

# THE

# MASTER

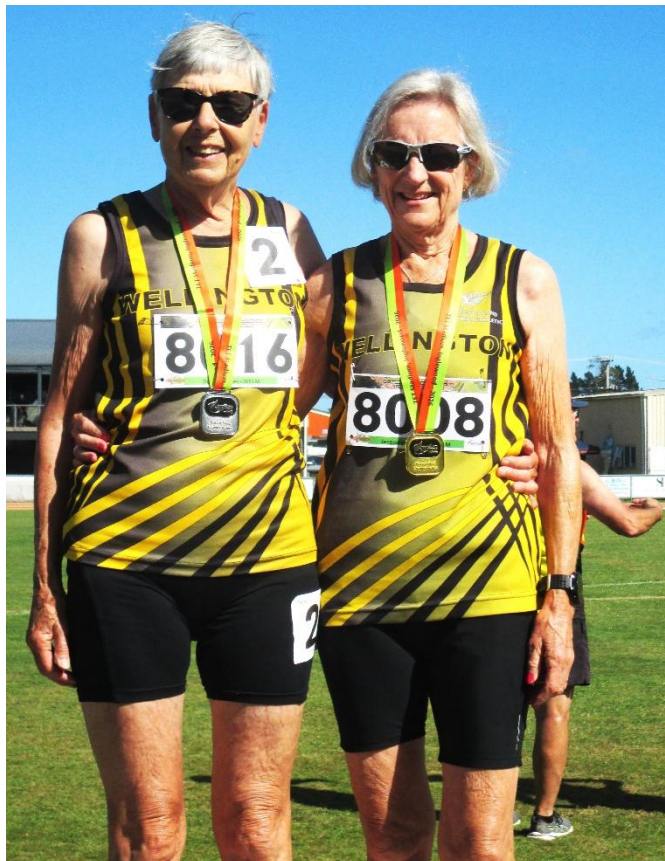
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Newsletter of Wellington Masters Athletics Inc.

Volume 25 Issue 2

May 2026

## NZ Masters Track & Field Championships



Daphne Jones and Jackie Wilson after one of the Track Walks

### ***In this Issue . . . .***

From the Editor's Desk  
Your Nervous System 101  
Classic Relay Results  
Athletes Kitchen – Peanut Butter  
Committee Members  
Upcoming Events

# *From the Editor's Desk*

## **Wellington Masters Athlete of the Year 2025**

Congratulations to Betty Harp and Adrian Stockill who are the Wellington Masters Athletes of the Year for 2025.

## **Masters Classic Club Relay 2026**

The Masters Classic Club Relay was held in overcast conditions with a light cool breeze to contend with. This year 14 running teams and four walking teams took part which was down slightly on the 2024 numbers. Results can be found on page 4 of this issue.

## **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.

## **NZMA AGM at Inglewood**

Thanks to Jackie Wilson and Daphne Jones who acted as our delegates at this meeting. Some brief items from the AGM:

### **President's Report:**

The report highlights ongoing challenges with volunteer recruitment and succession planning within Masters Athletics centres. While many members compete regularly, fewer are willing to take on administrative or governance roles needed to sustain the organisation.

Ongoing discussions with Athletics New Zealand (ANZ) about the Memorandum of Understanding, though responsibility for Masters events remains with NZMA for now.

Vetline - the intent is to produce 2 issues per year - one covering the Summer season and one covering Winter.

### **Subscriptions:**

The Board recommends no change.

That the subscription for competitive members remain at \$50 for 2025-2026.

The Minutes from the AGM can be found on the NZMA website should anyone wish to see what was discussed at the meeting.

### **Membership System Update:**

From 1 September 2026, all non-club members must register with NZMA through GameDay to meet legal membership register requirements.

### **Upcoming Events:**

NZMA Indoor Track and Field Championships – 8-9 August – Hastings.

North Island Track and Field Championships – 27-29 November 2026 – Porritt Stadium, Hamilton.

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

Oceania Pentathlon Throws September/October 2026.

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

### **Vetline:**

The May issue of Vetline is now available on the NZMA website.

*John Palmer,  
Editor*

# HEALTH

## ***Your Nervous System 101: Understanding How Your Body Responds to Stress***



Ever felt wired but exhausted? Or maybe you find it hard to relax even after a long day? That may have more to do with your nervous system than you think.

### **Meet Your Two Modes**

Your body's nervous system has two main settings: the sympathetic (commonly known as "fight or flight") and the parasympathetic ("rest and digest"). The sympathetic system prepares you to respond to stress, while the parasympathetic helps you calm down and recover. Both are important, but spending too much time in a heightened state can lead to tension, poor sleep, or feeling on edge.

### **Everyday Stress Adds Up**

Modern life tends to keep us in a go-go-go state. Whether it's juggling work, family, or constant notifications, your nervous system can get stuck in overdrive. This might show up as jaw clenching, tight shoulders, shallow breathing, or trouble falling asleep. You may not even realise how tense you are until someone points it out!

### **Simple Ways to Support Balance**

The good news? Small daily choices can support a more balanced nervous system. Gentle movement, deep breathing, and regular sleep patterns all help shift your body into a calmer state. Setting boundaries around screen time, creating a wind-down routine, or spending time outdoors are also useful ways to invite in more "rest and digest" moments.

### **Tuning In Is Step One**

Your nervous system is always working in the background to keep you regulated. Learning how to recognise its signals – and support it with healthy habits – can lead to noticeable changes in how you feel physically and emotionally.

Not sure where to start? We're here to help you tune in and feel more supported. Just reach out anytime for practical, personalised guidance.

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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)

# 39th Wellington Masters Classic Cross Country Relay

**Trentham Memorial  
Park, Upper Hutt**

**Sunday 17th May 2026**

After last year's event was cancelled the weather for this year's event was overcast with a cool light breeze to contend with. Conditions underfoot were firm.

This year 18 teams took part with 14 running and 4 walking teams.

Fastest laps for the runners were Sarah Drought (WHAC) 15:41 and Andy Crosland (HVH) 15:04.

Fastest walkers were Helen Willis (Scottish) 30:26 and Peter Baillie (Scottish) 29:37.

A big thank you to the timekeepers and to Trentham United Harriers for setting out the course and the use of their clubrooms and facilities.

## Open Women

### **Trentham**

Shar McDonald	0:17:52
Sarah Tobin	0:19:58
Teresa Topp	0:19:32
Michaela Hobbs	0:18:37
	1:16:01

1 of 2

### **Olympic**

Cathy Alderton	0:21:26
Julie Klein	0:27:20
Heidi-Jane Humphries	0:21:20
Michelle Van Looy	0:19:19
	1:29:29

2 of 2

## Open Men

### **Trentham**

Josh Campbell	0:15:48
George Strickland	0:15:37
Phil Broughton	0:16:04
Andrew Topp	0:16:29
	1:03:59

1 of 2

### **Olympic**

Graeme Moss	0:18:46
Mark Anderson	0:18:30
Anthony Randell	0:17:04
Butch Borlase	0:16:52
	1:12:22

2 of 2

## Mixed

### **WHAC**

Bridget Douglas	0:17:38
Paul Hewitson	0:15:30
Dave Creamer	0:17:37
Sarah Drought	0:15:41
	1:07:42

1 of 4

### **Trentham**

Anthony Hughes	0:17:44
Gary Spierling	0:19:21
Julie Gordon	0:22:09
Natasha Hay	0:20:49
	1:20:04

2 of 4

### **Trentham**

Anita McKone	0:21:42
Andreas Kapoutsos	0:22:17
Anthony Hughes	0:23:27
Josh Campbell	0:16:58
	1:23:44

3 of 4

### **Olympic**

Anita Tan	0:20:51
Martyn Cherry	0:22:52
Jean Skilton	0:27:14
Barbara Jennings	0:28:47
	1:39:46

4 of 4

## 200+

### **HVH**

Nic O'Brien	0:15:06
Marian Goodwin	0:20:41
Richard Griffiths	0:18:01
Andy Crosland	0:15:04
	1:08:52

1 of 3

### **Trentham**

Kevin Fink	0:16:43
Stephen Mair	0:18:28
Carl Berendsen	0:18:32
Jared McKone	0:17:14
	1:11:00

2 of 3

### **WHAC**

Petra Simms	0:18:25
John Beale	0:15:56
Carline Thomas	0:19:23
Iain Atkinson	0:19:23
	1:14:07

3 of 3

## 240+

### **Trentham**

Kevin Thompson	0:19:25
Jon Roskvist	0:22:22
Bruce Stewart	0:21:54
David Hood	0:19:25
	1:23:06

1 of 2

### **Olympic**

Linda Rawlins	0:26:21
Andy Rawlins	0:21:20
Annie Van Herk	0:30:25
Bruce Atmore	0:19:50
	1:37:56

2 of 2

## Walkers Open

### **Scottish**

Helen Willis	0:30:26
Maryanne Palmer	0:33:29
Peter Baillie	0:29:37
	1:33:32

1 of 2

### **Trentham**

Steph Robinson	0:34:43
Andrea Kapoutsos	0:41:23
Brett Wilby	0:39:05
	1:53:30

2 of 2

## Walkers 150+

### **Olympic**

Rob McCrudden	0:32:14
Andrea Adams	0:38:42
Sandy Dowling	0:34:11
	1:45:08

1 of 2

### **Scottish**

Ray Marten	0:34:16
Daphne Jones	0:38:54
Craig Anderson	0:34:50
	1:48:00

2 of 2

### **Notes:**

Kapiti had entered a team in the 240+ grade but at start time three members of the Kapiti team hadn't arrived. Peter Ellis ran leg 1 (32:46) and hoped that by the time he finished the other team members might have arrived and could take over. Sadly this wasn't the case and Kapiti became a DNF.

In the Mixed grade Trentham were short of team members in one team so members from another team ran for a second time. They were aware that they weren't eligible for performance prizes should the team they were competing in were to win that grade.





## **How You Breathe May Be Affecting Your Posture**

Most people think of posture as something you fix by sitting up straighter or pulling your shoulders back. But there's a factor that shapes how you hold yourself all day long, and it's one you're repeating about 20,000 times a day without a second thought. It's your breathing pattern.

The way you breathe and the way you carry yourself are more closely linked than most people realise. Understanding that connection can be genuinely useful both for how your body feels, and how it moves.

### **Breathing Mechanics and Your Spine**

When you take a full, relaxed breath, your diaphragm (the dome-shaped muscle sitting just below your lungs) contracts downward, creating space for the lungs to expand. Your ribcage moves gently outward, and your shoulders stay relatively still. This is called diaphragmatic breathing, and it's what your body is designed to do.

The problem is that many people shift away from this natural pattern over time without realising it.

### **What Happens When We Shift to Chest Breathing**

Stress, long hours at a desk, or simply a habit formed over time can push breathing upward into the chest and shoulders. In chest breathing, the diaphragm does less work, and the neck and shoulder muscles pick up the slack. Over time, those muscles become overworked and tight, directly affecting the position of the head, neck, and upper spine.

This is why people who breathe primarily through their chest often develop tension in the upper shoulders, tightness across the upper back, and a tendency to hold the head slightly forward. Your breath and the posture reinforce each other in a loop that's easy to overlook.

### **How Breathing Affects the Lower Back**

The diaphragm doesn't work in isolation. It connects through fascia (the web of connective tissue that runs throughout the body) to the muscles of the lower back and pelvis. When the diaphragm isn't doing its job fully, those lower structures often compensate.

For some people, shallow breathing patterns contribute to a kind of low-grade lower back tightness that doesn't seem to have an obvious cause.

### **A Simple Way to Check Your Own Pattern**

Try this: place one hand on your chest and one on your belly. Take a normal breath. Which hand moves first, and most? If it's the chest hand, you're likely a chest breather. This isn't a diagnosis, just a useful thing to notice. Practicing slow, belly-first breaths for even a few minutes per day can help retrain the pattern over time.

### **Making It Part of Your Care**

If you've been dealing with neck tension, upper back tightness, or unexplained lower back discomfort, your breathing pattern may be worth exploring as part of the picture.

## John Kehoe's "Mind Power into the 21st Century"

It is interesting to highlight the irony that though it is universally known few nations still call it the mile when we have had the metric system since the 1970s. When I was a young adult student a tutor said the reason the Americans don't change to the metric system from imperial is that they cannot agree on how to spell metre/meter. Think this was tongue in cheek, bollocks even!. Still think in the imperial system as that is what I was taught as a kid....TV screens can be still in imperial measure.

Some countries use hybrid = both systems. USA and I think a few others haven't changed but do use it for some areas. Try to imagine say the lesser cost back then to now with making the conversion to their various infrastructure, legal systems, in manufacturing, road signs, and trade to metric *et al*.

As you'd be aware the first Sub 4 minute mile in 1954 was by athlete Roger Bannister of Great Britain, later made Sir Roger. Then there were many experts, coaches, medics who thought it wouldn't happen!

Though there was the move around the world to 1500m official records are still first acknowledged and records updated like by my friend, colleague in GB keeps as I have for more the New Zealand arm. Right at this point in time we're overwhelmed with the performances and struggling to keep up. "Excuse the pun: Our goal is to give it more mileage!"

You may be aware there is a fairly large movement called "Bring Back the Mile". To name just some other mile events still held are the Dream Mile, Wanamaker Mile at the Milrose Games, the Fifth Avenue Mile. Even in NZ a relatively new Spectacle Elite Mile is hosted in Nelson. It attracts promising elite milers. Long may it continue. It's still special yet far more common as the world has evolved.

Early last year an announcement was made that the mile distance run will be revived at the Glasgow 2026 Commonwealth Games, replacing the 1500m.

The mile has a ring about it, then whatever the number of metres, that make it up, presents. There was a thought that the human body would not be able to go under a sub 4 mile, just as others have said it was impossible for humans to lift various weights. As John Kehoe from his "Mind Power into the 21st Century" book stated, these limits are psychological rather than factual.

For a number of times I have read John Kehoe's it was written circa mid 1990s as we approached the millennium.

We humans are unique who can have a lot in common, but there is no other person around the globe who can think like you as an individual.

A defining form of the mind's consciousness comes from both a philosophical and a psychological angle is self-consciousness. We need to understand the mind's consciousness don't we!.

In a journal I wrote down a quote of his: *"Be good to yourself; don't be too hard on yourself. Remember that you, too, are special and unique, and deserve respect"*.

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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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## 2025 Athletics Wellington Annual Awards Recipients

**Presented at the Kensington Lounge,  
Petone Club, 47 Udy St Petone, Lower Hutt  
On Thursday 23rd April 2026**

### Master's winners:

Masters Women's athlete of the Year – Tamara Winkler.

Masters Men's athlete of the Year – Paul Hewitson.

Masters Men's Sprinter of the Year – Chris Roberts.

Masters Women's Sprinter of the Year – Petra Stoeveken.

Masters Men's Middle & Distance Athlete of the Year – Paul Hewitson.

Masters Women's Middle & Distance Athlete of the Year – Tamara Winkler.

Masters Men's Jumper of the Year – Jeremy Rodger.

Masters Women's Jumper of the Year – Theresa Bartlett.

Masters Men's Thrower of the Year – Adrian Stockill.

Masters Women's Thrower of the Year – Theresa Bartlett.

Masters Men's Walker of the Year – Clive McGovern.

Masters Women's Walker of the Year – Jacqueline Wilson.

Masters Men's X-Country & Road athlete of the Year – Paul Hewitson.

Masters Women's X-Country & Road athlete of the Year – Ingrid Cree.

Male Volunteer of the Year – Peter Baillie.

Jumps Coach of the Year – Scott Waldrom.

Women's Team of the Year – WHAC Women 35+.

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# THE ATHLETE'S KITCHEN

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## Peanut Butter: Among the Best of Sports Foods

*"I always eat a bagel with peanut butter before my long runs."*

*"PB&J sandwiches are my go-to snack when I'm really hungry."*

*"I stay away from peanut butter; I can't eat just one spoonful..."*

Runners tend to have either an enjoyable or a dreadful relationship with peanut butter. Those who enjoy it welcome peanut butter into their sports diet because it's yummy, relatively inexpensive, doesn't need to be refrigerated (hence travels well), and is very satisfying. Those who have a dreadful relationship with peanut butter commonly have a history of devouring it by the jarful. They fear peanut butter as a fattening enemy.

I feel bad for runners who have a poor relationship with peanut butter (PB) because, in my humble opinion, PB is one of the best sports foods around. It is both health promoting and performance enhancing. Research on peanuts validates the benefits of routinely enjoying peanut butter daily. Doing so is simple, thanks to PB's versatility. You can swirl it into oatmeal, make it into a sandwich, enjoy it with crackers and bananas, and drizzle peanut sauce into stir-fries.

If you stay away from PB because you end up over-eating it, think again. Overindulging in PB means you like it and you should *eat it more often!* By enjoying PB at every meal, you will soon get tired of it and stop craving it. Your *last chance to eat PB* binges are triggered by denying yourself of this yummy sports food. With no deprivation of PB, you'll have no need to binge.

This article highlights the health and performance benefits of including PB in your sports diet — assuming no peanut allergies, that is.

- *PB is not inherently fattening.* While any food eaten in excess can be fattening, people who eat PB (and nuts, for that matter) five or more times a week are not fatter than nut avoiders. A Purdue University study reports that subjects who ate peanuts daily did not overeat total calories for the day. That's because peanuts and PB are satiating; they help you feel pleasantly fed. Peanut eaters tend to intuitively eat less at other times of the day.
- *PB with breakfast helps control blood glucose* through lunchtime and into the afternoon. That means you'll enjoy stable energy — and a reduced desire to eat.
- *The fat in PB is primarily health-promoting mono- and polyunsaturated fat* that knocks down inflammation. People who eat PB and nuts five or more times a week have lower markers of inflammation than nut avoiders. For runners who get tiny injuries every time they train, an anti-inflammatory food such as PB is a wise choice. For women with type 2 diabetes, eating 42 grams (250 calories) of peanuts (and/or tree nuts) five or more times a week reduced their risk of heart disease (a disease of inflammation) by 44% and the risk of having a heart attack by 60%, compared to women who ate none. Routinely enjoying a simple-to-make PB sandwich for lunch is a heart-healthy choice.
- *The fat in PB helps absorb the fat-soluble vitamins A, D, E, and K.* You want to include some (healthful) fat in each meal. PB is an enjoyable way to do so! If you are an endurance athlete, such as a marathoner, you'll optimize your sports diet by eating at least 14 grams fat per pound of body weight. The body stores some fat within muscle cells and uses it for fuel during extended exercise. Runners who fear fatty foods as being fattening can hinder their endurance. Enjoying PB in oatmeal or on a bagel before a long run is a yummy and healthy way to enhance your endurance performance.
- *PB is a good source of arginine*, an amino acid that helps keep blood vessels flexible so that blood flows more easily and reduces blood pressure. The more PB you eat, the bigger the effect on health protection.

**Continued on next page**

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- *PB eaters improve their brain-blood circulation and mental function.* This contributes to enhanced processing speed and better short-term memory. Plus, a diet rich in healthy fats helps slow cognitive decline. Enjoying PB today is a wise investment in future brain health.

- *Peanuts offer (slightly) more protein than tree nuts.* That's because peanuts are a legume — like lentils and dried beans — and not a nut. Two tablespoons (a standard serving) of PB have 8 grams of protein, while the same amount of almond butter has 6 grams (with a much higher price.) Runners want to target at least 20 grams of protein per meal or snack. You can get that by swirling PB into oatmeal cooked in (soy) milk, snacking on a PB & honey sandwich + a yogurt, or making a PB-banana smoothie. Quick, easy, inexpensive and enjoyable.

- *PB contains numerous bioactive compounds (phenols)* that bolster the immune system. Peanuts in a shell are particularly wise snack choices because the peanut skin is rich in antioxidants and fiber. Fiber feeds the bacteria in your gut (your microbiome). These bacteria strongly enhance your immune system, overall health, and mood.

- *All peanuts are non-GMO* and have low risk of pesticide residue, in part because peanuts grow under the ground.

- *All-natural peanut butter is less processed than conventional brands.* All brands of PB need to meet the USDA's "standard of identity." Conventional brands might have 2% added saturated fat (palm oil, hydrogenated oils) to control the oil from separating. This small amount does not override the positive health benefits of PB. Any PB is better than no PB.

- *Sugar added to conventional brands is relatively insignificant.* The 2 or 3 grams of added sugar is nothing compared to the 10 to 15 grams of sugar in the jelly or honey you might enjoy with the PB, or the 6 grams of sugar in the sandwich bread. Please fret less about added sugar — it is burned for muscle fuel — and focus more on PB's vitamin E, zinc, folate, niacin, and selenium. PB is nutrient rich.

- *Salt added to PB is relatively insignificant.* The 150 milligrams of sodium (a part of salt) in a serving of PB is less than the sodium you get in a slice of bread or 28 grams of Gatorade. Regardless, that sodium replaces what you lose in sweat.

In conclusion, what more could you ask from a super sports food?

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](http://NancyClarkRD.com) for more information.

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**Editor:** This article has been reproduced with the kind permission of Nancy Clark. For more information on this article and others relating to sports nutrition etc. visit the website listed above.

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## **The Hidden Impact of Long Commutes on Your Spine**

When you sit in a car, your hips stay flexed, your lower back absorbs vibration from the road, and your head subtly shifts forward to focus on traffic. Add in gripping the steering wheel and sitting slightly rotated toward pedals, and you have a position your body holds for extended periods.

Over time, this can contribute to hip tightness, low back stiffness, and upper neck tension. Because movement is minimal, the supporting muscles may fatigue from holding you upright rather than actively moving.

Another factor? Road vibration. It travels through the seat into your spine. While subtle, repeated exposure can contribute to joint irritation — especially if mobility is already limited.

Adjustments like seat position, lumbar support, and posture awareness help. So does restoring movement after long drives. Spinal checks can also help ensure small restrictions don't become bigger issues.

# NZ Masters Track and Field Championships

Held at Inglewood, 13-15<sup>th</sup> March

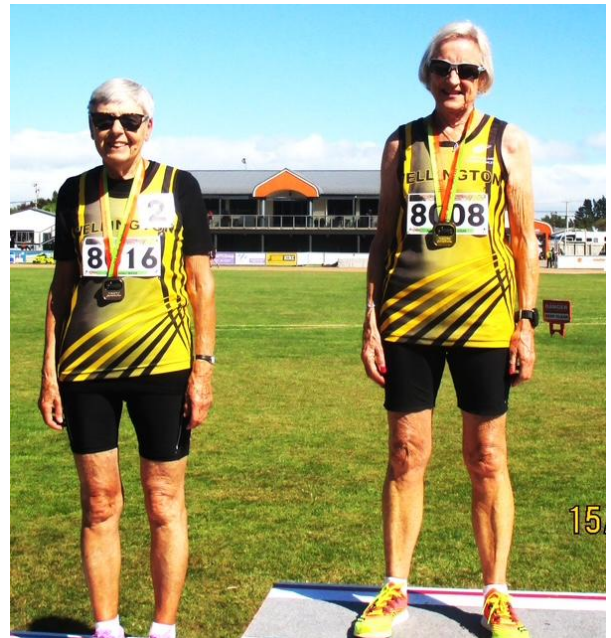
Congratulations to Jackie Wilson on being awarded the NZMA 2025 Masters Women Athlete of the Year in the Walks category.



Jackie's gold medal haul from the championships and her Masters Athlete of the Year award



Jackie in action on the track at Inglewood



Daphne Jones (Silver) and Jackie Wilson (Gold)

\* \* \* \*

## WELLINGTON MASTERS ATHLETE OF THE YEAR

*Past winners:*

- 2000 Judy Hammond
- 2001 Ellis Goodyear
- 2002 Barry Prosser
- 2003 Bernie Portenski
- 2004 Simon Poelman
- 2005 Bill Nicholson
- 2006 Peter Baillie
- 2007 Colleena Blair
- 2008 Jim Blair
- 2009 Grant McLean
- 2010 Anne Hare
- 2011 Jim Blair
- 2012 Jacqueline Wilson
- 2013 Jacqueline Wilson
- 2014 Judy Hammond
- 2015 Judy Hammond & Gary Rawson
- 2016 Jacqueline Wilson & Tony Price
- 2017 Jacqueline Wilson & Jim Blair
- 2018 Jacqueline Wilson & Nick Horspool
- 2019 Jacqueline Wilson & Jim Blair
- 2020 Michele Allison & Peter Stevens
- 2021 Jacqueline Wilson & Peter Stevens
- 2022 Jacqueline Wilson & Roger Robinson
- 2023 Heather Walker & Roger Robinson
- 2024 Jackie Wilson & Peter Stevens
- 2025 Betty Harp & Adrian Stockill

**Note:** From 2015 it was decided to present a trophy for both a male and female Wellington Masters Athlete of the Year.



# Keeping Hydrated During a Marathon



It is important to keep hydrated every 5km or 20mins during your marathon. It's also important to pay attention to how you are fuelling your running in the lead up to and on the day of the event. Here are important nutrition tips to give your body what it needs to stand up to the test of endurance.

## **During training**

Don't deprive yourself of nutrition whilst in marathon training as it will hinder your training recovery and cause fatigue. It's a good idea to make sure you're having red meat at least twice per week and green leafy vegetables such as silver beet and spinach as your iron levels may drop a little with the extra training load prior to a marathon. With the weather getting cooler, you may not feel you need to drink until you get thirsty but it's important to make sure you also drink plenty of water regularly to avoid dehydration.

## **Pre-race**

Before marathons, always start carb loading 2.5 days out. Carb loading should not mean drastic changes to your meals, but rather ensuring you incorporate some carbohydrates into each meal of the day for slow energy release. Meal timing is also important, so the night before the race, try to have your biggest meal around 5pm so you have time to digest it before the race the next morning.

On the morning of the race, the golden rule is to not eat anything different - there is nothing worse than stomach pains in a marathon! You must ensure that you eat something before the marathon and are practising your pre-race meals before longer training sessions in the lead up to the race, adjusting if necessary.

## **During and after the race**

Drinks are readily available on course, so make sure you take a drink from each station, even if you take just a few sips, particularly in the beginning stages of the race. It is recommended taking a gel during your run and depending on your body weight and metabolism, you'll need one to two gels every hour after the first hour. Practise using gels in training so you know what to expect and what amount suits you best and to get used to consuming and digesting on the run.

## **Post-race**

This is the time to enjoy! Whilst it's important to replenish your nutrition quickly post-race with some good quality carbohydrates and water, it is also a time to celebrate your amazing achievement - you've earned it!



# **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	
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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

#### **June**

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

#### **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

19 Wellington Cross Country Championships Upper Hutt

26 Johnsonville 8km Road Race & 6.4km Race Walk Johnsonville

#### **Aug**

1 Taupo Full Marathon,  $\frac{1}{2}$  Marathon, 10km & 5km Taupo  
NZ Cross Country Championships Christchurch

8 Run the Forest, 21km, 10km & 7km Rotorua

15 Moonshine Relay Trentham Memorial Park

22 Wellington 5km Road Running Championships Wainuiomata

#### **22 Aug-**

**3 Sept** World Masters Championships Daegu, South Korea

29 NZ 10km Road Championships New Plymouth

#### **Sept**

12 Wellington 10km Road Running Championships Wainuiomata

NZ Road Mile Championships Dunedin

16 Wellington Masters AGM Johnsonville

20 Hutt  $\frac{1}{2}$  Marathon, 10km & 5km Lower Hutt

#### **Oct**

3 NZ Road Relay Championship Feilding

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

20-22 South Island Track & Field Championships Invercargill

27-29 North Island Track & Field Championships Hamilton

28 Round Taupo Cycle Challenge - various distances Taupo

#### **Dec**

4-5 The Spectacle - various distances on road and trails Nelson

5 Three Bridges Marathon,  $\frac{1}{2}$  Marathon,  $\frac{1}{4}$  Marathon & 5km Whanganui

### 2027

#### **Jan**

27-31 Oceania Masters Championships Christchurch

#### **Feb**

13 Buller Gorge Full Marathon, Marathon Relay,  $\frac{1}{2}$  Marathon & 10km Westport

27 Kapiti Women's Triathlon, Duathlon, 10km & 5km Run/Walk Raumati Beach

#### **March**

6 ANZCO Foods Ironman NZ and 70.3 Taupo

#### **May**

1 Red Stag Rotorua Full Marathon,  $\frac{1}{2}$  Marathon, 10km & 5km Rotorua

**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.