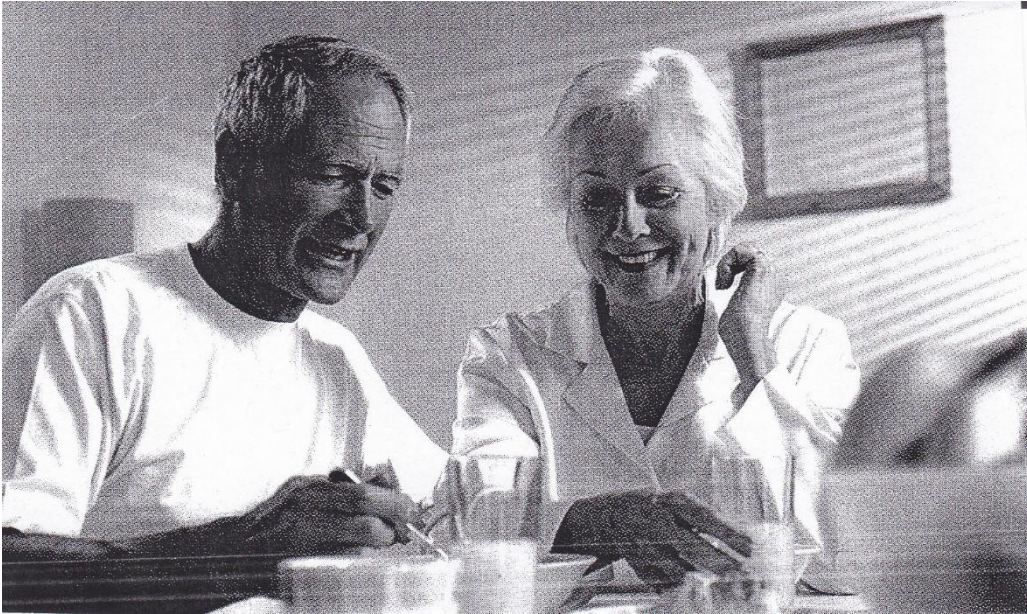
**Non-Stadia:** Those athletic events that are held outside of the stadium usually on road and/or cross country courses. They are usually the longer distance events.

**Stadia:** Those athletic events that are generally held within the Stadium usually running events on an oval track and jumping and throwing events held on various specialized fields.

**Masters:** Women and Men of age 35 and up.

**WMA:** World Masters Athletics, the World Association of Masters Athletes. The organization designated by the World Athletics (WA) to conduct the worldwide sport of Masters (Veterans) and Athletics (Track and Field).

# The Secrets of Good Digestive Health



**Hundreds of thousands of New Zealanders are plagued by gastrointestinal disorders. Some of these ailments are more serious than others. Respecting, protecting, and learning more about your digestive system could make a big difference to your life.**

Perhaps you are an occasional sufferer – or maybe your symptoms are more persistent. What can you do about it?

First step is to understand what is, or should be going on.

Everything you put in your mouth and swallow – food, liquids, medicines, etc – is broken down into nutrients that can be used by the body, and excreted as waste products.

The digestive system, centred on the 6-metre-long alimentary canal, consists of mouth and throat, oesophagus, stomach, small intestine, large intestine (colon and rectum), and anus.

Food can take from 12 to 48 hours to complete this journey, depending on the type of food eaten.

Other parts of the digestive system are the liver, pancreas and gallbladder.

## **The importance of good digestion**

Food needs to be broken down mechanically and chemically into very small particles/molecules.

These nutrient molecules are absorbed through the wall of the small intestine and transferred around the body via blood, to nourish cells and organs, and to provide energy.

The collection and elimination of waste products is also an important part of digestion. Indigestible parts of foods and some water are eliminated from the body.

## **Maintaining a healthy digestive system**

Healthy digestion takes place while we rest, eat, sleep or work. You will generally only become aware of the

process after eating foods that don't agree with you, eating or drinking too much, becoming constipated or having gas.

Although the digestive system can withstand stress, it can only do so for a limited period. The negative effects may accumulate and create health problems that can affect anyone, at any age. The New Zealand Society of Gastroenterology estimates that each year up to 40% of adult New Zealanders report symptoms of digestive tract problems.

This is partly due to age, population and lifestyle. Our population is increasing in size and we are living longer so there is more opportunity for people to develop diseases, including digestive diseases.

It is also concerning about the number of young people diagnosed with digestive diseases.

Younger segments of the population are developing serious conditions that often hit when family responsibilities, career development and the ability to contribute to society are at a peak.

## **Upsetting the tummy – and everything else**

Digestive diseases can have a devastating impact on quality of life.

Far too often, early signs of digestive problems are ignored, hidden due to embarrassment, and unreported to doctors.

Principal symptoms are nausea, vomiting, pain (such as heartburn), bloating, cramping, diarrhoea, constipation and flatulence.

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Such symptoms may simply be normal to response to an unusual meal or be associated with some lifestyle factor, such as an improper diet or stress. Excitement, disappointment, fear, anxiety and other strong emotions can cause digestive upset, and should not cause alarm if it is transient.

Similarly, nausea and vomiting may be triggered by an adverse reaction to medication, emotional upset, mild viral infection, ear disorder, migraine or motion sickness.

The same symptoms may also reflect serious disorder and may need to be checked by a doctor.

### **Get your fill of fibre**

Despite the health benefits associated with high-fibre diets, many New Zealanders don't consume nearly enough.

#### **How much fibre is enough?**

Fibre can be acquired from vegetables, fruits, beans and good fibre cereals, which are often fortified with vitamins and minerals so they provide many daily nutritional requirements.

When it comes to bowel function, it's often not a question of how much fibre, but what type of fibre. Insoluble and soluble fibres have important and separate functions, so it's important to consume an appropriate amount of each.

**Insoluble fibre** from sources such as whole wheat, flax seed and bran, is important for regulating bowel function, and often for helping with constipation and haemorrhoids. Plus, it aids the absorption of other food groups, so that they can help regulate blood sugar levels, fat and cholesterol absorption.

**Soluble fibres** from sources such as oats, beans, lentils and broccoli, dissolve and ferment within the colon. This produces nutrients that keep the colon healthy, but can also produce the excess gas that can cause pain and bloating.

Fibre supplements are usually not necessary in a well-rounded diet that includes all food groups.

### **Six ways to protect your digestive health**

You can take steps today to rejuvenate and maintain the health of your digestive system.

1. Eat a broad selection of fruit, vegetables and whole grains.
2. Drink plenty of fresh, clean water.
3. Visit your doctor if you have changes in your bowel patten, rectal bleeding, poor appetite, or unexplained weight loss.
4. Recognise the symptoms of digestive disorders.
5. If you're 50 or older talk to your doctor about colorectal screening.
6. Get regular exercise and adequate sleep; stress management can help.

## **How Your Pillow Affects Your Morning**



Waking up with neck pain or a stiff back? Your pillow might be working against you. During sleep, your spine needs proper support to maintain its natural curves. The wrong pillow height or firmness can force your neck into awkward positions for 7-8 hours straight, creating tension that carries into your day.

Side sleepers need a thicker pillow to fill the space between the mattress and head, keeping the neck level with the spine. Back sleepers do better with a thinner pillow that doesn't push the head too far forward. Stomach sleeping (though not ideal) requires the flattest pillow possible — or none at all — to avoid excessive neck rotation.

Your pillow should support the curve of your neck without tilting your head up or down. If you wake up needing to "crack" your neck or feeling unrested, it might be time to reassess your sleep setup. A good pillow paired with proper spinal alignment can dramatically improve sleep quality and how you feel in the morning.

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## **THREE LITTLE PIGS**

The mind of a six year old is wonderful. One day the first grade teacher was reading the story of the Three Little Pigs to her class. She came to the part of the story where the first pig was trying to accumulate the building materials for his home.

She read, "... and so the pig went up to the man with the wheelbarrow full of straw and said, "pardon me sir, but may I have some of the straw to build my house?"

The teacher paused and then asked the class, "And what do you think the man said?" One little boy raised his hand and said, "I think he said, "Holy Shit A Talking Pig!"

The teacher was unable to teach for the next ten minutes.



## BULLER GORGE 10km - SATURDAY 14<sup>th</sup> FEBRUARY 2026

Once again Maryanne and I made the annual pilgrimage to Westport (this year was my 34th trip to Westport) to take part in the 43rd 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. Four years ago, a 10km was introduced and Maryanne and I entered this event which takes place on the newly formed Kawatiri Coastal Trail. Since the forming of this trail four years ago progress has been made and the trail now extends as far as Charleston.

Sadly this year I had some back issues the week leading up to the race and after having a terrible sleep on the Friday night on a mattress with a hollow in the middle and which probably should have been put out to pasture long ago, I woke with a terrible back pain and there was no way that I was going to be able to run, so for another year I had to contend with being a spectator.

Again we travelled down on the 2am Bluebridge crossing Wednesday morning and drove through to Nelson where we stayed with our friends in Stoke and then travelled down to Westport on Friday morning. As usual we stopped in Murchison for lunch and after leaving Murchison we then struck heavy rain which accompanied us to Westport. After a mad dash in the rain to pick up our race packs we then headed out to our accommodation at Carters Beach.

Saturday morning and the weather was fine with a light breeze for everyone to contend with. At prizegiving we were informed that the numbers were slightly up on the previous year with 1012 entrants up from the 900 in 2025. In the full marathon there were 107 finishers, half marathon run 411 and 89 in the half marathon walk, 50 four-person marathon relay teams and in the 10km, 205 runners and walkers. The attendance has dropped over the past few years, down from the early day when there were 900+ entries in the half marathon alone.

As the event fell on Valentines Day this year every finisher over all events received a special Valentine Day medal and a drink bottle.

Again the prize giving was well run with a good number of major spot prizes drawn out and this year our friend Meryl from Nelson won one of the four \$1000 travel vouchers.

Maryanne had a good run in the 10km with a time of 1:11:57. 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 2:35.01. Also from Trentham Harriers were David Hood in the half marathon run who came home 2M65+ in 1:49.06 and in the 10km Bruce Stewart in 53.59.

Next year is the 44th running of this event and is to take place on Saturday 13th February 2027.

John Palmer

**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.**  
**89 Amesbury Drive, Churton Park**  
**Wellington 6037**
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	
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 Annie Van Herck	04 237 9676 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

#### **April**

12	Christchurch Full Marathon, $\frac{1}{2}$ Marathon, 10km & 3km	Christchurch
18	Aramex Walk & Run Series, 14km, 10km & 7km	Upper Hutt
25-26	Faultline Ultra, 161km, 53km & 6km	Wellington

#### **May**

2	Red Stag Rotorua Full Marathon, $\frac{1}{2}$ Marathon, 10km & 5km	Rotorua
9	Saint Clair Vineyard $\frac{1}{2}$ Marathon & 12km	Marlborough
10	Manawatu Striders Full Marathon, $\frac{1}{2}$ Marathon, 10km & 5km	Palmerston North
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	Henry Stadium
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#### **July**

4-5	Gold Coast Full Marathon, $\frac{1}{2}$ Marathon, 10km & 5km	Gold Coast, Queensland
11	Nelson Full Marathon, $\frac{1}{2}$ Marathon, $\frac{1}{2}$ Marathon 4 Person relay & 10km	Richmond, Nelson

#### **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
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#### **Oct**

18	Wairarapa $\frac{1}{2}$ Marathon, 14km & 7km	Masterton
31	Round the Vines $\frac{1}{2}$ Marathon & 10km	Martinborough

#### **Nov**

1	Nelson Festival of Running, $\frac{1}{2}$ Marathon, 10km, 5km & 2.5km	Saxton Field, Stoke
7	Iron Māori Half, Triathlon, Duathlon & Aqua Bike	Napier

### 2027

#### **Jan**

27-31	Oceania Masters Championships	Christchurch
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#### **Feb**

13	Buller Gorge Full Marathon, Marathon Relay, $\frac{1}{2}$ Marathon & 10km	Westport
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**Note:** While every attempt is made to provide correct dates of events, intended dates and venues can change. It is advisable to check the information from official entry forms, event websites or event organisers.