

THE

MASTER

COPY

Newsletter of Wellington Masters Athletics Inc.

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August 2026

Johnsonville Road Race – Sunday 26th July



Florence Cohen with the Jim Lockhart and Mariette Hewitson Baton

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From the Editor's Desk

Johnsonville 8km Road Race and Walk

The Johnsonville 8km run and 6.4km race walk was held on Sunday 26th July 2026. The conditions for this year's event were calm with overcast conditions and the odd periods of light rain falling at times. This year 26 runners and 9 walkers took part, up on last year's numbers. Wellington Masters appreciates the support from clubs who regularly turn out for this event and also the Classic Relay.

The Jim Lockhart and Mariette Hewitson Baton was won by Florence Cohen from Scottish who set a new age grade record in the Pre-Masters 30-34 grade.

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



The runners getting ready for the start of the 8km road race.

AGM for Wellington Masters

The annual general meeting for Wellington Masters will be held on Wednesday September 16th 2026 at the Waiora Hub, Johnsonville commencing at 7pm. We are always looking for members to join the committee so if anyone is interested please contact the President or Secretary for more information or put forward a nomination to become elected onto the committee at the AGM.

Membership System Update:

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

Oceania Postal Throws Pentathlon Challenge 2026

Entry is free, competitions can be held locally at any time between September 1st and October 17th 2026 - a great time to get your throwers back into action.

Send individuals best results to Fiona Harvey, Otago as per the instructions on the NZMA web page under EVENTS.

Upcoming Events:

New Zealand Road Relay Championships – 3 October, Fielding.

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

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

Allan and Sylvia Potts Memorial Classic – 23 January 2027, Mitre 10 Sports Park, Hastings.

Cooks International Classic – 30 January 2027, Cooks Garden, Whanganui.

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

New Zealand Track & Field Championships & Track Stars – 11-14 March 2027, The Trusts Arena, Auckland.

John Palmer,
Editor

HEALTH

The Role of Nutrition in Spinal Health and Recovery



Did you know that what you eat directly impacts your spine's ability to heal and maintain itself? Your spinal discs, like all tissues, require specific nutrients to function optimally and repair damage from daily wear and stress.

Anti-inflammatory foods form the foundation of spine-healthy nutrition. Omega-3 fatty acids from fish, walnuts, and flaxseeds help reduce inflammation around spinal joints. Colourful vegetables and fruits provide antioxidants that combat oxidative stress contributing to disc degeneration.

Hydration plays a crucial role. Spinal discs are approximately 80% water and rely on adequate fluid intake to maintain their shock-absorbing properties. Even mild dehydration can affect disc height and flexibility.

Key nutrients for spinal health include vitamin D and calcium for bone strength, magnesium for muscle relaxation, and vitamin C for collagen synthesis in ligaments and tendons. Protein provides amino acids necessary for tissue repair after chiropractic adjustments.

Inflammatory foods like processed sugars, trans fats, and excessive refined carbohydrates can perpetuate spinal inflammation and slow healing.

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

WELLINGTON MASTERS ATHLETICS

42nd Annual 8km Road Race and 6.4km Race Walk

Sunday 26th July 2026

The weather conditions for this year's event were calm with overcast conditions with the odd periods of light rain falling at times. This year 26 runners and 9 walkers took part, up on last year's numbers.

Fastest female walker over the hilly four-lap course was Helen Willis (Scottish) and David Hood (Trentham) was the fastest male.

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

The Jim Lockhart and Mariette Hewitson Baton was won by Florence Cohen who set a new age grade record in the Pre-Masters 30-34 grade.

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

A special thanks to timekeeper Dave Gratton, the course marshal John Hines, and recorder Bob Gardner – as always, your support is very much appreciated.

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

Run (8km)

Name	Club	Age Grade	Time	Age Gr %	Race PI	Grade PI
Paul Evans	Olympic	M50	29:19	81.59%	1	1
George Strickland	Trentham	M37	31:24	68.73%	2	1
Phil Broughton	Trentham	M47	32:50	71.12%	3	1
Darren Gordon	Olympic	M53	33:37	72.94%	4	2
Kevin Fink	Trentham	M47	33:40	69.35%	5	2
Heather Walker	Scottish	W56	33:54	83.39%	6	1
Willie Gunn	WHAC	M55	34:51	71.52%	7	1
Alistair Collow	Scottish	M35	35:17	60.23%	8	2
Shar McDonald	Trentham	W40	35:55	70.70%	9	1
Petra Simms	WHAC	W35	36:56	64.29%	10	1
Michelle Van Looy	Olympic	W55	38:48	72.13%	11	2
Graeme Moss	Olympic	M66	39:25	69.52%	12	1
Matyas James	Scottish	M52	40:12	60.49%	13	3
Jan Sheppard	Olympic	W59	41:13	70.67%	14	3
Sarah Lee	Scottish	W52	42:08	64.57%	15	1
Florence Cohen	Scottish	W33	42:10	55.56%	16	1
Juliane Tandy	Vic Uni	W46	42:39	60.52%	17	1
Catherine Alderton	Olympic	W65	43:08	72.08%	18	1
Marianne Elliot	Scottish	W54	43:14	64.11%	19	2
Kath Littler	Scottish	W47	44:50	58.06%	20	2
Lani Evans	No club	W46	47:17	54.60%	21	3
Martyn Cherry	Olympic	M61	49:38	52.84%	22	1
Meg Ferry	Scottish	W40	49:41	49.55%	23	2
Denise Pilcher	Olympic	W65	53:50	57.76%	24	2
Jean Skilton	Olympic	W70	55:15	59.73%	25	1
Annie Van Herck	Olympic	W73	63:20	54.16%	26	2

Walk (6.4km)

Name	Club	Age Grade	Time	Age Gr %	Race PI	Grade PI
David Hood	Trentham	M67	46:55	65.10%	1	1
Helen Willis	Scottish	W64	47:16	72.79%	2	1
Jackie Wilson	Trentham	W80	47:24	88.94%	3	1
Rob McCrudden	Olympic	M61	50:05	57.70%	4	1
Maryanne Palmer	Scottish	W73	51:40	74.16%	5	1
Sandy Dowling	Olympic	W70	52:38	70.11%	6	2
Bruce Stewart	Trentham	M66	53:40	56.37%	7	2
Ray Marten	Scottish	M78	56:55	60.31%	8	1
Daphne Jones	Scottish	W85	65:22	69.60%	9	1

Note: age percentages are based on the World Masters individual age percentages that come into force from 2023. A linear conversion of times from 6.4km (walkers) and 8km (runners) has been made to a World Masters standard distance of 10km, which means the percentages will be more favourable than if World Masters made available factors for 6.4km and 10km.

GRANDMA'S MARATHON

As a Hutt Valley athlete, administrator, and sports reporter sometimes meant driving up to cover the iconic Rotorua Marathon. That classic "Lap of the Lake" era was defined by raw asphalt, uncompromising grit, and heavy rubber.

Decades later, watching the monumental 50th Annual Grandma's Marathon unfold on 20 June 2026, I am reminded that its global legacy remains deeply anchored by that same pioneering Kiwi spirit.

While Lorraine Moller never competed on the laps around Lake Rotorua — having launched her historic marathon career straight onto the lucrative US circuit — her presence in Duluth bridged the race's humble beginnings to its massive global status today.

The 50th annual Grandma's Marathon - since 1991 37th Garry Bjorklund Half Marathon and 34th William A. Irvin 5km in Duluth, Minnesota. Named after Grandma's Restaurant, Duluth. 2026 they had pioneering champions like NZ's own Lorraine Moller return for this 50th milestone to be the core focus of the celebrations. Lorraine famously won in 1979, 1980, and 1981 to secure an incredible three-peat. On her 1979 debut victory, she clocked a blistering 2:37:37, setting a NZ national record and recording the sixth-fastest women's time in world history at the time. Her presence bridges the race's humble beginnings on the US road circuit to its massive global status today.

The 2026 weekend has grown from the 1979 field of 1,682 she ran against into a massive festival hosting over 20,000 total participants across all events. She joins fellow legends like Dick Beardsley and Garry Bjorklund — the inaugural 1977 winner, a two-time champion, and a 1976 Olympian.

The city rallied behind John Naslund, a living legend in the running community. At 76 years old, he is the last remaining member of an elite group originally known as "The Iron Four," and his journey to a 50th consecutive finish is the ultimate testament to human endurance. The second after NZ Lorraine Moller to win 3 was Mary Akor (2007, 2008, 2009).

In 2026 - Men Amanuel Mesel (Eritrea) 2.11.21; Women Dakotah Popehn (USA) - 2.28.51 - 3rd time winner (2021, 2022, 2026).

In Lorraine's era — and those classic days in Rotorua — feet thudded and slapped against the road, requiring weeks of painful recovery.



Lorraine Moller in the 1979 Grandma's Marathon

Today, young whippersnappers in space-age super-shoes dominate. The tarmac now echoes with the springy pop and rhythmic click-clack of lightweight foam and embedded carbon-fibre plates. This modern tech provides a 4%+ energy return, reducing oxygen use and saving muscle tissue for instant recovery and shattered records that stood for decades.

On Friday, June 19, 2026, the 2026 Dick & Carrie Show Lineup, Lorraine took the stage inside the DECC Paulucci Hall in Duluth, Minnesota. Co-hosted by legendary marathoner Dick Beardsley and Olympic race analyst Carrie Tollefson, the 50th-anniversary talk show lineup featured a powerful, all-Olympian panel of past women's champions.

Further above article re Grandma's Marathon:

Had an email from respected former Herald sports writer colleague Terry Maddaford resident in Queensland. Further to the piece about Rotorua and Grandma's Marathon he was telling me about his, and Sir John Walker's preparation for their first marathon 1970 at Rotorua.

It truly was Clubs' Lydiard trained powerhouse generation and those that followed.

They had trained for Rotorua on the gruelling Waiaatarua course. Terry Maddaford finished strongly while a young, teenage future Olympic champion Sir John Walker did not finish (DNF). However in 1970 his DNF was the ultimate catalyst that prompted him to team up with legendary NZ coach Arch Jelley CNZ OBE shortly after, shifting his focus to the middle distance track events that eventually made him a global superstar.



NOTICE OF ANNUAL GENERAL MEETING

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

Wednesday 16th September
2026

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

Nominations are called for the following positions:

Patron
President
Vice President
Secretary
Treasurer.

Nominations for the above positions are to be in the hands of the Secretary by **Friday 28th August 2026**.

Nominations for Committee members will be called for from the floor at the AGM, but nominations can be submitted to the Secretary beforehand by **Friday 28th August 2026**.

Any Remits for discussion at the AGM must also be in the hands of the Secretary by **Friday 28th August 2026**.

John Palmer
Secretary
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Grandma's Marathon article continued from page 5

Just a year later in 1971, I first met both at the opening of Newtown Park, in Wellington that officially took over from Evans Bay as Wellington's primary, premier venue for track and field on a heavy, dark bituminous rubber compound surface. It was an 800m handicap race that was common then.

In 1979, at the Rotorua marathon Olympian bronze medallist from Rome, Barry Magee MNZM, won 1st place in the Male 45-49 age category in 2.43.4.

Whilst the Maddafords were all members of Owairaka AC and Arch Jelley would select Terry for their Wellington to Masterton road relay team who won the 1970 relay, Barry Magee was running well for another Auckland club — specifically his long-time home club, Three King's AC (frequently competing as Three Kings-Wesley) — while Terry Maddaford and Kevin Ryan were spearheading the rival Owairaka Athletic Club. Terry was an outstanding downhill runner but always ran in the shadow of brother Rex who was a brilliant distance runner and ran in the Olympics at Mexico City in 1968.

Also Lorraine Moller ONZM OBE at the 1992 Olympics in Barcelona, Spain. It is an incredible piece of Kiwi sports history that veteran sports journalist Terry Maddaford being the first to interview Lorraine right after that historic finish in Spain. Having a legendary writer like Terry who covered decades of top-tier New Zealand sport before relocating to Australia to share those memories adds a fantastic layer to her iconic Barcelona Bronze medal achievement.

I recall clearly from 2007 when Terry was still living in NZ he was honoured with NZSJA Life Membership and the annual Sir Terry McLean National Sports Journalism Awards Dinner in Auckland.

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

* * * *

A penguin walks into a store and asks the teller,
"Do you have any grapes?"
"No" he replies.

This same thing happens the next day.
On the third day the teller replies, "No, and if you come in asking for grapes again I will nail your flippers to the floor!"
On the next day the penguin asks, "Got any nails?"
"No" replies the teller.
"Got any grapes" the penguin asks.

THE ATHLETE'S KITCHEN

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Fruits & Veggies: How to Boost your Intake

"I know I should eat more fruits and vegetables but, somehow, I just don't do it."

"I rarely buy fruit; it goes bad before I get around to eating it."

"Do frozen veggies have any nutritional value...?"

Most runners are well aware that fruits and vegetables are health protective, good for the gut, and better than vitamin pills. Many runners, like most athletes, also report they eat too few of them. If you are among those who bemoan, "I know I should eat more fruits and veggies; I just don't do it," this article can help you enjoyably — and economically — boost your intake of these health-protective sports foods.

Tip #1. Pair fruit with protein to make it more enticing.

When you are very hungry, a piece of fruit likely is unlikely your #1 snack of choice because your body wants calorie-dense food. To make low-calorie fruit more appealing, pair it with protein: banana + peanut butter, grapes + cheese, raisins + almonds. This fruit-based snack now becomes a snack of choice because it is more satiating (and tastes yummiier).

Tip #2. Eat veggies by the pile, not by the single serving.

The more veggies (and fruit) you eat, the more nutrients you get. A stalk of cooked broccoli offers all the vitamin C you need for the day, as does half a green pepper. Could you better fortify your body by eating a bigger pile of broccoli or munching on the whole pepper?

Ideally, we should enjoy a veg (or fruit) at each meal to add important nutrients. If you don't/won't/can't do that, at least once a day try to eat a lot of whatever produce is easiest for you to incorporate into your sports diet: a big bowlful of salad; pre-dinner appetizers of baby carrots, cherry tomatoes, and/or cucumber; the whole 4-serving bag of frozen broccoli.

Tip #3. Fruits and vegetables offer similar nutrients, so you can swap one for the other.

Fret not if you if you don't enjoy red tomatoes. Instead eat red strawberries, red apples, or red peppers. Of greater importance than fruit or veg is to eat a variety of colours:

RED strawberries, apples, watermelon, tomato.

ORANGE oranges, mango, papaya, sweet potato.

YELLOW pineapple, peaches, summer squash.

GREEN kiwi, grapes, broccoli, spinach, kale, pepper.

BLUE/PURPLE blueberry, plums, eggplant, grapes.

WHITE banana, onion, potato, cauliflower.

In general, over the course of the week or month, you want to consume a rainbow of colours for health benefits. How about smoothies loaded with white banana, orange mango, and red raspberries? Or quench your thirst (and refuel your muscles) with a variety of colourful fruit juices: tart cherry, grape, tomato, orange? In general, deeply coloured produce (such as spinach, berries) is nutritionally preferable over paler options (celery, honeydew). Each deep colour offers anti-inflammatory compounds that enhance recovery.

Tip #4. To simplify food prep, buy frozen fruits and vegetables.

Many athletes end up tossing out the rotting produce they failed to eat before it spoils; that is a regretful waste of money. Their solution: stop buying fresh produce. If that's your story, here are some better ways to reduce food (and money) waste:

- Buy frozen vegetables and fruits. Freezing retains nutrients, so rest assured, frozen produce offers full nutritional value. In fact, frozen veggies are often more nutritious than fresh, if fresh simply means unprocessed. For example, the head of fresh broccoli you bought may have travelled for several days, spent a day in the food warehouse, another day at the grocery store, and then another day or two in your refrigerator before you got around to eating it. During that time, the broccoli lost some nutritional value due to exposure to light and air. Hence, the freshest vegetables are often in the frozen food aisle (unless, of course, you shop locally at a Farmer's Market or grow your own veggies in your garden). Frozen produce is all prepped and ready to be cooked — far easier than peeling, slicing, and dicing, especially when you are ravenous and want food NOW!

Continued on next page

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Other nutrient-, money- and time-saving tips include:

- Chose frozen berries, mango, and other fruits for making thick and frosty smoothies and protein shakes. Easier to prepare and no waste.
- Cook a whole bunch of veggies at once so they don't have the chance to spoil. Plus, you will have enough for easy eating the next several days. For example, pre-cook in the microwave oven the bag of fresh spinach; it will be ready and waiting to be added to an omelette or bowl of soup — and not be wilting in your refrigerator. Make a big pot of ratatouille with eggplant, tomato, zucchini, and onion — enough to enjoy for the week (or store in the freezer for future enjoyment). Bake several (sweet) potatoes at once.

Caution: While fruits and veggies are healthful and good for you, eating too many can become unhealthful.

That is, an apple is a healthful food. A diet of all apples creates an unhealthful, unbalanced diet. I talk with many athletes who eat fruits and veggies to the exclusion of grains and protein. They tend to eat for breakfast a big bowl of fruit; for lunch, a huge salad; and for dinner, a pile of stir-fried veggies. Nutrient-rich and "healthy", yes, but an unbalanced diet that is low in protein and likely carbs, too.

- Starchy vegetables, such as butternut squash, carrots, corn, and beetroot, are smart options for "carb-phobic" (i.e., no bread, pasta, rice, etc.) runners who need to consume enough carbs to optimally fuel muscles. Lettuce doesn't do the job.
- Vegans/vegetarians who live on salads and stir-fries need to be sure to include a hefty amount of protein-rich food with each meal. Beans, nuts, seeds, quinoa, tofu are important to build and repair muscles.
- Tomato sauce on pasta can be the primary source of vegetable for some runners. To enhance the meal, add some (frozen) broccoli or peppers — as well as balance in some protein, tofu, soy crumbles, and/or a hefty dose of Parmesan cheese.

If you are struggling on your own to find the right balance of fruit/veg, protein, and starch, consider meeting with a Registered Dietitian (RD) who can work with you and your lifestyle to create a winning food plan.

Nancy Clark MS RD counsels both fitness exercisers and competitive athletes virtually. Her best-selling Sports Nutrition Guidebook is a popular resource. For more information, visit NancyClarkRD.com or email nclarkrd@rcn.com.

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.

* * * *

What Is Runner's Knee?

Runner's knee – also known as patellofemoral pain syndrome – is an overuse injury that affects as many as 30% of female runners and 25% of male runners. That makes it the most common running-related injury.

In runner's knee, the cartilage in your kneecap gets irritated. This causes pain while you're running, squatting, bending or even sitting for a while. I often see patients come in with runner's knee after they start running at an incline or increase miles or speed.

How to Treat Runner's Knee at Home

The telltale sign of runner's knee is mild to moderate pain around or behind your kneecap. When this happens:

- Take a break from running.
- Elevate and ice your knee to relieve pain.
- Try a low-impact activity such as swimming to stay active.

Additional Treatment for Runner's Knee

It may also be a good idea to take part in a strengthening and motor retraining program, or physical therapy and exercises to fortify your knees as well as other parts of your body. Orthotics, taping, and manual therapy such as massage, myofascial release and trigger point therapy may also help.



POWER COOKIES



Part energy bar, part bakery-style cookie, this protein-packed gluten-free treat is built for endurance — whether you're heading out for a long ride or powering through the afternoon.

Ingredients:

- 1/2 cup natural creamy nut butter (such as almond butter or peanut butter)
- 1/2 cup maple syrup
- 6 tablespoons unsalted butter, softened
- 1 large egg
- 1/4 cup plain whole-milk Greek yogurt
- 1 teaspoon vanilla extract
- 1 3/4 cups almond flour (about 6 ounces)
- 2/3 cup of hemp seeds
- 3/4 teaspoon baking soda
- 3/4 teaspoon kosher salt
- 1 cup add-ins (such as pumpkin seeds, chocolate chips, yogurt chips, raisins, and/or chopped dried figs).

Directions:

1. Line 2 large baking sheets with parchment paper; set aside.
2. Beat together nut butter, maple syrup, and butter in bowl of a stand mixer fitted with the paddle attachment on medium speed until light and fluffy, about 2 minutes. Add egg, yogurt, and vanilla; beat until incorporated, about 30 seconds. Add flour, hemp seeds, baking soda, and salt; stir to combine. Fold in add-ins until evenly combined. Using a 3-tablespoon cookie scoop, portion 16 cookies; place about 2 inches apart on prepared baking sheets. Chill, uncovered, until slightly firm, about 1 hour.
3. Preheat oven to 375°F with racks in upper and lower third positions. Using the palm of your hand, flatten cookie dough slightly to 1/2- to 1/4-inch thickness.

4. Bake the cookies on upper and lower third racks until golden and set, about 15 minutes, rotating baking sheets from top to bottom racks halfway through baking time. Let cool completely on baking sheets placed on wire racks, about 20 minutes.

Make ahead

Portion and freeze the dough for up to one month, bake directly from frozen with a few additional minutes added to the bake time, or store baked cookies in an airtight container for up to four days.

Recipe courtesy Yum, Nelson.

* * * *

Why Balance Is a Skill (And How Your Spine Supports It)



Whether you're walking on uneven ground, reaching overhead, or turning quickly, your body constantly adjusts to keep you upright. That coordination depends on communication between your eyes, inner ear, joints, and nervous system. Your spine plays a central role in that process.

Spinal joints provide feedback to your brain about where your body is in space. When those joints move well, signals travel clearly. When motion is restricted, that feedback can become less precise. Other areas may compensate, making balance feel slightly off or less steady.

This isn't just important for athletes. Balance supports everyday confidence — climbing stairs, stepping off curbs, or carrying groceries. As we age, maintaining balance becomes even more valuable. Improving joint mobility, posture awareness, and core stability all contribute to steadiness.

If you've noticed subtle changes in coordination or feel less stable than you used to, your spine may be part of the conversation.

The Surprising Connection Between Hip Alignment and Knee Pain



Knee pain is one of the most common complaints people bring to healthcare providers, and one that is often misunderstood. It's easy to assume that if your knee hurts, the problem must be in your knee.

But the body doesn't work in isolated parts. It works as a connected system, and one of the most frequent sources of knee trouble is actually located further up the chain: your hips.

How the Hips and Knees Are Connected

The knee is what's known as a hinge joint. It's designed primarily to flex and extend, not to rotate or shift side to side. When it's asked to do those things repeatedly, wear and strain accumulate.

What controls whether the knee stays in good alignment? Largely, the hip. The muscles around the hip, including the glutes, hip flexors, and the muscles along the outer thigh, play a major role in guiding how the knee tracks during movement. When those muscles are weak or imbalanced, the knee compensates, often in ways that cause pain over time.

The Role of Hip Weakness

Weak glutes (the large muscles of the buttocks) are particularly common in people who sit for long periods. When the glutes aren't doing their job during walking, climbing stairs, or squatting, other structures fill the gap.

The knee often ends up rotating inward slightly, which changes the angle of the kneecap and increases stress on the joint. This pattern is behind many cases of what's commonly called "runner's knee", even in people who don't run.

Pelvic Tilt and Its Downstream Effects

The pelvis sits at the top of the leg and acts like a foundation for everything below it. When the pelvis tilts forward or to one side — due to tight hip flexors, muscle imbalances, or spinal misalignment — the angle of the leg changes. That altered angle puts uneven load through the knee with every step.

People often notice this as pain on one side only, or pain that worsens going downhill or after prolonged standing.

Why Treating Only the Knee Often Misses the Point

If the root cause of knee pain is poor hip function or pelvic misalignment, addressing the knee in isolation will only go so far. Strengthening or stretching the knee itself won't correct what's driving the problem from above.

This is why a thorough assessment looks at the whole kinetic chain including the way force travels from the foot, through the ankle, up through the knee and hip, and into the spine.

A Different Place to Start

If you've had ongoing knee discomfort that hasn't fully responded to rest or local treatment, it may be worth having your hip alignment and pelvic mechanics evaluated.

At Back to Living Chiropractic, we take a whole-body approach to understanding where pain is coming from, not just where it shows up.

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



WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2024-25

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Jim Blair (2004); John Palmer (2010) and Graham Gould (2023)

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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

Aug

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

23	Potts Classic & NZ Short Track Championships	Hastings
27-31	Oceania Masters Championships	Christchurch
30	Cooks's Classic	

Feb

13	Buller Gorge Full Marathon, Marathon Relay, $\frac{1}{2}$ Marathon & 10km	Westport
21	International Track Meet	Christchurch
27	Kapiti Women's Triathlon, Duathlon, 10km & 5km Run/Walk	Raumati Beach

March

6	ANZCO Foods Ironman NZ and 70.3	Taupo
11-14	NZ Track & Field Championships & Track Stars Meeting	Auckland

April

23-26	Australian Masters Track & Field Championships	Perth
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May

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

3-4	Gold Coast Full Marathon, $\frac{1}{2}$ Marathon, 10km & 5km	Gold Coast
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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.

Wellington Masters Athletics: If unclaimed please return to 122 Onslow Road, Khandallah, Wellington 6035