

THE

MASTER

COPY

Newsletter of Wellington Masters Athletics Inc.

Volume 25 Issue 4

October 2026

World Masters Championships, Daegu, South Korea



Jackie Wilson in action in the Road Race at Daegu

In this Issue

From the Editor's Desk
President's Report
Annual Accounts
Commonwealth Games
Committee Members
Upcoming Events

From the Editor's Desk

World Masters Championships

These were held in Daegu, South Korea from the 22nd of August to 3rd September. There were a small number of Wellington Masters competing at these Championships and there were some excellent results from some members.

Peter Stevens defended his world title and again won the 2000m Steeplechase for the M60 grade, with a winning time of 7.31:48.

Jackie Wilson won gold in the W80 20km Road Walk in a World Record time of 2:32.54.

Jackie also won gold in the 10km race walk 1:12.51 and also gold in the 5000m race walk setting a record of 36:22.30 improving on her own record of 37:46.13 set in March. These three times set by Jackie are also NZ records for these events.

New Zealand was placed 20th out of 106 countries on the medal chart with 9 gold, 8 silver and 6 bronze medals.

AGM for Wellington Masters

The annual general meeting for Wellington Masters was held on Wednesday September 16th 2026 at the Waiora Hub, Johnsonville commencing at 7pm. A lot of discussion took place regarding the membership issue. After the MoU was signed between NZ Masters and Athletics NZ, we were permitted to consider those members of harrier clubs as 'de facto' members but this is no longer permitted under the new Incorporated Societies Act 2022, and we are required to have a more formal membership list with membership by application. The result is that we currently have an apparently tiny membership which is barely enough to function.

There is a list of members with Athletics Wellington but privacy issues hinder us in being able to access the list and use it to boost our membership. The Committee is looking at ways to try and alleviate this membership issue.

The election of officers took place and all of the committee were re-elected unopposed except for the Secretary John Palmer whose has stood down from the committee after many years being on the committee serving in various roles.

Graham Cook was thanked for his role in looking after the records for Wellington Masters. We seem to have our database up to date again through Graham's diligent approach.

Situation Vacant

There is a vacancy on the committee for the position of Secretary. If anyone is interested in taking on this role or needs more information in what the role entails, please contact the President, Keith Chapman, telephone +64 27 2303582.

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:

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

President's Report, September 2026

At the time of the 2025 AGM the dominating concern was to get an acceptable new constitution lodged with the Registrar of Incorporated Societies before the deadline. With that out of the way, I was slightly surprised to find myself elevated into the position of President, having only been on the committee for a couple of years and with very little idea of the Association's history and function. The learning curve is steep and I'm only just at the start.

Membership

In the past, our membership was simply made up of all those athletes registered with Athletics Wellington who were of masters age, giving us a potential membership of 4-500. We were permitted to consider them 'de facto' members but this is no longer permitted and we are required to have a more formal membership list with membership by application. The result is that we currently have an apparently tiny membership which is barely enough to function and it has been the dedication of people like John Palmer, Graham Gould and others over the years that has kept us going. We are not the only region in this situation and I note that some other regions have chosen to merge with their local region of Athletics New Zealand. My own view is that we should continue to operate independently in cooperation Athletics Wellington and NZ Masters Athletics. We can continue to use our historical membership for a transitional period but it has to be priority for 2026-27 to improve our numbers and also involve more people at the committee level.

Competition

Cross Country and Road

Participation in Masters athletics this year has been in great shape with around 280 competed in at least one of the winter series cross country and road events, with great results including several National Championships in Mountain racing, Cross Country and Road racing. Seeing the numbers competing at an event like the National Cross Country or battling the wind over Kaukau lets you know the sport is in good heart.

Our two local events, the Classic cross country relay and the Johnsonville road race continue to be well supported with over 60 and over 35 competitors respectively including a good representation of walkers. Both events had some really good times with Florence Cohen setting a new course record in the "Pre-Masters" age group.

Track and Field

There have been relatively fewer masters aged entrants in the track and field events, with some sparse fields but despite this there have been many quality performances, perhaps as people move into new age bands. I count 19 new records so far this year with several athletes claiming two or more. I will leave you to check them all but the standout has to be Jackie Wilson's clean sweep of all the walking events culminating in her new World Record in the 20km walk.

It would be good to see more masters' representation in future T & F events, especially the North Island, National and Indoor Champs where we have only had a handful of Wellington entrants.

Communications

Currently we are reliant on club liaison officers to contact their own club members or for members to search out our website or Facebook page as our small membership list makes it difficult to directly inform people about upcoming events, competitions and meetings. If we are able to expand our membership list we can use that for direct email contact and improve utilisation of social media.

Committee

The biggest news of the committee is that, after more than 30 years of service, John Palmer has decided to step down. John has been a true stalwart of the Association so not only does this mean that we need a new secretary, but more importantly we lose his huge experience. As well as holding most committee roles over the years his secretarial role has covered everything from liaison with statutory bodies and other athletics groups to website/social media, editorship of the newsletter, The Master Copy and event organisation. It will take more than one person to replace him and I hope he will still be around with advice when we need it.

Apart from that, I would like to thank the Committee for their work during the year and for covering for me when I have been away.

Keith Chapman,
President

WELLINGTON MASTERS ATHLETICS INCORPORATED

Financial Report - Receipts and Payments for the year ended 31 August 2026

2025 \$		2026 \$
	OPENING FUNDS AT 31 AUGUST 2025	
3,047.58	ANZ Current Account	4,176.89
30,000.00	ANZ Term Deposit	30,000.00
4,758.15	ANZ Savings Account	5,149.97
37,805.73		39,326.86
	PLUS RECEIPTS	
480.00	Subscriptions Received	280.00
1,777.26	Interest Received	1,246.83
315.00	Race Entry Fees	880.00
-	Equipment Sales	-
145.00	Uniform Sales	-
2,717.26	TOTAL RECEIPTS	2,406.83
	LESS PAYMENTS	
420.00	Subscriptions to NZMA	130.00
311.40	Race Expenses	521.59
258.45	Newsletter Printing & Postage	110.25
-	Track & Field Expenses to Wellington Centre	24.00
-	Presentation & Awards Expenses	-
206.28	Website Expenses	189.09
1,196.13	TOTAL PAYMENTS	974.93
39,326.86	CLOSING FUNDS AT 31 AUGUST 2026	
	Represented by:-	
4,176.89	ANZ Bank Current Account	5,279.56
30,000.00	ANZ Bank Term Deposit – Mature 22/09/26 and 07/11/26	30,000.00
5,149.97	ANZ Bank Savings Account	5,479.20
39,326.86		40,758.76

Statement of Accounting Policies:

The above statement is prepared on the basis of Receipts and Payments through the Association's banking accounts. No Provision or Accrual is made for amounts payable or receivable at the 31 August of each year.

As the Association is not GST registered the amounts in the Statement include GST.

AUDIT REVIEW

To the Members of the Wellington Masters Athletics Incorporated

I have reviewed the attached financial report. The financial report provides information about the past financial performance of the Wellington Masters Athletics (Inc.) and its financial position as at 31st August 2026. This information is stated in accordance with the accounting policies set out in the financial report.

Committee's Responsibilities

The Committee are responsible for the preparation of a financial report that provides a true and fair view of the financial position of the Wellington Masters Athletics (Inc) as at 31st August 2026 and the results of its operations for the year ended on that date.

Reviewer's Responsibilities

It is my responsibility to express to you an independent opinion on the financial statements presented by the Committee and report my opinion to you.

Basis of Opinion

A review includes examining, on a test basis, evidence relevant to the amounts and disclosures in the financial report. It also includes assessing:

- the significant estimates and judgments made by the Committee in preparing the financial report,
- and whether accounting policies are appropriate to the Club's circumstances, are consistently applied and adequately disclosed.

I conducted my review in accordance with generally accepted reviewing standards in New Zealand except that my work was limited as explained below. I planned and performed my review so as to obtain all the information and explanations I considered necessary in order to provide me with sufficient evidence to give a reasonable assurance that the financial report is free from material misstatements, whether caused by fraud or error. In forming my opinion I also evaluated the overall adequacy Of the presentation in the financial report.

Other than in my capacity as reviewer I was previously a member of the Club.

Qualified Opinion

In common with other organizations of a similar nature, control over some income prior to it being recorded is limited and there are no practical review procedures to test the effect of this limited control.

In my opinion, except for adjustments that might have been found to be necessary had I been able to obtain sufficient evidence concerning income

- the financial report complies with generally accepted accounting practice, and
- gives a true and fair view of the financial position of the Wellington Masters Athletics (Inc) as at 31st August 2026 and the results of its operations for the year ended on that date.

My review was completed on 8th September 2026 and my qualified opinion is expressed as at that date.

Richard Sweetman
Chartered Accountant (Retired)
Papamoa Beach, Tauranga

ESTHER GEORGE

As a retired writer, I have spent a lifetime documenting the triumphs of others. Over the decades, my long-time friend and journalism colleague Steve Plowman and I have frequently shared this space—often trading places as interviewer and interviewee to unpack the finer points of athletics. Yet, while I know Steve and his coaching philosophy intimately, I have never actually met his athlete, Esther George.

Steve's own deep resilience comes from an extraordinary family legacy; he is the son of World War II Sapper Arthur Percy Plowman, a local Lower Hutt hero and prisoner of war in Austria, and his devoted mother, Joan - a profound story of survival and wartime devotion to come.

Even from a distance, I was recently reflecting on the extraordinary journey of this Wellington Harrier Athletic Club (WHAC) athlete, and I felt compelled to reach out and send my deepest respect. Hearing that her accident in October 2023 was caused by someone running a red light makes the whole ordeal sound absolutely terrifying. It must have been an incredibly stressful, shocking time for her, for Steve, and for everyone in her training circle.

To see where Esther stands today after fighting her way back from that ordeal is nothing short of remarkable. As a health professional who dedicates her career to rehabilitating others, navigating her own recovery while returning to both elite racing and her demanding profession is a massive credit to her sheer grit—and to the stellar guidance Steve has given her as her coach.

Esther has had an undeniable fairy-tale comeback. This season, first-up after three years off the competitive circuit, she ran the closest of seconds on 16 May in the Hawke's Bay 10km (36:14). Just a week later on 23 May, she scored a commanding win in the gruelling Vosseler Shield Senior Women's 7.5km division.

The momentum kept building: on 28 June she placed second in the Wellington Half Marathon, and on 19 July she caused a stunning upset to take the Wellington Cross Country Championship title.

The accolades continued into August. On 22 August, she was the runner-up in the Wellington 5km Road Championships in 17:34. A week later on 29 August, at the ASB New Zealand 10km Road Championships in New Plymouth, Esther clocked 36:25 to secure an

individual bronze medal, while leading her WHAC squad to the Senior Women's National Team Title.

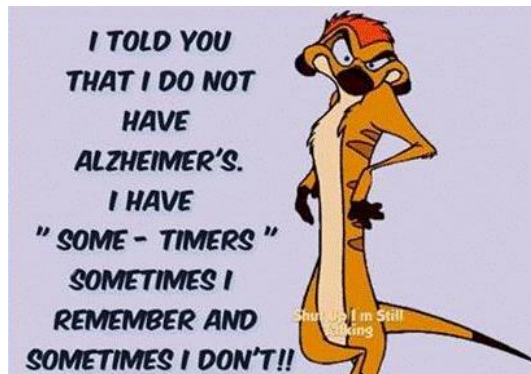
Reading in the Athletics Round-Up about her recent podium finish on 12 September 2026 at the Wellington 10km Road Championships was amazing — clocking 36:11 and taking 2.5 minutes off the 2025 defender, Kumiko Otani, was truly special. Thinking back to Esther winning the female division of the Round Rarotonga Road Race in 2017, and with the 2026 event coming up this week, it really highlights what an incredibly long, successful, and deeply resilient journey she has had.

It also brings back memories of another runner from Steve's stable, Brendon Thompson, who finished as the runner-up in Rarotonga back in 2019. Knowing Steve's own history living and coaching over on the island, it gives him some serious, well-deserved kudos to have guided his runners to such massive successes on that familiar course over the years. As a prominent disciple and protégé of the legendary New Zealand coach Arthur Lydiard ONZ OBE, Steve has spent 47 years coaching elite and master distance runners across New Zealand, Europe, the USA, and the Cook Islands. His legacy speaks for itself.

Steve has spent a highly respected career writing about the achievements and triumphs of others, but as his old friend, I truly hope he takes a moment to appreciate his own massive impact here. He should be immensely proud of the resilience and success his training has fostered.

I know the general schedule with WHAC and training is always completely packed, so I just wanted to share this note of support to cheer them both on for everything ahead. A week after the New Zealand Road Relays on 3 October, Esther is due to line up for the Melbourne Half Marathon on 11 October. We will all be watching.

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.



THE ATHLETE'S KITCHEN

Copyright: Nancy Clark, MS RD, July 2026



Elite vs Recreational Athletes: How to Fuel?

Relatively few elite athletes have actually participated in research studies that advance the science of sports nutrition. Elite athletes may hesitate to join studies because they/their coaches don't want to disrupt (or share) their winning fuelling and training practices. In comparison, highly trained and/or recreational athletes are often eager to join nutrition studies. They want to learn tactics that will get them to the next level of performance.

At this year's American College of Sports Medicine's Annual Meeting, a session organized by Professionals in Nutrition for Exercise & Sport (PINESNutrition.org) focused on this topic: *Are sports nutrition guidelines for elite athletes appropriate for sub-elite and recreational athletes?* Below are a few highlights from this PINES session.

Q. Should recreational marathoners target 120 grams of carbohydrate (~500 calories) per hour of endurance running?

The world's fastest marathon runners have reported consuming 120 grams of carbohydrate per hour to maximize their performance. Given intense exercise requires carbs for fuel, this higher-than-usual intake ensures fuel is available to maintain that fast pace. In comparison, slower marathoners run with less intensity and burn more fat for fuel. They may need only 50 grams of carb per hour of slower running. By doing the math, we learn a 4-hour marathoner could benefit from a total of ~200 grams of carbohydrate during the 26.2 mile event, and a 2:00+ hour marathoner would burn about 240 grams carb. The total carb intake is somewhat similar; the rate of consumption differs.

A more important message for both recreational and elite endurance athletes is to train their gut to tolerate the level of carbs they intend to consume. That means, they need to practice fuelling with the race day food and commercial products they plan to use during the event. Without training the gut, they risk intestinal distress and undesired porta-potty stops that will hinder any athlete's performance.

Q. Elite athlete or not, 1.6 grams of protein per kilogram body weight per day is the new protein target? Not necessarily. Protein needs vary depending on many factors. For example, when a runner is in energy deficit, the need for protein increases because some protein gets burned for fuel instead of being used for its primary role: building and repairing muscle and healing injuries. An under-fuelled endurance runner needs more protein *per pound of body weight* than does a powerlifter who devours abundant calories. An athlete's actual protein need also varies according to habitual protein intake (the body adapts to a lower intake), and quality of protein (plant vs. animal).

Elite and recreational athletes at risk for sub-optimal protein intake include dieters, weight-class (calorie-restricted) athletes, and those who use GLP-1 weight loss meds. They all should be sure they hit the target of about 0.7 grams protein/lb (1.6 g protein/kg) body weight. This is a practical intake that hungry athletes can easily consume, plus more. For a 150-pound runner (68 kg), that's about 105 grams protein per day or about 25 to 35 grams per meal plus 10 to 20 grams from a snack. Here's an example of an easy way to meet that goal: 3 eggs with cheese (25g Pro); 1 can tuna fish (25g); a medium-size chicken breast (45g), and a Greek Yogurt (15 g). No supplements needed!

• ***Do recreational athletes need a hydration plan — or is thirst a good-enough indicator of fluid needs?*** For all athletes, failing to have a fluid plan is a plan to fail. The hydration goal is to limit sweat losses to less than 2% of your body weight to be able to maintain top performance. That means a 150-lb runner should not lose more than 3 pounds (1.5 kg) of sweat as determined by pre- and post-exercise weigh-ins, taking into account any fluids consumed during the workout.

An estimated 10% of recreational marathoners over-hydrate. Drinking too much plain water can lead to hyponatremia (low blood sodium) and death. You don't want that to happen, either!

Once athletes learn their sweat rates, they can make a plan to replace at least half of that loss. Total replacement is not necessary. Drinking 8 to 16-ounces to account for one pound (16-ounces) of sweat lost during a workout can do the job. By practicing consuming that much fluid during training, the stomach gets used to accommodating it. Both recreational and elite runners need to practice their hydrating and fuelling tactics.

• ***Do elite athletes require more vitamins and minerals than the Recommended Dietary Allowances (RDA) developed for the general public?*** The RDAs for vitamins and minerals are designed to meet the needs for 98% of the general population (including recreational athletes). Elite athletes may or may not have higher needs for specific nutrients.

Continued on next page

Continued from previous page

Given elite athletes consume a lot of food, they ingest a lot of vitamins and minerals. For example, a stalk (1 cup) of steamed broccoli provides 100% RDA for vitamin C. Runners who train hard can easily consume 3+ stalks! Runners at risk for nutrient deficiencies include those who eliminate *dairy* (calcium), *animal protein* (iron, zinc), and skimp on calories.

• **Do elite and recreational athletes who eat after 8:00 PM risk gaining weight (body fat) that will impair their athletic performance?** NO, eating at night does not lead to fat gain, that is unless the athlete consistently *overeats* at night. There's a big difference between eating and *overeating*. Athletes who skimp on daytime meals only to "blow their diet" at night can easily overeat and end up gaining weight. A better plan is to fuel by day, curb the appetite, and then eat a lighter evening meal.

Enjoying three pre-workout meals (breakfast, lunch, second lunch) can fuel-up a runner for a powerful 6:00-8:00 pm workout. Then afterwards, the runner can enjoy a reasonably sized recovery dinner without being super-hungry and devouring everything in sight. Both recreational and elite runners who hesitate to enjoy a recovery meal after 8:00 pm due to fear of gaining weight will not only poorly refuel their muscles but will also needlessly sleep poorly due to hunger. Sleep deprivation impairs performance. Eat wisely; sleep well!

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. For more information, visit NancyClarkRD.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.

* * * *

When Your Heel Hurts, Check Your Spine



Plantar fasciitis is a common condition causing sharp heel pain, often felt most with your first steps in the morning. It's usually treated as a foot problem, but the foot is rarely where the story begins. A 2026 review confirmed that managing plantar fasciitis effectively often requires addressing the whole kinetic chain, not just the site of pain.

When your spine or pelvis is out of alignment, the way you walk and bear weight shifts. One foot ends up absorbing more impact than it should. Over time, that uneven load strains the plantar fascia, a band of tissue running across the bottom of your foot, until it becomes inflamed and painful.

Restoring proper spinal and pelvic alignment takes that excess load off your feet and allows the tissue to heal. If you've been dealing with heel pain that isn't responding to stretches or shoe inserts, the answer may be further up than you'd expect.

Why You Wake Up Stiff (Even After 8 Hours of Sleep)



You got your full eight hours, yet when your alarm goes off, your body feels locked in position. Your neck is tight, your back aches, and it takes ten minutes of moving around before you feel remotely human.

If this sounds familiar, you're right to wonder why quality sleep doesn't always lead to waking up refreshed. How you sleep matters just as much as how long you sleep.

Your Spine Doesn't Actually Rest While You Sleep

While you're asleep, your body is in sustained positions for hours at a time. Unlike during the day when you're constantly shifting positions, night time keeps you relatively stationary. Muscles held in shortened positions for hours can develop stiffness. Joints held at awkward angles can become compressed or irritated.

The Sleep Position Problem

Stomach sleeping is the most problematic position for your spine. Your neck has to rotate sharply to one side for hours, creating significant strain. Your lower back also tends to arch excessively.

Back sleeping is generally the most spine-friendly position, allowing your head, neck, and spine to rest in neutral alignment. However, your pillow should support the natural curve of your neck without pushing your head too far forward.

Side sleeping can be excellent or terrible depending on the details. If your pillow is too low, your head tilts down toward the mattress. If it's too high, your head tilts up. Your top leg also tends to pull your pelvis forward and twist your lower back unless you place a pillow between your knees.

The Mattress Factor

A mattress that's too soft allows your body to sink in unevenly, creating a curved spine position. A mattress that's too firm doesn't accommodate your body's natural curves. Most mattresses have a useful life of about seven to ten years — if yours is older, it's likely lost much of its support.

Solutions That Work

Evaluate your sleep position and make adjustments. Use pillows strategically — between your knees when side sleeping, under your knees when back sleeping. Assess your pillow honestly to ensure it keeps your head aligned with your spine.

If your mattress is old or clearly unsupportive, prioritise replacing it. Gentle stretching before bed can also prevent muscles from tightening up overnight.

Morning stiffness that persists despite these changes deserves professional evaluation. At Back to Living Chiropractic, we can assess your spinal health and help you wake up feeling refreshed instead of rigid.

Schedule your evaluation today and discover what mornings can feel like when your spine is properly aligned.

Commonwealth Games

The financial scale of recent multi-sport Games has definitely spun out of control, turning them into an exclusive club that only a few wealthy nations can afford to join. As an aside, I am incredibly pleased to see the downsizing of the Commonwealth Games. They were losing their identity trying to emulate the Olympics.

The Commonwealth Games might now actually be hosted by a wider variety of nations - provided organisers reject the "bigger and better" syndrome. The focus must return to the competition itself, rather than the fancy opening and closing ceremonies that make hosting unaffordable for the majority.

It's a massive contrast to what we experienced right here on our doorstep with the 1974 'Friendly Games' in Christchurch. To this day, Christchurch remains the smallest city to ever host the modern televised Commonwealth Games. Of course, to get them here in the first place, it took the absolute genius of Sir Ronald Scott and Bruce Ullrich and their team, who famously outmanoeuvred Melbourne 36 votes to 2 at the Edinburgh bid selection. Bruce is a former NZOC vice president who was vice-chair of the 1974 Christchurch Commonwealth Games organising committee. I was lucky enough to meet Bruce on the eve of the Games in 1973 - what an absolute legend!

While Sir Ron provided excellent institutional leadership from the top, the focus was on Bruce who did the gruelling 'footwork' - delivering around 200 speeches in promotional talks up and down the country, traveling extensively overseas, and handling the hard yards on the ground and behind-the-scenes lobbying he did to build public and political momentum to get that 1974 bid over the line.

The '74 Games were absolute proof that you don't need over-the-top, multi-billion-dollar extravagance to stage a spectacular, world-class tournament. The focus back then was purely on the community, the athletes, and the sport. Over five decades later, it remains one of the most successful and beloved Games in history.

Although back at Barcelona in 1992 when Bruce Ullrich was one of NZ's delegates to decide whether they supported Adelaide or Malaysia, they went with Malaysia because the Games had not yet been in Asia. He had concerns at the time about the introduction of team sports because it would create problems in hosting Games.

Seeing the difficulties of finding candidate cities he advocated widely of going back to the Christchurch model of staging a Games based on individual sports and suggested as a compromise of offering team sports to other cities in the Commonwealth.

Going back to that exact blueprint - scaling things down and cutting the theatrical fluff - is the only viable way forward. In fact, Glasgow is trialling a model right now that slashes costs by roughly 60%, axes massive team sports like rugby and hockey, and relies entirely on

existing venues. Interestingly, Bruce Ullrich himself has championed this exact idea for years, arguing the Games must scale back to survive.

However, since the recent Glasgow games where numbers were restricted, Bruce predicted that these Games were financially a success which were helped by a US\$200 million grant from the Commonwealth Games Federation which was 50% of the compensation paid by Victorian State of Australian for pulling out.

Returning to basics like this restores the Games to what they were meant to be from the very start in ancient Olympia: pure, individual sport. Man versus man, woman versus woman, with less theatrical distractions.

It's the only way smaller Commonwealth nations will ever get a fair go at hosting, and it is exactly how we save the true sporting spirit we witnessed here in 1974.

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.

* * * *

Manual Therapy and Shoulder Pain



If you've been dealing with persistent shoulder pain, the source may not be your shoulder at all. A 2025 review of clinical trials found that manual therapy directed at the thoracic spine, the middle portion of your back, improved pain, movement, and function in patients with shoulder impingement.

The shoulder doesn't work in isolation. It relies on the upper back and shoulder blade to move correctly, so stiffness in the thoracic spine often shows up as pain elsewhere. Restoring healthy movement in that area can take pressure off the shoulder joint itself.

Pain doesn't always point straight to its cause. If shoulder discomfort has been slowing you down, the issue might actually be sitting further up your spine.

HEALTH

Standing Desks & Spinal Support: Tips for Smarter Use



You've likely heard the term "sitting is the new smoking" due to the health risks associated with being sedentary. In response, many people are seeking simple ways to incorporate more movement into their day, even while working. Standing desks are popular in many workplaces, offering an alternative to long hours of sitting. But like any tool, how you use it can make all the difference in how your body responds.

Finding the Right Balance

It's important to note that standing all day isn't necessarily better than sitting all day; it's the balance between the two that matters. Switching between sitting and standing every 30 to 60 minutes may help reduce fatigue and muscle stiffness. If you're using a standing desk, pay attention to how you're standing. Locking your knees or leaning to one side over time can place extra pressure on your back or hips.

Small Adjustments, Big Results

Your monitor should be at eye level, with your shoulders relaxed and wrists in a neutral position. A footrest or small step can also be useful – resting one foot at a time may help shift weight and support posture.

Supportive footwear or a cushioned mat can reduce strain on your feet and legs if you stand for long periods.

It's Not About Perfection

A standing desk won't automatically improve posture, but when used effectively, it can support a more active and engaged workday. Paying attention to how your body feels throughout the day can help guide you in making small changes that add up.

Movement Still Matters

Even with a standing desk, regular movement is key. Shifting your weight, taking short walks, or stretching can prevent stiffness and support better circulation throughout the day.

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

Many Veg Feel Good Minestrone

(17 veg!) V, GF



This is our favourite recipe this time of year as it uses up all the remaining Summer produce, such as tomatoes and basil, that might need to be picked, as well as annuals such as spinach, silverbeet, and kale. It also feels great to fulfil over half of our weekly requirements for fresh produce in one meal! And tastes just right as the temps start to drop.

INGREDIENTS (serves 8)

- 2 T olive oil
- 1 onion, minced
- 3-4 garlic cloves, minced
- 2 stalks of celery, finely chopped
- 2 carrots, finely chopped
- 2 potatoes, chopped
- 2 cups of other seasonal veg - zucchini, tomatoes, pumpkin, corn
- 1 cup frozen green beans
- 1 cup frozen peas
- 2 T tomato paste
- 2 cans cannellini beans - drained, and blend one can of beans with a stick blender
- 2 cans chopped tomatoes
- 1 handful chopped fresh basil
- 1 handful chopped fresh parsley
- 1 cup dried pasta
- 1 can lentils, drained
- 6 cups of water or vegetable broth/stock
- 1 tsp salt
- 1/2 tsp fresh ground pepper
- 3 cups spinach, silverbeet, or kale (or any combo of all 3), chopped
- 2 T balsamic vinegar.

INSTRUCTIONS

1. Heat olive oil in big pot over medium heat. When hot, add onion, garlic, celery, and

carrots. Sauté for 10 minutes until it smells good.

2. Add potatoes and seasonal veg. Sauté for another 10 minutes.
3. Add remaining ingredients down to water/veg broth, and bring to boil.
4. Simmer for 30 minutes with lid.
5. Remove lid and add greens - spinach, silverbeet, and/or kale and balsamic.
6. Give a good stir and simmer with lid off for another 15 minutes.
7. Taste for seasoning and add more salt and pepper for your own taste.
8. To serve - grated parmesan or pecorino or aged tasty are all great on top, plus a healthy drizzle of good quality olive oil.

* * * *

Aerobic? Anaerobic?

There appears to be a great deal of controversy over which is the preferred type of metabolic training - aerobic or anaerobic? Metabolic training involves performing specific exercises that are designed to increase the efficiency of the certain pathways in your body that store and deliver energy for certain activities. Three energy pathways store energy – one is aerobic and two are anaerobic. So... what's the difference?

Aerobic activity makes your heart and lungs work harder and increases the body's need for oxygen. Activities such as running, swimming, bicycling, working out on a treadmill, and other activities that generally take place for a longer period are types of aerobic activity.

Anaerobic activity involves lower-impact exercise that doesn't work the cardiovascular system as strenuously as aerobic. Anaerobic exercise involves activities such as lifting weights, running sprints, and other shorter-duration exercises (i.e., under two minutes of medium to high intensity activity).

Many people seem to be partial to aerobic activity because it burns fat and keeps their metabolisms pumping for some time after they actually stop exercising. But aerobic activity also causes loss of muscle, strength, speed and power if that's the only exercise you do.

Anaerobic activity, on the other hand, increases muscle, strength, power, speed and aerobic function and it also decreases body fat.

So there really shouldn't be any controversy. Ideally in terms of metabolic training, the best of both worlds would be a combination of high intensity/short duration activity, medium intensity/medium duration activity and low intensity/long duration activity – the best of all worlds for those energy pathways!



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:		
TREASURER:	Graham Gould	04 973 6741
COMMITTEE:	Jackie Wilson	04 526 7439
	Graham Cook	027 421 4236
SUBSCRIPTIONS:	Veronica Gould	04 973 6741
EDITOR:	John Palmer	0274 598 502
MASTERS RECORDS:	Graham Cook	027 421 4236

LIFE MEMBERS

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

CLUB CO-ORDINATORS

ATHLETICS & CYCLING MASTERTON:	Malcolm MacDonald	04 233 2241
AURORA HARRIERS:	Hadley Bond	04 233 2241
HUTT VALLEY HARRIERS:	Chris Rigg	secretary@hvh.org.nz
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:	vuwathletics@gmail.com (David)	
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

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
-------	--	-------

May

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

July

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

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.