

THE

MASTER

COPY

Newsletter of the Wellington Masters Athletics Inc.

Volume 10 Issue 3

July 2011



Jackie Wilson, first across the line and first walker at the Johnsonville 8km Race on Sunday 17th July.

See page 11 for the results.

Next Masters event:

**Lower Hutt 5km and 10km
Sunday 2nd October**

WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2010-11

EXECUTIVE:

President:	Brian Watson	971 1351
VPresident:	John Hammond	04 292 8030
Secretary:	John Palmer	479 2130
Treasurer:	Graham Gould	973 6741

COMMITTEE:

Barbara Tucker	563 8872
Laurence Voight	565 0718
Mark Macfarlane	234 8874

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WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2010-2011

PATRON:	Heather May	C/- 28 Kipling Street, Johnsonville, Wellington 6037	977 0525
PRESIDENT:	Brian Watson	14 Hewson Crescent, Otaki Beach, Otaki 5512	06 364 7758
VICE PRESIDENT:	John Hammond	148 Wellington Road, Paekakariki, Kapiti 5034	04 292 8030
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COMMITTEE:	Laurence Voight	17 Tarras Grove, Kelson, Lower Hutt 5010	565 0718
	Mark Macfarlane	3 Shackle Lane, Whitby, Porirua 5024	234 8874
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EDITOR:	John Palmer	122 Onslow Road, Khandallah, Wellington 6035	479 2130
MASTERS RECORDS:	Mark Macfarlane	3 Shackle Lane, Whitby, Porirua 5024	234 8874

LIFE MEMBERS

Jim and Colleena Blair (2004); Bruce and Noeleen Perry (2008); Heather May; Richard Harris and John Palmer (2010).

CLUB CO-ORDINATORS

CAPITAL RUNNERS:		PO Box 1973, Wellington 6140	
H V HARRIERS:	Albert Van Veen	95 Kamahi Street, Stokes Valley, Lower Hutt 5019	563 8450
H V MARATHON:	Trevor Knowles	105 Major Drive, Kelson, Lower Hutt 5010	565 0294
KAPITI:	John Hammond	148 Wellington Road, Paekakariki, Kapiti 5034	04 292 8030
OLYMPIC:	Brian Watson	14 Hewson Crescent, Otaki Beach, Otaki 5512	06 364 7758
	Tineke Hooft	1 Tombane Lane, Papakowhai, Porirua 5024	237 9676
RIMUTAKA:	Mike Clark	12B City View Grove, Lower Hutt 5010	566 8755
TRENTHAM UNITED:	Diane Rogers	42 Elmslie Road, Pinehaven, Upper Hutt 5019	528 2316
SCOTTISH:	John Hines	Flat 88, Central Park Flats, 20 Nairn St, Wellington 6011	384 3231
UNIVERSITY:	Richard Brandon	PO Box 6108, Wellington 6140	476 5758
WAIRARAPA:	John Ihaka	7 Kowhai Grove, Featherston 5710	308 9656
WGTN HARRIERS:	Neil Price	11 Hurman Street, Karori, Wellington 6012	476 6956
WGTN MARATHON:	Bruce Perry	Apt 512, 134 Burma Road, Johnsonville, Wellington 6037	
WGTN MASTERS:	Colleena Blair	43 Elmslie Road, Pinehaven, Upper Hutt 5371	528 2992

COMMITTEE MEETINGS 1st THURSDAY OF MONTH AT OLYMPIC HARRIER CLUBROOMS,
BANNISTER AVENUE, JOHNSONVILLE, COMMENCING AT 5:30pm.

CLUB REPRESENTATIVES AND MEMBERS ARE ALWAYS WELCOME

EDITORIAL

The Ten Kilometre Road Race

Wellington Master's Championship

I first ran as a pre-vet, Easter 1977. This was a National Track and Field event, held at Newtown Park. There was a 9km Road Race run for pre-vets - Barry Everitt winning this event - I was third. In 1978 when I was 40, I joined the Veterans Association as it was then called, and have been a member ever since.

In those days the only events the Masters held in Wellington, apart from the track and field, were four or five runs a year, from various club rooms, (Wellington; Scottish; Hutt Valley or Trentham) on Sunday afternoons from 2 o'clock. Veterans would have a run; (about one to two hours) have a cup of tea or coffee and go.

At the 1980 AGM, Frank Hamlin became President, with Rob Sutton Secretary (both Wellington Harriers), and myself a committee member. I cannot remember who else was on the committee but when I left the committee in 1985, the committee had Nola Green (Scottish), Peggy Fletcher (Olympic), Colleena Blair, Gordon Smith (Hutt Valley) and Keith Stewart (Trentham), to name a few that I can remember.

After most of us had competed very successfully at the 4th Masters Games, held in January and February 1981 at Christchurch's Queen Elizabeth Park we thought about organizing a 10km Road Race for Veteran Athletes, which was first run on the 14th November 1981.

The 10km Race was run from Naenae Pool down Cambridge Terrace, under the Railway line at Guthrie Street, back up Oxford Terrace, over the bridge at Wingate, finishing at Naenae Pool. I cannot remember how many people were in the race, but from memory, Roger Robinson was the winner. I was race director till 1985, followed by Gordon Smith, then Ian Jacobson (both Hutt Valley Harriers), followed by Bruce Perry, and in recent years, Peter Wrigley (Scottish). I might have missed someone and for this I apologise. I cannot remember when the start was changed to Manuka Street in Lower Hutt - up Oxford Terrace and back. It now starts at Sacred Heart College, Bellevue Road, Lower Hutt.

I have only a few 1993 results, 62 runners and 10 walkers so the walking section must have started about that time. Winner Ted McLachlan - time 31.45, which is most probably the fastest time ever. In the women Wendy Stewart (Masterton), time 36.01 in 1991. This could also be the fastest time for women.

Last year we introduced a 5km race with the 10km but only one person competed, along with 9 Walkers and 15 runners in the 10km. With Grant McLean (Scottish) running a time off 32.20 in 2009, would most probably be the fastest time for many years.

I have always liked competing in the 10km in Lower Hutt, as it is a good flat course, and after living in Johnsonville until recently where all my runs were up and down hills, it was good to do some running on the flat.

Brian Watson

BITS and PIECES

Stats for Race on Sunday 19th June

42km Armstrong Motor Group Marathon	437
42km Marathon Runner	401
42km Marathon Walkers	36
21km Shoe Clinic Half Marathon	1,848
21km Half Marathon Runners	1,563
21km Half Marathon Walkers	285
10km Adidas 10km	1,739
10km Runners	1,314
10km Walkers	425
Kids Classic Hits Kids Magic Mile	
Kids 5-12yrs	356
Total	4,380
	(3,988 finishers (90.6%))

OTHER STATS:

- There were 52 WMC volunteers helping out over the 3 event days.
- 144 merit and age grade prizes were awarded and over 600 minor spot prizes.
- 48 major spot prizes were drawn at prize giving including the major spot prize of travel, accommodation and entry to the 2012 London Marathon.
- Prize giving started at just after 1.30 pm and was completed in 50 minutes.
- The Event is now certified by the IAAF.

* * * *

BEREAVEMENT

It is with sadness that I inform you that Scott Warren passed away recently. Scott was the son of Wellington member Margaret Bray, who is one of our regular walkers at our events. A card was sent to Margaret on behalf of Wellington Masters expressing our sympathy in her loss.

* * * *

Quote of the Day

"The law firm of the future - a computer, a very large dog and an attorney. The computer does all the legal work, the attorney's sole job is to feed the dog, and the dog is there simply to make sure the attorney doesn't touch the computer."



If you can't afford a doctor, go to an airport - you'll get a free x-ray and a breast exam, and; if you mention Al Qaeda, you'll get a free colonoscopy.

ANNUAL GENERAL MEETING

Notice is hereby given that the annual general meeting of Wellington Masters Athletics Inc. will be held on

THURSDAY 29th SEPTEMBER

**at the Olympic Harrier Clubrooms
Bannister Avenue, Johnsonville
commencing at 7.30pm.**

Nominations are called for the following positions:

Patron;
President;
Vice President;
Secretary; and
Treasurer.

Nominations for the above positions are to be in the hands of the Secretary by **Monday, 22nd August 2011.**

Nominations for Committee members will be called for from the floor at the AGM but nominations can be submitted to the Secretary beforehand.

Any Remits for discussion at the AGM must also be in the hands of the Secretary by **Monday, 22nd August 2011.**

John Palmer
Secretary
Wellington Masters Athletics Inc.
122 Onslow Road
Khandallah
Wellington 6035
Email: palmer.palace@xtra.co.nz

Oceania Masters Track & Field Champs Tauranga

5-12th February, 2012

Nine night's hotel accommodation

\$650 per person share twin.

Shorter stays arranged.

Hotel is 200m from the track.

Tea & coffee making facilities and refrigerator.

Close to restaurants and the city centre.

- Trip to Rotorua & Waitomo Caves - Tuesday 7th February late afternoon to Rotorua.
- Visit Tamaki Maori Village for "Journey of Ages" show with traditional HANGI feast.
- Overnight in Rotorua - Morning visit to Geyserland and boiling mud pools.
- 11am depart for Waitomo Caves - 1hr 50 min drive - the 45 min tour includes 250m boat ride among glow worms, stalagmites & stalactites - This is a must!
- Return to Tauranga.

* * *

Cost to be sorted, estimate around \$380

Deposit \$200 per person

Cheques made out to Online Sports Tours or direct credit to:

Westpac Bank, 101 Gladstone Road, Gisborne, NZ Account: Gisborne Holiday Shoppe
Account number: 030638: 0269850:84

* * *

Contact Roy Skuse

Online Sports Tours

PO Box 57, Gisborne, NZ - Phone 64 6 8687700 - Fax 64 6 8678366

Email address: roy@netfares.co.nz - www.onlinesportstours.co.nz

HEALTH

10 Easy Ways to be Your Own Doctor

1. Have a PERF-ect day - Essentially, there are four things you should monitor every day to make sure you are living healthily: the amount of fresh fruit and vegetables you ate that day (**Produce**); whether you walked or ran and were active (**Exercise**); whether you got a least 15 minutes of laughter and fun time for yourself (**Relaxation**); and whether you got enough beans, grains and other high-fibre foods (**Fibre**). If you can say you did well on all four, your day has been extremely healthy. (Now the bad news: this doesn't apply if you spent the rest of the day drinking, smoking and eating chocolate.)

2. Get naked every two or three month - Then with your partner, conduct a head-to-toe skin check, looking for any new moles, changed moles, suspicious spots or rashes. Be sure to check your scalp, between your toes and fingers, and the underside of your arms. If you find anything worrying, see your doctor.

Do the ABCD test when checking moles, looking out for these possible danger signs:

- **Asymmetry** - the two halves of the mole don't match.
- **Border irregularity** - the edges of the mole are jagged.
- **Colour** - uneven, different shades of black, brown or pink.
- **Diameter** - more than 6mm.

3. Monitor your sleepiness - There are three good ways to tell if you're not getting enough sleep. First, do you require an alarm clock to wake up most mornings? Secondly, do you become drowsy in the afternoon, to the point that it affects what you're doing? Thirdly, do you doze off shortly after eating dinner? If the answer to any of these is yes, you need more sleep. And if you're getting enough sleep (about eight hours) and still have these troubles, talk to your doctor about your low energy.

4. Measure your height every year after you turn 50 - This is especially important for woman as a way of assessing posture and skeletal health. A decrease in stature can be as informative as a change in bone density for monitoring your overall bone health. If you notice changes or you have other concerns, speak to your doctor.

5. Keep track of the colour of your urine - This may sound weird, but it's a useful health indicator. Your urine should be a clear, straw colour; if it's dark or smells strong, you may not be drinking enough fluids. If it stays dark-coloured even after you increase your fluid intake, make an appointment with your doctor. If it's bright yellow, it may be the B vitamins in your multivitamin tablets (if you take them).

6. Count your heartbeats after you exercise - A study published in the *Journal of the American Medical Association* found that women with poor heart rate recovery (HRR) after exercise had twice the risk of having a heart attack within ten years as those who had a normal recovery rate.

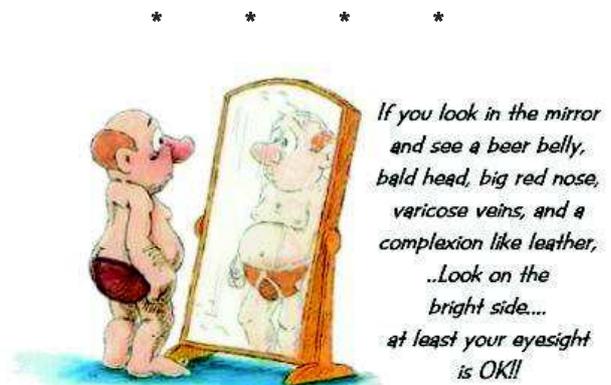
Try this simple test to discover your HRR: next time you exercise, for example, a strenuous 20-minute walk or a jog, count your heartbeats for 15 seconds immediately afterwards, then multiply the result by four to get your heart rate. Sit down and wait for two minutes, then check again. Subtract the second number from the first. If it's under 55, your HRR is higher than normal and you should talk it through with your doctor.

7. If you have diabetes, examine your feet everyday - Diabetics are susceptible to foot damage, so should examine their feet carefully for any blisters, fungus, peeling skin, cuts or bruises. Because people with diabetes often have some nerve damage in the extremities, these daily self-examinations offer critical clues as to how well they're managing their blood sugar.

8. Have a cardiovascular assessment - If you're over 40 and not on treatment for heart disease or high blood pressure, it's worth getting a cardiovascular assessment for future heart attack and stroke risk. You should also arrange one if you're under 40 with a strong family history of heart attack or stroke. Blood cholesterol is just one of several factors that need to be measured and assessed, along with your smoking status, blood glucose level, electrocardiogram (ECG) results and blood pressure. Measuring cholesterol alone is not enough, as "normal" cholesterol levels do not necessarily mean that your overall cardiovascular risk is "normal". Ask for information and advice at your doctor's surgery.

9. Check your hairbrush - If you've noticed your hair is falling out, ask your doctor to check your levels of blood ferritin, which will indicate how much iron your body is storing. Some studies suggest low levels may be related to unexplained hair loss. Thyroid disease is another fairly common cause.

10. Check your blood pressure every six months - You can do this yourself with a home blood pressure monitor. You can get information from the National Heart Foundation (nhf.org.nz - type in "blood pressure" in the search box). If the top number is more than 140 (130 if you have diabetes) and the bottom number is higher than 90 (80 for diabetics), wait a day, then check it again. If it's still high, make an appointment to see your doctor.



Better Together

Combine two workouts into one and achieve greater fitness - in less time.

Tempo workouts, speed-work, long runs, not to mention work, family, and life in general - how can a runner fit it all in? One time-efficient solution: Combo workouts. These sessions blend elements of quality runs to make the most of every minute you have.

"Doubling up is great for targeting different systems in one workout - speed, strength, mental toughness, and more - which makes you fitter and better prepared for race day," says Susan Paul, a fitness program director. While these multitasking workouts deliver bonus rewards, they also stress your body, so follow up with a day of easy running, cross-training, or a rest day. Here's how - and why - to get it together.

LONG RUN + GOAL PACE

To Learn Proper Pacing

"This allows you to practice race pace without risking injury because the fast portion is short," says Mike Norman, marathon and triathlon coach. It also gets you mentally and physically accustomed to running hard on fatigued legs, a necessary skill for race day. Begin your long run at a pace about a minute slower than goal pace. Two-thirds through the run, speed up to goal pace or slightly faster and maintain it until you've completed your mileage. If you're running more than 26 kilometres, use the same formula, but only run the last five to seven kilometres at marathon goal pace.

Combo sessions are efficient but can be tiring. Beginners should run one every two to three weeks; seasoned runners can perform one per week.

1KM REPS + SPRINTS

To Sharpen Speed

This taxing duo trains your body to resume your goal pace after a short, fast spurt - say, if you're passing someone in a race. "When you throw in a faster-paced segment to raise the bar on your aerobic threshold, it ultimately makes goal pace seem that much easier," says Paul. After warming up, run one kilometre at or up to 30 seconds faster than your marathon, half marathon, or 10km pace. Then run 200 metres at 5km pace or slightly faster. Repeat the sequence two to five times. Do this workout on a measured stretch of road, on a track (or a combination of road and track), or on a treadmill.

RUN + STRENGTH + RUN

To Push Through Fatigue

"Sandwiching a lower-body strength workout between two easy runs creates that heavy leg feeling," says Paul. "You are simulating race-day muscle fatigue - caused by the build-up of waste products and the draining of carbohydrate reserves - without actually logging long or

hard mileage." Run three to five easy kilometres on a treadmill or outdoors. Follow that with six to eight reps of squats, lunges, and calf raises (in the gym add leg extensions and leg curls). Do two or three sets. Hop back on the treadmill or head out for another three to 10 easy kilometres.

HILLS + 800s

To Improve Form and Fitness

Combining a hilly route with 800-metre repeats elevates your heart rate, which can improve your aerobic capacity. Plus, "on long, slow runs we can get sloppy with our form; short, fast ones 'clean up' our form by teaching our bodies to find the most efficient way to run," says Paul. On a measured route with rolling hills (or on a rolling loop that ends near a track), run easy for one kilometre, then do 800 metres at 10km pace (newbies run 20 to 35 seconds per kilometre faster than easy pace). Repeat the sequence two to four times.

HILLS + FLATS

To Learn Consistent Effort

The key to a successful race is to keep your effort constant despite fluctuations in pace as you navigate varying terrain.

"Running hills followed by flats helps you find that even effort and become accustomed to it," says Norman. For this combo, a treadmill provides the most control. Warm up, then set the incline at two to five per cent and run at a pace that allows you to complete a two-minute interval. Reduce the incline to zero and continue at the same effort for two minutes by picking up your pace. Your breathing rate should stay the same. Walk or jog at zero-per cent incline for two minutes. Repeat the sequence three to six times.

Reproduced from the June 2011 issue of Runner's World.

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MEMBERSHIP

At the time of going to print, our membership stands at 88. There have been no new members join since the last issue was published.

* * * *

COLOUR PATCHES

The following are the colour patches for each Master's age group and should be worn when competing at Championship events.

30+ Light blue	70+ Lilac
35+ Light Green	75+ Maroon
40+ Gold	80+ Orange
45+ Black	85+ White
50+ Red	90+ Brown
55+ Emerald Green	
60+ Royal Blue	
65+ Yellow	



RECIPE

Mexican Fish Cakes with Avocado Salsa

Ingredients:

750g potatoes, peeled
 300g smoked fish
 ½ small red onion, finely diced
 1 tsp minced garlic
 2 tsp Mexican chill powder
 1 tsp each ground cumin and coriander
 2 tbs chopped coriander

Avocado Salsa

2 ripe avocados
 ½ small red onion, peeled and finely chopped
 1 long red chilli, deseeded and finely chopped
 ¼ cup chopped fresh coriander
 Juice 1 lemon

Method:

- Cut the potatoes into even-sized pieces and cook in boiling salted water for about 5-6 minutes until half cooked. Drain and cool.
- Shred the fish into bite-sized pieces, discarding any bones or skin.
- Grate the potatoes into a large bowl and mix together with the shredded smoked fish, onion, garlic, chilli powder, cumin, coriander and fresh coriander.
Season to taste with salt. Press the mixture into 8 even-sized patties.
- Heat a little oil in a frying pan and cook each patty for about 8 minutes, turning once. Serve warm with the Avocado Salsa and salad greens.

Avocado Salsa

- Halve, stone and peel the avocados. Dice the flesh and place in a bowl with the red onion, chilli, coriander and lemon juice. Season with salt.

Serves 4.

* * * *

Laugh It Up!

For years, Readers Digest has featured the column "Laughter, the Best Medicine." It contains jokes, riddles and humorous musings designed to tickle the funny bone. But just how important is laughter to our everyday health?

It turns out that when we laugh we produce natural killer cells which destroy tumours and viruses. Plus there's an increase in the production of Gamma-interferon (a disease-fighting protein), T-cells (important for our immune system) and B-cells (which make disease-fighting antibodies). Besides lowering blood pressure, laughter

increases oxygen in the blood, which also facilitates healing.

Laughter helps us to deal with stress, cope with loss, work through tragedy, hide our embarrassment and calm our fears. Laughter helps the body relax. It lowers blood pressure, increases immune system functioning and assists in warding off disease.

In terms of mental health, laughter:

- Helps us connect with others - humour is often used as a means to help us collectively cope with grief, fear or loss;
- Makes us more productive - happy people have more energy;
- Releases negative emotions such as anger, fear, sadness, resentment, depression;
- Increases the likelihood that we will feel happy; and
- Releases endorphins in the brain that help you to feel good.

Did you also know that laughter is a form of aerobic exercise? You may even feel fatigued if you laugh continuously for any length of time! Just remind yourself to laugh well and often in order to experience the aerobic benefits of laughter.

What steps can you take to increase the amount of laughter in your life?

- Surround yourself with positive upbeat people who laugh a lot - laughter really is contagious!
- Find out what makes you laugh - is it funny movies, watching the comedy channel, reading funny material? Whatever it is - do it more often!
- Don't take yourself, or anyone else, or even life so seriously.

Always remember, happiness is your birthright... so laugh and when you do, laugh loud and often!

* * * *

YOUR FINANCIAL IDENTITY

Identity theft in New Zealand is on the increase. A 2009 survey by Unisys Asia Pacific showed that 51% of New Zealanders are extremely concerned about other people obtaining their credit and/or debit card details. To protect yourself, there are a number of basic precautions you can take to help reduce your exposure to identity theft and financial fraud:

- Keep the antivirus and firewall software on your computer up to date.
- Never provide your PIN or internet banking password to anyone.
- Don't use public computers for internet banking, and always log on by typing your bank's full web address (or URL) rather than a link.
- Keep receipts and thoroughly check account statements as soon as they arrive.
- Set "strong" passwords and change them regularly.
- Guard your personal identification information carefully - date of birth, current address, driver's licence number and passport details.

HUTT VALLEY MARATHON CLINIC
PRESENTS

The Pelorus Trust

RUN & WALK 2011

5K, 10K, 1/2 Marathon
& the Cool Kids' Kilometre

18 SEPTEMBER 2011

MAJOR SPOT PRIZE!!!
TRIP FOR 2 TO THE 2012 GOLD COAST AIRPORT MARATHON
INCLUDING 7 NIGHTS ACCOMMODATION & ENTRY FEES
COURTESY OF HOUSE OF TRAVEL

HOUSE OF TRAVEL



SCENIC HUTT RIVER COURSE
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FINGER ON THE PULSE

Your pulse is the most effective measure of your cardiovascular fitness (the efficiency of your heart in pumping blood to your body). The fitter you are, the stronger your heart is, the slower your pulse.

Check your recovery pulse

Assess how fit you are by measuring your recovery heart rate. This shows how fast your heartbeat returns to normal after exercise - a sign of how efficiently your heart is working. Here's the process.

1. Do three minutes of continuous step-ups, using a bottom step or a sturdy box at least 30cm high.

(Step up with your right foot then your left; down with the right then left; repeat over and over.)

2. Pause for 30 seconds.

3. Now take your pulse as directed below. Compare it with the rates below to gauge your level of fitness.

4. Always check with your doctor before exercising if you have any health concerns.

How to take your pulse

Place your index and middle fingers on your radial artery (on your wrist, near your thumb), or on your carotid artery (in one of the grooves alongside your windpipe). Use a watch with a second hand and count the beats over a ten-second period. Multiply by six to get your heart rate per minute.

Gauge your level of fitness:

Men:

Age	Unfit	Average	Fit	Very Fit
30-39	>118	106-118	84-105	<84
40-49	>122	109-122	88-108	<88
50-59	>123	114-123	92-113	<92
60-69	>127	118-127	95-117	<95

Women:

Age	Unfit	Average	Fit	Very Fit
30-39	>109	100-109	78-99	<78
40-49	>112	101-112	80-100	<80
50-59	>115	106-115	86-105	<86
60-69	>118	109-118	90-108	<90

* * * *

INSIDE THE MIND OF AN ENGINEER

Two engineering students were walking across the campus when one said, "Where did you get such a great bike?"

The second engineer replied, "Well, I was walking along yesterday minding my own business when a beautiful woman rode up on this bike - threw the bike to the ground, took off all her clothes and said "Take what you want."

The second engineer nodded approvingly, "Good choice; the clothes probably wouldn't have fitted."

To the optimist, the glass is half full.

To the pessimist, the glass is half empty.

To the ENGINEER, the glass is twice as big as it needs to be.

Normal people ... believe that if it isn't broken, don't fix it. ENGINEERS believe that if it isn't broken, it doesn't have enough features yet.

South Island Masters Games Nelson: 15-23 October 2011

Sport	Sat 15	Sun 16	Mon 17	Tue 18	Wed 19	Thu 20	Fri 21	Sat 22	Sun 23
Athletics (Track & Field)	✓								
Badminton		✓							
Basketball					PM	PM		✓	✓
Cricket					✓				
Croquet & Croquet Golf			✓	✓	Social		Criterion	Time Trial	40/60k
Cycling (Road)		80km							
Darts	✓								
Disc Sports	✓								
Duathlon		✓							
Echtre					✓	✓			
Football	✓		✓	9 hole	18 hole	36 hole	36 hole		
Hockey					✓	✓	✓	✓	
Indoor Bowls									
Indoor Football									✓
Indoor Netball									✓
Indoor Rowing									✓
Kart Racing					✓				
Lawn Bowls					✓	✓			
Motocross								✓	✓
Mountain Biking									XC
Netball	✓								
Ocean Swim							✓		
Orienteering									
Petanque							✓	✓	
Pool	✓								
Run Walk								Fun Run	5k
Shooting (Clay Target)								X Country	
Shooting (Smallbore)	✓								
Snooker					✓				
Softball	✓								
Swimming									✓
Table Tennis									
Tennis	✓								
Touch									
Trail Run (Dun Run)	✓								
Triathlon	✓								
Twilight 400					✓				
Underwater Hockey								✓	
Volleyball	✓								
Yachting/Sailing									✓

Official Travel Agency

Harvey World Travel Mid City Nelson (HWT) has been appointed our Exclusive Official Travel Agency. HWT will manage all accommodation and travel for participants as well as offering special add-on tourism and attraction packages. HWT has negotiated block bookings, special rates and packages to ensure there are sufficient beds available for the Masters Games participants at a reasonable rate.

If you have any travel or accommodation enquiries please contact: Romi Nielsen roni.nilsen@harveyworld.co.nz or Phone: +64 3 548 3300 • Mobile: +64 21 548 747 • Fax: +64 3 548 3747

Come play in Sunny Nelson.

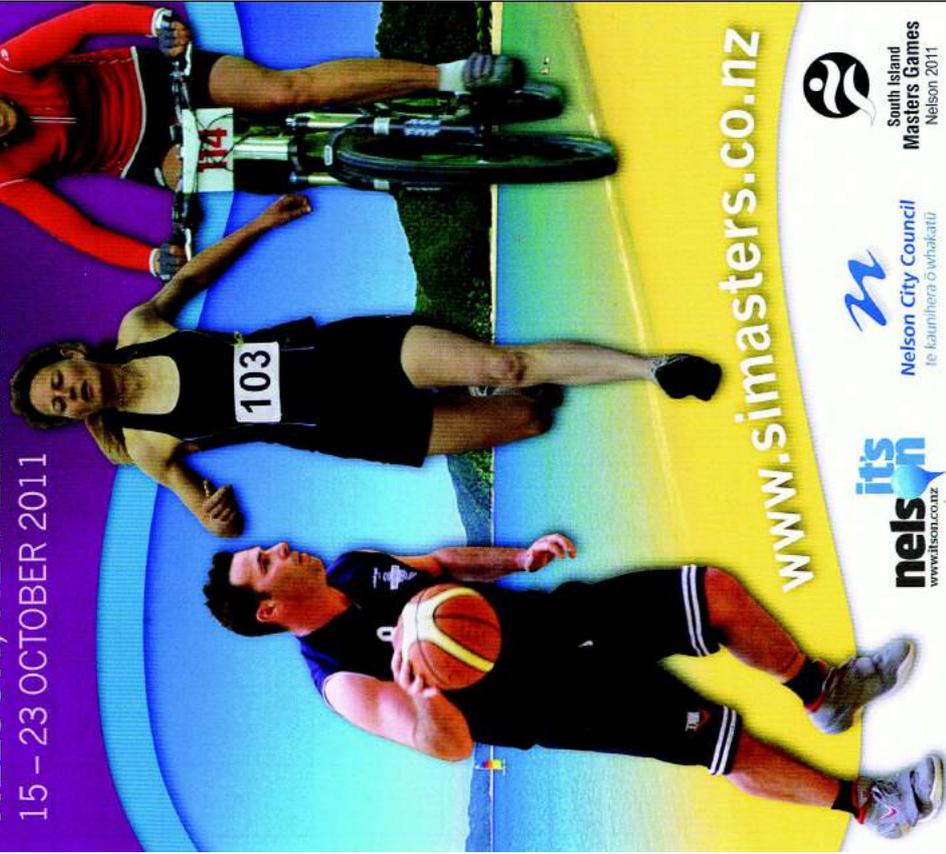
Nelson is known as one of the best holiday destinations in New Zealand. Major attractions include the Abel Tasman National Park and the huge range of arts & culture such as the world class WOW museum.



www.facebook.com/simasters

South Island Masters Games

NELSON, NEW ZEALAND
15 - 23 OCTOBER 2011



www.simasters.co.nz

nelson
www.nelson.co.nz

Nelson City Council
te kaunihera o whakatū

South Island Masters Games
Nelson 2011

WELLINGTON MASTERS ATHLETICS

27th Annual 8k Road Race & 6.4k Walk

Olympic Harrier Clubrooms, Johnsonville

Sunday 17th July 2011

Fastest male walker over the hilly four-lap course was John Ihaka (Trentham) followed home by Rob McCrudden (Olympic) and on the women's side was Jackie Wilson (Trentham) followed home by Andrea Adams (Olympic).

Fastest runner over the five-lap course was Michael Wray (Scottish), chased home by David Hood (Trentham). The first two women's places were held by Mandy Simpson (Scottish) and Teresa Cox (Trentham).

This year it was decided that walking teams would be recognised. The first walking team was Olympic with Scottish second. In the run Scottish took out the team event with Trentham second.

This year 23 runners and nine walkers took part – up on last year's numbers which was pleasing.

The highlight of the day was Michael Browne setting a M80 course record.

The Jim Lockhart and Mariette Hewitson Baton for the fastest time in an age group was won by Teresa Cox.

Run (8k)

<u>Name</u>	<u>Club</u>	<u>Age</u>	<u>Race Time</u>	<u>Race PI</u>	<u>Grade PI</u>
Michael Wray	Scottish	M40	31:07	1	1
David Hood	Trentham	M50	32:53	2	1
Mandy Simpson	Scottish	W35	33:53	3	1
Glen Wallis	Scottish	M45	34:00	4	1
Jonathan Harper	Scottish	M60	35:14	5	1
Peter Wood	WHAC	M50	35:17	6	2
Tony McKone	HVH	M50	35:24	7	3
Paul Homan	Trentham	M50	36:43	8	4
Brett Wilby	Trentham	M50	37:28	9	5
Teresa Cox	Trentham	W45	37:33	10	1
Brian Rusbridge	Olympic	M55	37:52	11	1
John Wood	HVH	M70	38:15	12	1
Peter Wrigley	Scottish	M50	42:39	13	6
Bruce McCallum	Scottish	M60	42:40	14	2
Sue Childs	Kapiti	W50	43:06	15	1
Sharon Wray	Scottish	W45	44:03	16	2
Albert Van Veen	HVH	M60	44:17	17	3
John Palmer	Scottish	M60	44:24	18	4
Ray Wallis	Ruamahanga Ramblers	M70	44:51	19	2
John Hammond	Kapiti	M70	48:26	20	3
Diane Rogers	Trentham	W70	53:27	21	1
Harold Alcock	Olympic	M70	53:58	22	4
Michael Browne	Scottish	M80	57:35	23	1

Walk (6.4k)

<u>Name</u>	<u>Club</u>	<u>Age</u>	<u>Race Time</u>	<u>Race PI</u>	<u>Grade PI</u>
Jackie Wilson	Trentham	W60	45:16	1	1
John Ihaka	Trentham	M60	46:49	2	1
Rob McCrudden	Olympic	M45	49:22	3	1
Andrea Adams	Olympic	W45	49:49	4	1
Tineke Hooft	Olympic	W50	51:08	5	1
Murray Gowans	Scottish	M60	51:24	6	2
Ken Ritchie	Olympic	M65	51:41	7	1
John Hines	Scottish	M75	52:00	8	1
Margaret Bray	Scottish	W60	63:42	9	2

The Classic Relay

In 1985 Keith Stewart a member of Trentham United Harriers suggested to me about having a Relay Race, to be run around Trentham Memorial Park. I said "it sounds a good idea to me". So, it was put before the Committee, and on the 11th May 1986, the first Classic Relay was held. A 4km course consisting of 5 x 4km laps = 20km, over Road, Cross Country, Bush Tracks and Stop Banks - the same course is still used today. For the first 2 years the first runner ran 2 laps, with 4 runners to a team, then, in 1988 it was changed to a 5-lap race. I have not got the results of all the years. As far as I am aware the first Walking team to take part was in the year 2000.

Results for 1986: Men - first Olympic; second Scottish; and third Trentham United.

Women - Trentham United; Masterton; and Olympic. The winning Men's team I don't have. The Women's team was: C Morey; M Wilkinson; B Meyers; B Watson. Time 70 min 18 sec.

The fastest times over the 8km were: Women - C Morey 31.44; Men - D Rodgers [Trentham] 34.16.

Over 4km were Men B Cattermole [Scottish] 13.37; Women J Clouston [Kapiti] 15.51. Thirty-three teams (132 runners). The most teams as far as I am aware - 1990 (51 teams 255 runners).

Best times 4km: Men - P Morton, [Victoria] 12.57 in 1994. Women - B Portenski [Scottish] 14.34 in 1994.

Walking: Men - P Baillie, [Scottish] 21.00 in 2010. Women J Wilson [Trentham] 25.12 in 2010.

This year there were 7 running teams and 7 walking teams totalling 56 competitors. The grades are Men and Women; 250 and 300 plus teams, as well as mixed teams. Over the years trophies were presented for the winning teams in each category.

It is a great event which I have always enjoyed running. Over the last few years we have not had as many entries as in past years, but people have said to me, "it is to good and enjoyable event and it would be sad to see it drop off the running calendar". So, the event will continue to be held as long as we have competitors taking part.

Brian Watson.

* * * *

Catholic Heart Attack

A man suffered a serious heart attack while shopping in a store. The store clerk called 000 when they saw him collapse to the floor. The paramedics rushed the man to

the nearest hospital where he had emergency open heart bypass surgery. He awakened from the surgery to find himself in the care of nuns at the Catholic Hospital he was taken to.

A nun was seated next to his bed holding a clip board loaded with several forms, and a pen. She asked him how he was going to pay for his treatment. "Do you have health insurance?" she asked. He replied in a raspy voice, "No health insurance." The nun asked, "Do you have money in the bank?" He replied, "No money in the bank." "Do you have a relative who could help you with the payments?" asked the irritated nun. He said, "I only have a spinster sister, and she is a nun." The nun became agitated and announced loudly, "Nuns are not spinsters! Nuns are married to God." The patient replied, "Perfect. Send the bill to my brother-in-law."

* * * *

THIS IS THE ONLY TIME WE WILL SEE & LIVE THIS EVENT!

Calendar for July 2011

July						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Money bags

This year, July has 5 Fridays, 5 Saturdays and 5 Sundays. This happens once every 823 years. This is called money bags, based on Chinese Feng Shui.

But there is more - read on!!!

This year we're going to experience four unusual dates.

1/1/11; 1/11/11; 11/1/11; 11/11/11 and that's not all...

Take the last two digits of the year in which you were born - now add the age you will be this year.

The results will be 111 for everyone in whole world. This is the year of the Money!!!

Another Syndrome?

Believe it or not, there really is a condition known as Computer Vision Syndrome (CVS). Surprised? Well you shouldn't be given the fact that it is likely to affect those who spend more than two hours a day in front of a computer screen. We all know at least a few people who fit into that category!

The symptoms of CVS include:

- Blurred or double vision;
- Headaches;
- Dry eyes;
- Neck and/or shoulder pain;
- Difficulty focusing;
- Sharp or dull pain; and
- Light sensitivity.

Why does CVS occur? It seems that your eyes react much differently to computer-generated images than they do to images in printed materials. Computer-generated images are made up of small dots called pixels, and your eyes find it difficult to adjust to focusing on them.

Computer users who wear bifocals have a particularly difficult time. Bifocals force the wearer to tilt their head backward so they can view the computer monitor through the lower portion of the lens. Prolonged head tilt can lead to neck, shoulder pain and back pain and headaches.

Most eyeglasses and contacts are designed for print reading and not for computer work. However, many optometrists are beginning to recommend eyeglasses and contacts that are specifically designed for reading at computer monitor distance. They may very well be worth the investment, especially if they reduce the impact of CVS-related eye problems.

* * * *

Walk Longer, Live Longer

Want to bring some unexpected joy into your life? Try some lighthearted, low stress exercise such as walking. The weather is warm enough and the flowers are blooming so what's to keep you from developing a new habit that will keep you looking and feeling your best? Nothing at all, if walking sounds like something you want to do to improve your disposition and your outlook on life!

The benefits of walking are well documented. Walking can increase your life expectancy, ward off heart and lung disease, and improve your mental health and your outlook on life.

Some health-related benefits of walking include:

- Reduced body fat;
- Increased bone density;
- Lowered blood pressure;
- Enhanced feelings of well being;
- Reduced risk of heart disease and stroke; and
- Weight reduction.

While most people can easily understand the physical benefits of walking, the mental/emotional benefits are often overlooked. Walking can improve self-esteem, reduce stress and anxiety, and make you feel good. Walking in a beautiful natural environment can relax you and provide you with the time you need to engage in personal introspection.

There are many ways to make walking more of a habit, such as:

- Park further away from the shopping centre or building entrance;
- Always choose the stairs in your office building; and
- Make it a habit to start walking 10 minutes a day and then increase it by 5 minutes until you reach 30 minutes a day.

You can derive many benefits from walking. Start somewhere and keep your goals realistic and attainable. Then just sit back, or rather, walk your way to better health and a better body!

Editor's note: These articles are reproduced with the kind permission of Dr Louise Hockley, Back to Living Chiropractic, 85 The Terrace, Wellington 6011, telephone 04 499 7755 or visit the website www.chiro.co.nz

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2011 A NEW PRAYER

Dear God

All I ask for in 2011 is a big fat bank account and a slim body.....

Please don't mix these up like you did last year.....

Amen.



Kind sponsor and printer of "The Master Copy" magazine

33-43 Jackson Street, Petone

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Barry Prosser - NZ Mountain Running Legend

Wellington's Barry Prosser recently won the M60 grade at the Athletics NZ Mountain Running Champs held over the demanding hills above Porirua.

The Wellington Olympic runner won in 45min 14sec. He says that the up-and-down course is his speciality. In his opinion "you can't have a mountain race unless it's up-and-down, because it's only half a race if you are only running to the top." He likes to go out really fast and maintain a flat-out pace for the entire race, making for a great attitude towards racing over difficult terrain.

The Legend of NZ Mountain Running had no trouble winning due to the fitness that he's gained over the years through this vigorous sport of mountain running. He first started running at the age of 16 and has represented New Zealand in mountain running numerous times. He also has many stories to tell about his life as a mountain runner.

His list of mountain running achievements includes the Mount Maunganui Mountain Race which he thinks he has won 12 times. This race, held on Boxing Day, became a family tradition for the Prosser family of Johnsonville in Wellington. The family would travel up to Opotiki for a family holiday with the caravan on Christmas Day and Barry would race the following day.

Then there is the Mt Edgecombe race known as the Tasman King of the Mountains, which he has won 13 times and many other times as a masters runner. This is a race where you choose your own way of running to the top and back down. The runners use any track up and down that they want to. All you need to do is clock in at the start, the top and at the finish.

He says "You had to start at the river and just go for it. Because I didn't know where it was we traveled up a few days earlier. I went and looked at where people had marked tracks and covered them up. I went up and down timing myself on all these tracks. The day of the race came and I went racing up a steep little pinch, everyone let me go first because they thought I didn't know where to go. They yelled out to me 'ha ha Prosser you've lost it now, you've gone the wrong way!' It made me so mad that I went so fast that I won and took 10 minutes off the race record".

The Mt Edgecombe race led to a Trans-Tasman race being set up in Australia. If you won the Mt Edgecombe race you got a free trip to the Mt Cooroora race in Pomona, Noosa in Australia. He won this race a total of six times, was second a further six times, and third once. He also won it several times as a

master's runner. This was a well-publicised sports event in Australia with lots of media coverage and up to three helicopters covering the event.

This course had a rather steep downhill. Barry can remember one year scorching down from the top in second place to a top Aussie runner only to trip, somersault over the top of the runner and to carry on and win the race.

He was first selected to go the first world mountain running trophy in 1991 in Zermatt, Switzerland. Others include 1992 - Valle di Susa in Italy, where he competed in the long course (placed 57th) and also in the short course (placed 22nd), 1993 - Gap in France (this was the year that they decided to alternate between an up-an-down course one year with an uphill race the other year) and 1995 - Edinburgh Scotland. He's also represented New Zealand on the committee at some of these events.

His most memorable race is the 2002 World Championship race that he went to as a master's runner in Innsbruck Austria - he came second in the Masters 50+ grade. This was an uphill year, no downhill, so was not Barry's speciality. The other Kiwis in the earlier races said that they found it pretty hard going out too fast so Barry adjusted his tactics of a normal fast pace throughout, going out slower than he normally would. He says "I ended up passing the entire field apart from a Russian chap. I could see him and I was gaining on him, he beat me by only a few seconds, by the end he was walking and I was running."

When asked what he puts his success down to he says "My body shape and build. I'm very light and fairly muscular for my weight. I think it's a weight-ratio thing. I'm really able to push myself mentally to get to the top first... mental toughness." His wife Barbara comments that as a builder after a physical day, he would come home and still go out training in all sorts of weather. Training is on the doorstep as well with the hills above Johnsonville leading to Mount Kau Kau and beyond.

Barry's sons also turned into runners, with Matt winning 18 various titles in the sport. Barry's success also helped pave the way for this country's great mountain running talent of Jonathan Wyatt, Melissa Moon and Kate McIlroy, who have gone on to raise the profile of mountain running in this country.

* * * *

QUICK TIP - Compression gear does more than hold in your wobbly bits. It puts pressure on key muscle groups to promote increased blood flow around the areas that are working hardest, which means you'll be less sore after training.

Rupert Watson on his new Movement classes in the city

Aging isn't what it used to be, but it's not yet what it could be.....

What makes someone old? Some say wrinkles, some say niggles, some say attitudes. But the real culprit is habits. When we unlearn old habits and create new ones we can make our bodies and minds younger, stronger and more flexible.

That's what happens in the work I do as a Feldenkrais Practitioner. This is an ingenious yet simple way to access the power and plasticity of our central nervous system to help us move more easily and with more power in anything we want to do. It's easier than yoga, and more fun than pilates, and is unique in physical improvement programmes in that it has our brain as the essential component. We often exercise as if we didn't have one!

Obviously of interest to athletes, and especially those who want to keep competing and improving as they go up the age grades, Feldenkrais is now more available in Wellington as in the last year a whole heap of new practitioners graduated from their 4 year training programme.

I've been doing it for 10 years and run several groups in Wellington and south Wairarapa and am just about to start two new lunchtime sessions in the city. Mondays at a fitness studio in Courtenay Place; Tuesdays in my Ghuznee St base – 12-1pm.

You really can change your age! People who do this stuff regularly say it takes years off their age, so that 50 year olds feel closer to 35 or 40; 70 year olds feel like 55. Etcetera.

It's not just for oldies - the Italian Olympic fencing team has Feldenkrais as an automatic ingredient of their preparation, and many professional athletes and dancers use it to help with fine-tuning their technique.

Have a google for more info, or check my website:

www.movewithease.co.nz

Contact me for more details - start dates etc.

Rupert Watson 027 585 3822 or

watson@slingshot.co.nz

* * * *

Minimal Shoes?

Many runners who own one of the minimal and exotic shoes that have popped up on today's market will tell you that these shoes have solved their running problems. I hear the other side of this issue, about every day, from those who have been injured (often severely) by using these products or by running barefooted. Many have to stop running for 4 to 6 months. Thousands have reported significant problems.

I've seen this fad come and go five times during my 52 years of running. Something will come out in the media about minimal support/barefooted running, and thousands will try it. About a third of those who try it run for short distances and like the tingle of the feet so they run more. Without support, the distance or the surface of the run will often cause an injury - including a number of serious ones such as stress fractures. Each fad cycle ends when those injured tell other runners about their experience - so that very few want to put themselves at risk.

Minimal shoe/barefooted running has its place if the foot can handle it: Short runs when running on a safe surface can give the foot a bit more strength and develop a lighter touch. Unfortunately, there are lots of risks on most running surfaces: pieces of glass, metal or rock - hidden below even the most groomed grass surfaces. There are also lots of surface irregularities that can produce serious trauma injuries in one step.

Today's shoes have decades of orthopedic research behind them and can protect the foot from most of the problems due to running surface. Go to a store with trained and experienced staff members and get the best advice.

Reproduced from Jeff Galloway's July Newsletter.

More articles on running are at: jeffg@jeffgalloway.com

* * * *

Best friends graduated from medical school at the same time and decided that, in spite of two different specialties, they would open a practice together to share office space and personnel.

Dr. Smith was the psychiatrist and Dr. Jones was the proctologist; they put up a sign reading: "Dr. Smith and Dr. Jones: Hysterias and Posteriors". The town council was livid and insisted they change it.

So, the docs changed it to read: "Schizoids and Hemorrhoids". This was also not acceptable, so they again changed the sign. "Catatonics and High Colonics" - No go. Next, they tried "Manic Depressives and Anal Retentives" - thumbs down again. Then came "Minds and Behinds" - still no good. Another attempt resulted in "Lost Souls and Butt Holes" - unacceptable again! So they tried "Analysis and Anal Cysts" - not a chance. "Nuts and Butts" - no way. "Freaks and Cheeks" - still no good. "Loons and Moons" - forget it.

Almost at their wit's end, the docs finally came up with: "Dr. Smith and Dr. Jones - Specializing in Odds and Ends". Everyone loved it.

TRACKS and WALKS

Whareroa Farm

Whareroa Farm, a recreation reserve near Paekakariki, comprises 440ha of retired pasture, regenerating native forest and a working sheep and cattle farm.

It offers easy tramps, horse-riding and mountain bike tracks - all with spectacular views of the Kapiti coast and Kapiti Island. It's also a great place for a picnic.

Opening Hours:

Summer (daylight saving time): 8:00am - 9:00pm

Winter: 8:00am - 6:00pm.

Location:

Whareroa Farm is located off SH1, 3.5km north of Paekakariki.

Features:

Whareroa Farm is a recreation reserve offering walking, picnicking, biking, and horse-riding, with links to the adjoining Akatarawa Forest and Queen Elizabeth Park across State Highway 1.

It is managed by the Department of Conservation which works closely with the Whareroa Guardians Community Trust.

View from the top of Whareroa Farm, near the Campbell's Mill Road entrance Whareroa is a successful example of land being managed for conservation, recreation and farming.

The majority of the area comprises regenerating retired pasture, pockets of native and non-native bush and a network of tracks.

Native forest remnants, streams and wetland areas are being restored by volunteers led by the Whareroa Guardians.

Around 180ha of Whareroa Farm remains as a working sheep and cattle farm, which is not accessible to the public.

Activities:

Walking, horse riding, mountain biking and picnicking are activities you can enjoy at Whareroa Farm, which links the Akatarawa Forest to the east with Queen Elizabeth Park and the coast to the west.

The main entrance to Whareroa Farm is via the Queen Elizabeth Park off-ramp about 3.5 km north of Paekakariki on State Highway 1.

Facilities include a car park, information shelter and picnic spots.

Short Walks:

- **Stream Loop Track - 355m / 12 min return**

A short walk through regenerating shrub land. Suitable for wheelchairs.

Walking Tracks:

- **Coastal lookout walk - 500m / 15 min**

Panoramic coastal views to the Marlborough Sounds, Kapiti Island and the Kapiti coast.

- **Forest loop walk - 1.6km / 45 min**

Walk through a remnant of the kohekohe forest that once covered much of the Kapiti coast, return along the farm race.

Tramping Tracks:

- **Cairn view track - 1.2km / 40 min**

Climb to a lookout over the farm and coast. From the lookout you can view the site of Camp McKay and the old water reservoir.

- **To Campbell's Mill Road**

The uphill mountain bike track (4.1 km, Easy Tramping) and the horse riding track (2.5 km, Tramping) can be walked to and from Campbell's Mill Road.

- **Round trip via Maungakotukutuku Valley - 13.4km**

The uphill mountain bike track and the horse riding track lead to Campbell's Mill Road. To complete a circuit, follow Campbell's Mill Road into Maungakotukutuku Valley Road, Waterfall Road and Emerald Glen Road back to Whareroa Farm.

Mountain Biking:

- **Downhill mountain bike track - 2 km/Grade 3**

The Grade 3 track offers spectacular views of the Kapiti coast and Kapiti Island as it winds 2 km down through regenerating bush to the car park. From there bikers can access Queen Elizabeth Park in 2 minutes via the highway underpass.

- **Uphill mountain bike track - 4.1 km / Grade 2**

Car park to Campbell's Mill Road.

Note:

- The mountain biking tracks are shared-use tracks with walkers.
- Please be alert to the likelihood of meeting other users and be courteous.

Plan and prepare:

What to expect on a walking track:

Getting there

Take the Mackay's Crossing exit to Queen Elizabeth Park, approximately 3.5km north of Paekakariki.

Parking is available for cars and buses.

Please remember

- Off-road vehicles and motorbikes are not permitted at Whareroa Farm.
- There is no public access to the grazed areas.
- Dogs are not permitted.
- Fires are not permitted.
- Please take your rubbish with you when you leave.

- COMING EVENTS -

2011

August

14	Woodbourne Half Marathon & 10km	Blenheim
20	NZ Road Championships	Wellington Waterfront
21	5 Bridges Full and Half Marathons & 10km	

Sept

3	Hawkes Bay Full and Half Marathons & 10km Round Rarotonga Road Race	Rarotonga
25	Tauranga City to Surf 12km Fun Run/Walk	Tauranga

Oct

2	Lower Hutt 5km and 10km	Huia Pool
9	Melbourne Full and Half Marathon plus associated events Wairarapa Full and Half Marathon and 10km	Melbourne Masterton
15-23	South Island Masters Games	Nelson

Nov

12	Rimutaka Incline Run and Walk	Kaitoke
13	Athens Marathon	Greece
25-27	North Island Masters Track & Field Championships	Newtown Park

Dec

2-4	South Island Masters Track & Field Championships	Timaru
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2012

Feb

5-12	Oceania Masters Athletics Championships	Tauranga
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May

6	Masters Classic Relay	Trentham Memorial Park
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2013

Mar	NZ Masters T&F Championships	Newtown Park
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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, websites or event organisers.

UNIFORMS:

A RE-STOCK OF VARIOUS SIZES IS NOW AVAILABLE OF THE WELLINGTON MASTERS SINGLET AND TEE SHIRT. THE SINGLETS ARE \$30 AND THE TEE SHIRTS \$50 AND MADE FROM DRI FIT MATERIAL. THESE CAN BE ORDERED THROUGH VERONICA GOULD - TELEPHONE 04 973 6741.

CENTRE RECORDS:

PLEASE NOTE THAT MARK MACFARLANE HAS NOW TAKEN OVER THE KEEPING OF THE WELLINGTON CENTRE RECORDS. IF YOU FEEL THAT YOU HAVE SET/BROKEN A RECORD PLEASE SEND INTO MARK AFTER GETTING THE APPROPRIATE PAPER WORK SIGNED OFF. THIS WILL MAKE HIS JOB MUCH EASIER. MARKS CONTACT DETAILS ARE LISTED ON THE INSIDE FRONT COVER OF THE NEWSLETTER.

CHANGE OF ADDRESS:

If any member changes their address, it would be appreciated if they could notify the Subscription Secretary. This enables us to keep records that are accurate and up to date and ensures that you continue to receive your newsletter and any other Master's material. It is also important that Club Co-ordinators notify the Secretary of any change of address to enable the information to keep getting out to the clubs in the Centre.

WELLINGTON MASTERS ATHLETICS INC.

**SUBSCRIPTION FOR THE 2010/2011 YEAR
(1 September 2010 to 31 August 2011) = \$45**

NAME(S): _____

ADDRESS: _____

BIRTH DATE(S): _____ **EMAIL:** _____

CONTACT PHONE No. _____ **CLUB (if any)** _____

How to Pay:

\$45 (\$90 for couple) - cheque made out to Wellington Masters Athletics Inc – (WMA Inc) and sent with form to: **VERONICA GOULD, PO BOX 5887, LAMBTON QUAY, WELLINGTON, 6145**

Direct Credit to: Wellington Masters Athletics Inc, National Bank, The Terrace: **06 0565 0064415 00**
and forward the completed form to Veronica Gould at the above or email to:
vgould@xtra.co.nz

NOTE: Wellington Masters Athletics singlets and tee shirts are also available from Veronica Gould at a cost of \$30 and \$50 respectively.

Please advise any change of address as soon as possible