

THE

MASTER

COPY

Newsletter of Wellington Masters Athletics Inc.

Volume 16 Issue 4

August 2017

JOHNSONVILLE 8KM ROAD RACE



Michelle Van Looy winner of the Jim Lockhart and Mariette Hewitson Baton for setting a new age grade record in the W45-49.

Photo courtesy Sharon Wray

WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2016-17

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President:	Michael Wray	027 648 8502
V.President:	Michelle Van Looy	021 244 8645
Secretary:	Albert van Veen	563 8450
Treasurer:	Graham Gould	973 6741

COMMITTEE:

John Hammond	04 292 8030
Sean Lake	389 5912
Sharon Wray	234 7972
John Palmer	479 2130

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WELLINGTON MASTERS ATHLETICS INC.

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LIFE MEMBERS

Jim Blair (2004); Bruce Perry (2008) and John Palmer (2010).

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WGTM MASTERS:	Jim Blair	Flat 4, 39 Kiln Street, Silverstream, Upper Hutt 5019	528 2992
WGTM TRI CLUB:	The Secretary	PO Box 2201, Wellington 6140	

COMMITTEE MEETINGS 1st THURSDAY OF EACH MONTH AT 139 HOMEBUSH ROAD, KHANDALLAH,
COMMENCING AT 6:00pm.

CLUB REPRESENTATIVES AND MEMBERS ARE ALWAYS WELCOME

FROM THE PRESIDENT

Well that's the end of cross country season. Time to clean our spikes and put them away for a while. If, like me, you were out competing in our cross country races you'll find those spikes really do need a good scrub. I can safely say that I am looking forward to track and field season!

Neither the Auckland Domain nor Grenada Park gave us the sheer volume of mud that we had last year. (Do we still call it mud when it's more akin to a swamp?) There were still some sections at the Wellington Champs where shoes were sucked off the feet of some runners and the mud came up to our ankles. Of course, these are the parts of the course at which photographers like to assemble. Cruel!

I've just returned from Auckland, where the Auckland Domain played host to the National Cross Country Champs again this year. Wellington's masters athletes were in dominant form. As well as having various individual medalists, Wellington secured first place in all three of the master's teams races. Our teams showed versatility and demonstrated there is more than one way to win at teams.

The women (Deborah Platts-Fowler, Renae Creser, Lindsay Barwick and Michelle Van Looy) won their gold medals through depth rather than relying on individual stars. Our runners crossed the line in sixth, seventh and eighth spots overall – a level of consistency the other Centres could not match – with our fourth runner coming in three places ahead of Auckland's fourth to secure the win by 4 points.

The masters men 35-49 won through sheer dominance and individual brilliance. Stephen Day, Dan Clendon and Dan Nixon were the first three across the line. Ben Winder was the final team member and when he finished before the third team member of any other Centre, a 21 point victory was secured. This is the largest winning margin since Canterbury were the hosts in 2014 and the second highest since at least 2007 (I don't have records for years prior to 2008).

Meanwhile, the masters men 50+ mixed it up. Peter Stevens and Michael Wray went the M35 method, being the first two to finish. This would have meant nothing without the ninth-placed Paul Hewitson. That left James Turner, who only secured the Wellington win by passing Canterbury's Tony Rogal in the final 400m. That pass gave Wellington the win over Auckland by a solitary point. Auckland's fourth team member was ahead of James, so until that pass the Auckland Centre were winning on countback. Auckland's points total was the highest non-winning score since at least 2007 and it's Wellington's first win in this category since 2010.

Congratulations are due to David Lonsdale too. David was recognised with a service award by Athletics New Zealand at the governing body's AGM. While David has long-since hung up his competition shoes, without his contribution to our sport, many of us might have fewer opportunities to compete. As an A-graded official, David can be found officiating at most of the track and field, road and cross country race that are held in the Wellington Centre. When not officiating, David has been a key administrator for the walking community. As I concluded, when I had the honour of delivering the citation for David's award to the AGM, "David's contribution to athletics, both regionally and nationally, can only be described as immense. There can be no doubt that the sport in New Zealand would be poorer had he never left Liverpool half a century ago."

Michael Wray,
President

TRAINING

How to Tell if You're Overtraining or Just Sore

By Ashley Lauretta

You've likely heard the saying, "no pain, no gain." If you've gotten the impression that some soreness while working out is normal, you would be correct. But it can be a fine line between when that soreness becomes classified as pain. Walking this line correctly is the difference between pushing just the right amount and overusing your muscles. Even though everyone's threshold for pain is different, there is an answer that's universal.

WHY OUR MUSCLES GET SORE

As our muscles repair themselves, one of the side effects many people experience is a dull, aching pain. Known as [delayed-onset muscle soreness](#) (DOMS), no one is immune from experiencing this pain, but the severity will vary based on type of activity and how much the muscles have adapted to that activity over time.

"It is theorized that the eccentric motion (or lengthening) of the muscles repeatedly is the actual cause of DOMS," explains Kyle Golden, owner and personal trainer at [Work It Personal Training](#) in Austin, Texas. "During this movement, the muscle tissue incurs small tears, which breaks down the muscle so that it can rebuild to get bigger and stronger. It is this breakdown and rebuilding process that is thought to cause the delayed soreness we experience."

The [American College of Sports Medicine](#) recommends progressing slowly when starting a new exercise routine to reduce the severity of DOMS — and advises that the soreness experienced rarely requires medical attention.

FATIGUE VERSUS OVERUSE

How DOMS relates to muscle fatigue and how you can gauge pain to prevent injury lies in the difference between fatigue and overuse.

Muscle fatigue is common in exercise and is the feeling you get when you can no longer perform a specific movement. DOMS and "feeling the burn" during a workout can both fall into this category.

"Both of these sensations are positive changes taking place within the muscle fibers," says Jennifer McCamish, a Pilates instructor and personal trainer who owns [Dancer's Shape](#) in Austin, Texas. "You unfortunately need to experience some discomfort to build muscle mass."

With muscle fatigue, the burning sensation usually subsides shortly after you stop the movement — such as lifting weights — and your body uses this to signal that the muscles are too tired to continue.

Overuse, however, involves pushing your muscles past the point of fatigue — and this is what can lead to injury. It doesn't just involve straining the muscle during a workout, but it can happen when you don't give yourself adequate time to rest and recover.

"Overuse of a muscle may result in many types of damage including muscle strain, tears, tendonitis and stress fractures," says Golden. "Most of the time, these injuries are accompanied by fairly acute and sometimes severe, long-lasting pain."

GOOD VERSUS BAD PAIN

With pain being a common denominator in the discussion of fatigue versus overuse, it is important to distinguish good pain from bad pain. Of course, pain is relative and will vary from person to person, but there are some general guidelines that athletes should know.

"In general, good sore muscle pain is a dull mild pain sensation that usually begins about 24–48 hours after exercise," notes Golden. "With a little use and stretching, the muscle soreness should subside a little and may last a couple of days before going away completely."

It is when the pain gets more severe, that may be a sign that an injury has occurred or that something has been strained. This bad pain can indicate that the muscles were overused.

McCamish adds that if you are experiencing consistent sharp or nagging pain that does not go away, you are most likely overtraining and have developed some type of minor injury that needs to be addressed.

HOW THIS KNOWLEDGE AFFECTS YOUR WORKOUTS

Varying your workouts is key to prevent overusing your muscles. McCamish explains that cross-training helps you to avoid the likelihood of the same muscles experiencing the same repetitious movements, which causes injuries.

There is no one-size-fits-all workout or rule of thumb for everyone, though the signs of overtraining can be felt no matter the workout regimen. Golden explains that how you exercise your muscles and to what point depends on your goals — and working to at least a light fatigued state is often part of reaching them.

"Once you start to feel the burn, due to lactic-acid buildup, you will know you have worked your muscles to their fatigued point and should consider easing up or stopping," he concludes. "If you experience any acute pain, you are physically unable to perform a motion or exercise you could before, or are having difficulty with usual muscle function, you should stop exercising and seek medical attention and advice."

McCamish echoes that because everyone's goals are different, in this case, pain should be your guide. If you experience chronic pain, it is an indication that you may have overused your muscles, and a break is warranted (if not also a medical evaluation).

"If you mix it up and do different things every day with one or two days off in a week, you should feel good and energized after working out," she says.

Ashley Lauretta

Ashley is a journalist based in Austin, Texas. She is the freelance web editor at *Women's Running* and assistant editor at *LAVA*. Her work appears in *The Atlantic*, *ELLE*, *GOOD Sports*, *espnW*, *VICE Sports*, *Health*, *Men's Journal* and more.

How can Sprains be Treated?

Most people take sprains too lightly and do not do much about them. This may not only cause short-term loss of function but can also harm you in the long term.

Falling, twisting or continuous pull on ligaments (tissue that connects bones) especially in the ankles and wrists cause most sprains. Symptoms include pain, swelling, bruising, and inability to move. You might feel a pop or tear when the injury happens.

The examining doctor will ask you how the injury has occurred and will examine the joint which is in pain. You may need X-rays to rule out a broken bone in the joint. With most sprains, you feel pain right away at the site of the tear. Often the joint starts to swell immediately. The affected joint is usually tender to touch, and it hurts while you try to move it.

In more severe sprains, you may hear and feel something tear, along with a pop or snap. If you have suffered a major sprain, you will have extreme pain initially and you may also be unable to walk or even put weight on your joint — especially if your lower leg has been affected. If these conditions do not occur, your sprain is not very severe.

The treatment and prognosis of the sprain depends on the grade of the strain. Now the grade is determined by the amount of force which caused the strain in the first place. Your doctor will be able to determine the grade with a proper examination.

Sprains can be prevented

Get fit before you play a sport. Learn and follow proper techniques, do not push your muscle past the point of fatigue. Warm up, cool down and stretch. Strengthening exercises and regular stretching for any fitness or work activity of yours, as part of an overall physical conditioning program, can aid in minimizing the risk of sprains.

How do you recover from a sprain?

For a sprain: R.I.C.E (rest, ice, compression and elevation) is the first line of treatment

- **Rest** your joint.
- **Ice** should be immediately applied to the affected part. It helps in keeping the swelling down. It can be applied for 20 minutes to 30 minutes, three or four times daily. You can combine ice with wrapping. This will help you in lessening the amount of swelling, pain and dysfunction.

- **Compression** dressings, bandages or ice wraps immobilise and support the injured joint.
- **Elevate** your joint.

Medication

- Nonsteroidal anti-inflammatory drugs (NSAIDs) may be used to control pain and inflammation.

Rehabilitation after a sprain

It is essential that a physiotherapist analyze the extent of the injury, how it is to be treated and then plan a personalized treatment plan for the patient. This way you will recover faster and regain complete mobility of the area.

- After your injury, you will be given an exercise program by your physiotherapist that includes a range of motion exercises that will gradually progress to you being able to bear your weight fully on the injured part. For example, one simple exercise that is recommended in an ankle sprain is to draw the letters of the alphabet with your toes. Gradually progressing to weight-bearing exercises.
- Proprioception exercises (exercises that strengthen one's sense of balance) and other balance exercise can help you recover more quickly and should actually be performed as part of a prevention program. Poor balance is a good predictor of future sprains. After an injury, balance training is essential for recovery.
- In order to restore motion and flexibility you should increase the strength, power and endurance of the affected muscles and ligament. Finally, you must perform agility training to develop balance, coordination and mobility.

* * * *

Did You Know?

Your blood pressure increases with physical activity or strong emotions, and reduces when you relax. Most doctors see a blood pressure level of 120/80 as being healthy, and a blood pressure higher than this may affect your health.

* * * *

Mark in Your Diary:

24-26th November 2017

North Island Masters Track and Field Championships to be held at Inglewood.

HEALTH

Do's and Don'ts of Living with Arthritis

Have arthritis? Here are some expert tips to live well with the disease.

[Osteoarthritis](#) or even [arthritis](#) can be a painful condition to live with. Not only does it hinder your daily activities, but often the pain can be unbearable. But with some simple tips to manage the condition, you can live a full and happy life.

Don'ts

Don't rest too much: Too much rest can weaken your muscles, which can worsen joint pain. So get up every now and then and get some exercise. Even simple walking around the house can help flex those muscles and help beat the pain.

Don't be shy about using a walking aid: A crutch or cane can take the stress off your knees. Knee splints and braces can also help you stay stable. So don't shy away from them. Using these aids is about caring for your body, which is extremely important.

Don't wear wrong shoes: Cushioned insoles can reduce the stress on your knees. For knee osteoarthritis, doctors and therapists often recommend special insoles to put in your shoe. So pick footwear that works for you and helps reduce the ill effects of your condition.

Don't risk a fall: To reduce the risk of falling, it is useful to have non-slip mats and rugs around the house, to remove clutter or trailing wires, and avoid walking on slippery floors in socks or tights.

Don't smoke: Smoking slows cartilage cell production and raises the levels of blood toxins, which leads to cartilage loss. Smoking also increases carbon monoxide levels in the blood, which could indirectly affect cartilage repair.

Do's

Make an exercise routine: Exercises which strengthen the muscles supporting your knee and boost flexibility are essential. Walking, swimming, and resistance exercises help strengthen these muscles, so make sure you get your quota of exercise every day.

Warm up before an exercise: Warming up readies your body for the onslaught of the exercise regimen to follow. It also prevents injuries. So always remember to warm up before exercising and stretch when you are cooling down.

Maintain a healthy weight: If you are overweight, the extra weight will add to the strain on your knees. Losing weight and keeping at a healthy weight will help prevent and ease the pain.

Use heat/ice packs when required: Use an icepack or pack of frozen peas to cool the area or you use a hot water bottle, make sure you do not apply it directly to the skin. Ice will ease the pain and stiffness during a flare up.

Do seek medical advice: If the pain you are feeling is severe or your knee is swollen and your mobility is affected, you should seek medical advice. Don't wait for it to get worse. The earlier you receive treatment, the better for you.

* * * *

Scottish Walking Races Saturday 10 June, Trentham

'A' Division - 10 km Race

Name	Club	Time
Clive McGovern	Trentham	1:03:08
Peter Baillie	Scottish	1:03:53
Jackie Wilson	Trentham	1:04:44
Terri Grimmett	Scottish	1:05:26
Bob Gardner	Scottish	1:06:52
John Leonard	Scottish	1:07:21
Joe Antcliffe	Trentham	1:08:34
Daphne Jones	Scottish	1:19:59

'A' Division - 5 km Race

David Cooke	Scottish	35:16
Warren Jowett	Trentham	39:42

'B' Division - 10 km Race

Ron Soper	No club	1:05:45
Ian Morton	Scottish	1:08:27
John Hines	Scottish	1:22:41

'B' Division - 5 km Race

Murray Gowans	Scottish	43:48
Peter Tearle	Scottish	49:12

Juniors

3.75 km		
Sarah du Toit	Trentham	33:03

2.5 km

Joseph du Toit	Trentham	21:23
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WEBSITE:

Don't forget to have a look at our website at:

www.wellingtonmastersathletics.org.nz

Wilson taking it in Her Stride



World ranked age-group walker Jacqueline Wilson keeps on keeping on.

There might not be much of her but Jacqueline Wilson is making it count, every step of the way.

Wilson, who weighs just 49 kilograms and stands 1.57m, is continuing to build on her success in race walking with winning world titles and setting world records in her 70 plus age group in World Masters competition.

Her winning way over the last six months at events in Perth, Daegu (Korea) and most recently in Auckland has delivered seven gold medals and three silvers to the 71-year-old.

She has earned world number 1 ranking in her age-group in the 1500 metres, the 3000m indoor and the 10km road walk events. She also has second-place ranking in the 3000m, the 5000m and the 20km road walk.

Yet Wilson, who has also earned Wellington and New Zealand and Masters Walks Athlete of the Year titles, only took up competitive walking seven years ago, after emigrating from England.

The Brown Owl resident had a sporting background having played netball and hockey, to county level, but for two decades before moving to New Zealand she had not done much exercise at all.

In her new home she began walking with a friend and then was interested enough to contact the Trentham Harriers and Walkers club.

"I've never been a runner. I joined to walk, as a social walker."

More than a year later the club, recognising her potential, alerted her to a half-marathon.

"So I just trained for that and won my age group," she said.

Wilson was soon under the coaching hand of Bart Jones who taught her the technique of race walking.

"He still is my coach and we still work on technique," she said.

In race walking the athlete's feet must always be in contact with the ground and the front knee straight on contact in the heel-toe stride.

"Bart has also helped me improve on what an athlete should do in other areas like diet, rest and recovery. And now, today, I'm racing faster than I was five years ago."

Wilson trains six days a week, a mix of walking and gym sessions for aerobic and core strength.

"I feel terrific and want to go on as long as I'm able to. I'm lucky I'm retired and I can afford to do it," she said.

She has no real preference for the range of events she competes in and, extra to that, has completed five marathons including the London marathon on her 70th birthday - ticked off in five hours 21 minutes.

Most of Wilson's walking is done in open age group competition and she is proud her Trentham Walkers club won the National Road Relay which included walkers in their 50s and mid 60s and a 13-year-old.

* * * *

Entrants and Finishers in the recent Gazley Volkswagon events

Race	Entrants	Finishers
Marathon Run	370	336
Marathon Walk	23	18
Half Marathon Run	1135	1018
Half Marathon Walk	184	142
10km Run	990	858
10km Walk	214	195
5km Run	503	427
5km Walk	114	106
Kids Magic Mile	291	262

ANNUAL GENERAL MEETING

Notice is hereby given that the Annual General Meeting of Wellington Masters Athletics Inc. will be held on

WEDNESDAY 20th SEPTEMBER 2017

at the Olympic Harrier Clubrooms,
Bannister Avenue, Johnsonville
commencing at 7.00pm.

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, 21st August 2017**.

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, 21st August 2017**.

Albert van Veen
Secretary
Wellington Masters Athletics Inc.
95 Kamahi Street
Stokes Valley
Lower Hutt 5019.
Email: albertvv@gmail.com



RECIPE

Buttermilk Hotcakes with Cider- Glazed Apples and Crème Fraiche

Light and fluffy hotcakes are delicious paired with apples and tart crème fraiche and make a great weekend treat.



Ingredients:

2 cups plain flour
2 teaspoons baking powder
½ teaspoon sea salt
½ teaspoon ground nutmeg
⅓ cup caster sugar
400ml buttermilk
4 tablespoons melted butter, cooled
2 large eggs, size 7, separated
Butter, for cooking.

To serve:

Cider Glazed Apples (recipe below)
Crème fraiche or mascarpone
Icing sugar and maple syrup, optional.

Cider-Glazed Apples

2 cups apple cider
2 tablespoons brown sugar.

Compote

6 Braeburn apples, peeled, cored and diced 2cm pieces
1 tablespoon butter
½ teaspoon ground cinnamon
⅓ cup golden sultanas or raisins
Finely grated zest and juice 1 lemon
2 tablespoons honey.

Preparation – Hotcakes:

Put the flour, baking powder, salt, nutmeg and the sugar in a large bowl and stir together. Make a well in the centre and add the buttermilk, butter and the egg yolks and stir until only just combined. Add the egg whites (not whisked) and stir until combined.

Heat a little butter in a large sauté pan. Add ¼ cups of batter and cook until small holes appear in the surface. Turnover and cook for 1-2 minutes or until puffed and they feel firm to the touch. Keep the pancakes warm in a low oven on a cooling rack and repeat with the remaining batter.

Glaze:

Put the cider and brown sugar in a large saucepan and bring to the boil, stirring to dissolve the sugar. Cook at a fast boil until reduced to ¼ cup, about 10-15 minutes. Tip into a bowl and set aside.

Compote:

Place all of the ingredients in a large saucepan and cook until the apples are tender but still holding their shape.

Stir the apple syrup through the compote just before serving.

To serve:

Stack hotcakes with the cider apples and crème fraiche, pour over maple syrup and dust with icing sugar, if using.

Makes 12.

* * * *

Jim Lockhart and Mariette Hewitson Baton

This award is presented in conjunction with the Masters 8km Road Race and is awarded to the athlete whose time is the closest to an age group record.

Past winner:

1999	Diane Rogers (Trentham)
2000	Diane Rogers (Trentham)
2001	Ellis Goodyear (Capital)
2002	Ellis Goodyear (Capital)
2003	Diane Rogers (Trentham)
2004	Peter Thomas (Trentham)
2005	Peter Thomas (Trentham)
2006	Ellis Goodyear (Capital)
2007	Sheryne Beeby (Olympic)
2008	Graeme Lear (Scottish)
2009	Diane Rogers (Trentham)
2010	Diane Rogers (Trentham)
2011	Teresa Cox (Trentham)
2012	Michael Wray (Scottish)
2013	Michelle van Looy (Olympic)
2014	Vicki Humphries (WHAC)
2015	John Wood (HVH)
2016	Michelle Van Looy (Olympic)
2017	Michelle Van Looy (Olympic)

* * * *

A Key Sign of Ageing

Joint issues are one of the first things that people notice as they age. For many people, this can be tiresome and debilitating. To help prevent wear and tear, look after your joints with good hydration, a healthy weight, plenty of unprocessed and whole foods, and sensible exercise.

THE ATHLETE'S KITCHEN

Copyright: Nancy Clark MS RD CSSD, June 2017

Bread for Runners: Good, Bad — or Yummy?



Many runners are staying away from bread these days: *It's a waste of calories. ... It's fattening. ... It's inflammatory.* These active people often struggle with denying themselves of this pleasurable food: *I tell the waiter to remove the breadbasket so I don't devour the whole thing. ... No more sandwiches for me; I eat just salads. ... On Sundays I cheat and eat a bagel! ...*

Perhaps you are feeling confused about the role of bread in your sports diet? After all, eating (white) bread these days is commonly viewed as nutritionally incorrect. Here are some facts to resolve some of the bread confusion.

Myth: Bread is fattening.

Any food can be fattening when eaten in excess. You “get fat” when you repeatedly overeat total calories for the day. The calories can be from avocado, yogurt, grilled chicken, potato chips, Oreos, M&Ms — or bread (white, whole wheat, sour dough, or multi-grain). The myth that *bread is fattening; carbs are fattening* is just that, a myth. You have my permission to enjoy bagels, sandwiches, and garlic bread alongside pasta for dinner. As long as the portions fit within your calorie budget for the day, you will not gain undesired weight by eating bread.

“But when I eat pasta *and* bread for dinner, I always gain 2 or 3 pounds by the next morning” whined a weight-conscious runner. She didn't realize when runners load-up on carbohydrates; they store in their muscles about three ounces of water with each one ounce of carb (glycogen). The scale does go up due to water-weight — and performance also goes up! You will have a far better run after a pasta/bread meal than, let's say, a no-carb chicken Caesar salad.

Now, if you eat too much bread — such as the whole breadbasket within a few minutes of settling into a restaurant, you can indeed consume excess calories. The problem is not with the bread, but with your relationship with bread. If you feel as though you have no control over, let's say the warm, crusty rolls in front of you and you quickly devour them, you may believe that bread is “addicting.” Next time, you might wonder if you should ban the waiter from even bringing the crusty rolls to your table — but that would be a shortsighted solution.

The smarter solution is to eat bread daily. Obviously, you really like bread; that's why you want to eat all of it. Depriving yourself of this little pleasure leads to “last chance eating.” You know, “This is my last chance to eat bread so I'd better eat it all.” You'd be better off taking the power away from bread by eating it more often.

Myth: White bread is a bad food, a nutritional zero.

In general, the less processed a food is, the more nutrients it has. Hence, whole wheat breads (and pasta) are preferable to the refined versions. But white bread is not poison nor a nutritional zero. Before you cast stones at white bread, you need to look at the whole day's diet: Is it *balanced or unbalanced*? Today's Dietary Guidelines suggest half of your grain-foods should be whole grains; the other half can be refined, enriched grains (bread, rice, pasta, etc.).

While some nutrients (fiber, magnesium and zinc) get lost in the milling of whole wheat into white flour, other nutrients have been added back. Since 1941, white flour has been enriched with thiamin, riboflavin, iron, and niacin in amounts equal to whole-wheat flour. Your job is to eat a variety of foods (vegetables, fruits, nuts yogurt) so you consume nutrients that might have been processed out of the whole wheat.

No grain — not whole wheat nor quinoa — is a powerhouse food. When you enjoy bread (or wrap) with hummus, turkey, cheese, lettuce and tomato, you'll get more nutrients from the filling than from the bread, regardless if it is whole wheat or white. Bread is better known for fueling the muscles, than for being a source of nutrients. If your diet is 85-90% *nutrient-dense* you won't be risking your health by selecting white bread or wrap.

In general, no breads or grain-foods are as nutrient-rich as green leafy vegetables, berries, lean meats, or dairy foods. Enjoy grains for their carbohydrates that help fuel muscles. The carbohydrate (starch) in bread ends up as muscle glycogen (fuel) or blood glucose (brain food). Yes, you can also fuel your body with a lunchtime salad, but you will have to eat a mighty big salad to get enough carbs. If you are on a food budget or don't have time to munch through a pile of veggies, you could far more easily fuel yourself with a sandwich made with whole wheat bread, peanut butter & banana.

If you exercise for about one hour a day at moderate intensity and want to fuel your muscles adequately, you should target about 2.25g carb/lb. body weight. For a runner who weighs 150 pounds, this comes to ~340g carb a day. By dividing that into three meals (with 100g carb/meal) + 1 snack (with 40g Carb) you can see that a PB & J sandwich (70g carb) easily beats a salad with chickpeas (25g carb)!

Myth: Wheat is inflammatory.

If you are among the 1% of Americans who have celiac disease, or the 6% who have gluten sensitivities, you should stay away from bread and other forms of wheat. But for most of us, bread can be a positive part of a sports diet, not a trigger for inflammation.

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A crossover study with athletes who ate a gluten-filled or gluten-free diet showed no increase in markers of inflammation when the athletes consumed wheat. (Lis, *Med Sci Sports Exer* 2015).

Myth: White bread, like sugar, spikes blood glucose.

Surprising, the average blood glucose response to commercial white bread versus artisan whole-wheat sourdough bread is similar. In fact, half the subjects had a higher rise in blood glucose with whole-wheat bread. (Korem, *Cell Metab* 2017).

The bottom line.

White bread can be included an overall balanced sports diet. While minimally processed foods are always better than highly processed foods, you want to look at the whole diet and not vilify a slice of white bread. Just balance it with whole grains at the other meals — and enjoy it, guilt-free.

Sports nutritionist Nancy Clark MS RD CSSD has a private practice in the Boston-area (Newton; 617-795-1875), where she counsels both fitness exercisers and competitive athletes, teaching them how to eat to win. Her popular Sports Nutrition Guidebook, and food guides for marathoners, cyclists and soccer are available at nancyclarkrd.com. For workshops, see www.NutritionSportsExerciseCEUs.com.

Ed: - 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 websites listed above.

* * * *

Seven Tips to Protect Your Joints While Running

Knee and joint pain is a common problem among runners, be it experienced professionals or beginners. If you're avoiding your early morning jog just to avoid joint pain, then this article is for you.

Managing joint pain can be difficult for any runner but with necessary fitness precautions you can enjoy your jog without bothering about knee pain.

1. Maintain healthy weight: Being overweight can increase the pressure on your joints while running. This can be even harmful for your joints. So, losing weight is the first thing you should focus on. One study reported that losing about a kilogram of weight delivers almost a four kilogram reduction in knee joint load for each step.

2. Warm up/cool down: It is extremely important to invest some time before and after your jog to warm up and cool down. Warm up ensures that your body is prepared for exercise whereas the cool-down phase will help you to gradually reduce the intensity of activity and soreness in the joints and muscles.

3. Strengthen muscles and increase flexibility: When a joint is subjected to increased

intensity, outside its comfortable range of motion, it is prone to suffer a flexibility injury. A good test of strength and flexibility is the wall [squat](#). Stand facing a wall, with your feet just wider than hip-width and your hands on your temples. Try to squat down so your thighs are parallel to the floor, without your knees or any other part of your body touching the wall on the way up or down. Aim to complete five squats standing just an inch away from the wall.

4. Allow time for recovery: In case you suffer from knee injury, rest well and give sufficient time to recover from the injury. Running with an injury can increase your chances of developing and aggravating [osteoarthritis](#). If pain persists, seek professional advice.

Apart from the above expert tips, you should also:

5. Eat healthy: Eating a balanced diet is highly essential for maintaining good health and quality workouts. Include [calcium](#) and [Vitamin D](#) rich foods in your diet. If you're suffering from knee pain, then increasing the intake of fish or fish oil can help you to reduce [inflammation](#) and maintain healthy joints.

6. Wear the right shoes: Running is a physical activity having minimal requirements. And, the kind of footwear you choose for running is the most important thing that will impact your speed, comfort and your chances of suffering from an injury. In fact, in most runners the knee pain disappears after they change their shoe.

7. Run on flat, even surfaces: Running on uneven surfaces can be risky for your joints. You can easily sprain your ankle or knee joint. Choose a place which is meant for running rather than running on an open ground where you find your comfort. Also, running on softer surfaces can be beneficial for your joints than running on hard surfaces that puts extra stress on your knee joint.

* * * *

Don't forget to visit our website at:

www.wellingtonmastersathletics.org.nz

and another site that may be of interest:

<http://athleticsrankings.com>



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YOGA POSES FOR RUNNERS

By Lynn Burgess

As a yoga teacher, runners often come to the studio seeking relief from sore feet, bad knees, tight hamstrings and painful hips. Over the years, I have watched runners with joint pain, back problems, and muscle pulls, come to class and increase range of motion, agility, flexibility, lung capacity, endurance, and strength.

Yoga has the ability to help all of us get better — better in terms of healing and rehabilitation, better in terms of strength and flexibility, better in terms of the elimination of pain, better in terms of balance, endurance and breath control. For runners, yoga does all of this while reducing stress and aiding in injury prevention.

If you would like to integrate yoga into your running routine, begin with these four [yoga poses for runners](#).

Happy Baby Pose

Happy Baby Pose gently opens the hip joints, stretches the inner groins and the back spine, calms the brain, and helps relieve stress.



Instructions

Lie on your back, bend your knees toward your chest and take hold of the outsides of your feet with your hands. As you release inside your hip sockets, feel your lower back spreading onto the ground.

Keep your feet over your knees. Keep them awake and alive. Keep your chest broad; your neck and throat relaxed. Stay for 30 seconds breathing evenly.

Modification: If you cannot reach your feet without distorting your spine, use a strap across the bottoms of your feet. Doing so will allow you to pay more attention to the opening of your hip sockets and breathe more easily.

Reclined Leg Stretch

Reclined Leg Stretch provides a safe stretch for tight hamstrings, brings more freedom to the back, pelvis, and hips. It can help relieve discomfort from plantar fasciitis.

Instructions

Lie on your back with your legs together. Extend both legs strongly through your heels.

Keep your left leg tunneling into the ground as you bend your right knee and draw it into your chest. Place a strap around the arch of the right foot and hold the strap loosely in both hands.



Exhale and extend your right leg straight up. Walk your hands up the strap until the elbows are fully extended. Keep your neck relaxed and make sure you are not throwing your head back.



Lengthen the back of the leg between the heel and buttock bone. Try not to be overly enthusiastic about pulling your leg toward your chest. Instead emphasize the grounding of your left leg as you draw your arms back into their sockets and lift your collarbones.

Stay for 30 seconds to one minute breathing evenly. Slowly release. Repeat on the left side.

Downward Facing Dog Pose

This pose stretches the hamstrings, calves, and arches. It can relieve back pain.

Instructions

Come onto the floor on your hands and knees. Set your knees directly below your hips and your hands slightly forward of your shoulders. Spread your palms, index fingers slightly turned out, and turn your toes under.



Exhale and lift your knees away from the floor.



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Keep the knees slightly bent and the heels lifted away from the floor. Lift the buttock bones toward the ceiling.

With an exhalation, push your top thighs back into your hamstrings and stretch your heels down toward the floor. Straighten your knees. Stay for 15 seconds breathing evenly.



Legs-Up-the-Wall Pose

When you have run long distances, Legs-Up-the-Wall Pose can help you recover better and more quickly. It relieves tired or cramped legs and feet, gently stretches the back legs, front torso, and the back of the neck, relieves mild backache, and calms the mind.

Instructions

Place two folded blankets or a round yoga bolster about five to six inches away from a wall. Sit sideways on right end of the blanket stack, with your right side against the wall.



With one smooth movement, swing your legs up onto the wall and your shoulders and head down onto the floor.

The first few times you do this you may slide off the blankets and plop down with your buttocks on the floor. Don't get discouraged. Coming into this pose may take some practice.



Keep your legs relatively firm, just enough to hold them vertically in place. Let your arms rest six inches or more from your sides, palms facing up or place them into a cactus position. Close your eyes and breathe normally. The most important thing to do in this poses is "nothing"

— just relax. Stay in this pose anywhere from one to five minutes.

To come out, bend your knees and push your feet against the wall to lift your pelvis off the support. Slide off the support onto the floor. Then, turn to the side. Stay on your side for a few breaths then come up.

About the Author

Accomplished yoga teacher, Lynn Burgess, combines her unique alignment based style with over 20 years of teaching experience to help athletes achieve their goals. Visit www.yogafromtheheart.com to learn more.

* * * *

Give Your Body a Boost



As older individuals lose bone density with age, maintaining proper joint function can be difficult.

We've all heard the old adage, "Use it or lose it." It's especially true when it comes to joint function.

As we age, many of us suffer from a loss of joint mobility. Morning stiffness starts to show up. Or it may take extra time to recover after getting up out of a chair or driving for a long distance. Knees, hips, shoulders and elbows are common culprits. Perhaps less obvious, but even more important are the joints of the spine.

Those of us with the various stresses that come from circling the sun for 40, 50, 60 or more times, start to feel the brunt of the lifelong cumulative effects of insults and injuries to the spine. That's why chiropractic care later on in life can be especially helpful.

Besides helping to keep spinal joints functioning as optimally as possible, many seniors choose some type of regular chiropractic care for:

Better balance – Falling is often the beginning of the end for the elderly. The inactivity resulting from mending a broken hip can prevent the movement so essential for good health. There is even some research to suggest that chiropractic care can help the elderly maintain better balance.

Increased vitality – With the nervous system focus of chiropractic care, many patients report better sleep, more energy and a greater sense of well-being when they get adjusted regularly.

Ed: This article has been reproduced with the kind permission of Dr Louise Bruce-Smith, Back to Living Chiropractic, Level 1, 50 The Terrace, Wellington 6011, phone 04 499 7755 or visit the website www.chiro.co.nz

HEALTH

Harnessing the Power of Nutritious Food

By Annaliese Jones

I see a lot of people who have big dreams, whether it's changing careers, starting their own business, or designing a product they are passionate about. But time and again they fail to get to the finish line and their dreams remain just that because they can't maintain the creative energy and mental stamina required. The food and nutrients we consume are our only fuel. It can make us feel vital, energised and motivated or fatigued, foggy brained and frazzled. Harness the power of nutritious food and see the difference some simple changes can make!

Vitamins and Minerals

B vitamins are one of the groups the brain requires huge amounts of. Because they are water-soluble and pass rapidly out of the body (rather than being stored), even a short-term lack can affect the way we think and feel. Magnesium is also helpful for calming an anxious or overwhelmed nervous system. Increasing your intake of these two alone will do wonders for your overall mental and creative energy.

Good Source of B Vitamins:

Whole grains, bananas, red meat, avocado, mushrooms, egg yolks, lentils, capsicum and beetroot.

Good Sources of Magnesium:

Green leafy veges, nuts and seeds, buckwheat, kelp, figs, dates and avocado.

Omega-3 Smart Food

Consisting of the fatty acids EPA and DHA, omega-3 is crucial for brain health and concentration. In fact, 60 percent of your brain is made up of fat. So giving your body regular doses of good fat is essential for its optimal function. Getting enough can be as simple as having two or three serves of oily fish a week. Salmon, sardines and mackerel are good oily varieties. Some other bountiful sources are nuts and seeds such as walnuts and sunflower, flax and pumpkin seeds.

Getting the Message

Brain cells talk to each other via chemical messengers called neurotransmitters. These neurotransmitters are made up of protein. So getting enough protein is essential for clarity of thought and creative thinking.

A simple way to calculate how many grams of protein you need per day is to multiply your weight in kilograms by 0.8. This will give you a number to aim for. If you are quite active or pregnant, multiply your weight by 1.3.

Some Good Sources of Protein include:

Nuts and seeds, lean red meat, fish, chicken, eggs, tofu and tempeh, and legumes such as lentils, chickpeas and beans

* * * *

Four Daily Health Habits

Enhancing your health doesn't have to mean spending hours each day at the gym or eating like a rabbit. Here are four daily tips to remember:

Drink plenty of pure water. Put the kibosh on soda consumption and opt to drink at least 8 glasses of water a day.

Tweak what you eat. Give each meal an upgrade by swapping out a food for one that's more nutrient-dense. For example, exchange iceberg lettuce for spinach, kale or arugula.

Get sufficient sleep. Adults should aim to get 7-8 hours of quality sleep a night. Sleep plays a critical role in maintaining excellent health.

Move more. As sitting has been called "the new smoking," it's important to incorporate plenty of movement into your day. Simply walking more can pay health dividends.

These daily tips work even better when your nervous system is free from vertebral subluxation!

* * * *

TRUE BLOOD

Part of the explanation of why exercise enhances cognitive functioning has to do with blood flow. More blood flow means more energy and oxygen, which makes our brains perform better.

Exercise also boosts the production of neurotransmitters – including serotonin, one of our happy hormones – which stimulates growth in the hippocampus (the part of the brain critical for learning and memory), thus improving cognitive function.

* * * *

Quote:

"A life without love is like a year without summer".

WELLINGTON MASTERS ATHLETICS

33rd Annual 8km Road Race and 6.4km Race Walk

Olympic Harrier Clubrooms, Johnsonville

Sunday 16th July 2017

The weather for this years' event was fine with a light, cool breeze to contend with. This year 41 runners (one DNF, so only 40 in results) and 7 walkers took part. Fastest male walker over the hilly four-lap course was Bob Gardner (Scottish) and Jackie Wilson (Trentham) was the fastest women.

Fastest male runner over the five-lap course was Michael Wray (Scottish) and the fastest women was Renae Creser (Kapiti).

The Jim Lockhart and Mariette Hewitson Baton for the time closest to an age group record was again won by Michelle Van Looy. The club team for the runners was won by Olympic and Scottish won the club team for the walkers.

A special thanks to the marshals, timekeepers and Sharon Wray for providing the lunch – your support is much appreciated.

Run (8km)

<u>Name</u>	<u>Club</u>	<u>Age Grade</u>	<u>Time</u>	<u>Age Gr %</u>	<u>Race Pl</u>	<u>Grade Pl</u>
Michael Wray	Scottish	M50	30:22	78.81%	1	1
Darren Gordon	HVH	M40	30:46	74.16%	2	1
Mathew Rogers	HVH	M35	33:32	65.06%	3	1
Renae Creser	Kapiti	W40	34:03	73.57%	4	1
Michelle Van Looy	Olympic	W45	34:13	75.74%	5	1
Bruce Atmore	Olympic	M50	34:33	70.43%	6	2
Stephen Mair	Trentham	M55	34:45	71.80%	7	1
Philip Secker	Trentham	M50	35:38	67.17%	8	3
Richard Martin	Olympic	M50	35:53	67.25%	9	4
Brian Dunne	No club	M55	36:03	70.41%	10	2
Marshall Clark	Scottish	M60	36:26	72.19%	11	1
Brian Hayes	WHAC	M70	36:28	78.56%	12	1
Graeme Moss	Olympic	M55	37:04	68.48%	13	3
Richard Blake	Olympic	M35	37:08	57.81%	14	2
David Hood	Trentham	M55	37:56	67.49%	15	4
Jan Sheppard	Olympic	W50	38:33	70.21%	16	1
Glen Wallis	Scottish	M50	39:00	62.91%	17	5
Belinda Walker	Trentham	W50	39:15	71.42%	18	2
Mark Anderson	Olympic	M45	39:52	67.14%	19	1
Kerry Beaumont	Trentham	W35	39:55	61.29%	20	1
Peter Sparks	HVH	M65	40:33	67.24%	21	1
Rob McCrudden	Olympic	M50	40:46	59.69%	22	6
John Wood	HVH	M75	41:05	77.57%	23	1
Robin Stephen	Levin	M65	42:00	65.56%	24	2
Tony Gormley	Levin	M50	42:15	58.07%	25	7
Zhihao Cai	Olympic	M40	42:15	53.18%	26	2
Pam Graham	Scottish	W65	42:23	80.61%	27	1
Lance Broad	Levin	M60	42:52	60.81%	28	2
Ele Brown	Olympic	W50	44:17	63.30%	29	3
Merryn Jones	Olympic	W40	44:19	56.94%	30	2
Keryn Morgan	HVH	W35	45:32	53.99%	31	2
Edwin Pinto	Levin	M45	46:03	50.74%	32	2
Guy Dobson	Levin	M65	46:50	58.79%	33	3
Annie Van Herck	Olympic	W60	47:17	68.28%	34	1
Sharon Wray	Scottish	W50	47:55	57.84%	35	4
Albert Van Veen	HVH	M70	48:10	59.48%	36	2
Liz Anderson	Olympic	W45	48:30	52.92%	37	2
Barbara Morrison	Olympic	W65	52:05	65.60%	38	2
Ray Wallis	Aurora	M75	54:44	58.22%	39	2
Peter Hanson	Olympic	M80	59:55	56.75%	40	1

Walk (6.4km)

<u>Name</u>	<u>Club</u>	<u>Age Grade</u>	<u>Time</u>	<u>Age Gr %</u>	<u>Race Pl</u>	<u>Grade Pl</u>
Bob Gardner	Scottish	M60	42:58	69.30%	1	1
Jackie Wilson	Trentham	W70	43:08	86.32%	2	1
Ian Morton	Scottish	M60	44:10	66.09%	3	2
Joseph Antcliff	Trentham	M50	44:17	60.78%	4	1
Maryanne Palmer	Scottish	W60	47:09	71.62%	5	1
John Palmer	Scottish	M65	48:27	65.66%	6	1
John Hines	Scottish	M80	53:51	61.42%	7	1

2016**NZMA / Local Masters Centre Registration Form**

Name:

Address:

Post Code:

E-mail:

Telephone:

Masters Centre:

Date of Birth:

Are you an Athletics NZ club registered athlete (circle one only)? No / Yes (Please complete section below)

Athletics NZ Club:

ANZ Reg. No.

Fees for 2016 / 2017 year (Please select the option that better suits your needs):**Option 1:****ANZ Competitive Members** (ANZ club members must be financial for the 2016 / 2017 season)*N.B. All fees are paid to ANZ online or via your club registration process***\$0.00**

NZMA Fee (ANZ club athlete DO NOT pay a fee to NZMA as per the MoU)

\$0.00

Local Master's Centre Fee

\$25.00

(Circle)

Vetline Subscription (4 issues starting as from January 2017)

Please pay this fee to your local Master's Centre

*Note: ANZ Social Members are required to be a Competitive member of either ANZ or NZMA if they intend to compete at local, NI, SI, NZMA, OMA or WMA Championship events.***Option 2:****NZMA Members (non-club members)***N.B. All fees are paid to your Local Masters Centre as per previous years***\$60.00**

(Circle)

NZMA Competitive Member (including Vetline subscription)
(Eligible to compete at local, NI, SI, NZMA, OMA or WMA Championship events.)**\$45.00**

(Circle)

NZMA Social Member (including Vetline subscription)
(Eligible to compete at local club masters events only).**\$0.00**

(Circle)

Local Master's Centre Fee (optional)

Total Fee to pay = \$**Payment Options:** Post, e-mail or hand completed registration forms to **Veronica Gould**.Online Banking: Wellington Masters Athletics Inc., ANZ, The Terrace: 06 0565 0064415 00.
(Please insert your name in the reference box)Please make cheque payable to **Wellington Masters Athletics**

Postal Address:

Wellington Masters Athletics Inc.
PO Box 5887 Lambton Quay
Wellington 6140Telephone: **04 973 6741**E-mail: **gvgould@xtra.co.nz**

Official Use:

Verified by:

2016 / 2017 NZMA Reg. No:

UPCOMING EVENTS

2017:

Aug

19 Wellington Road Running Championships Wainuiomata

Sept

10 30th Pelorous Trust Full Marathon, $\frac{1}{2}$ Marathon, 10km & 5km Petone

24 Berlin Marathon Berlin

30 Life Flight Handicap Half Marathon (Teams or Individuals) Carterton
NZ Road Relay Championships Rotorua

Oct

4-8 South Island Masters Games Nelson

8 Masterton Full Marathon, $\frac{1}{2}$ Marathon, 10km & 5km Masterton

15 Lower Hutt 10km Road Race & Walk Lower Hutt

Nov

5 New York City Marathon New York
Nelson Half Marathon, 10km & 5km Run & Walk (new course) Stoke, Nelson

24-26 North Island Masters Track & Field Championships Taranaki (Inglewood)

2018:

Jan

20-27 OMA Stadia Championships Dunedin

Feb

10 Buller Gorge Full & Half Marathon and Marathon Relay Westport

19 Senshu Marathon Japan

May

20 Gold Coast Bulletin $\frac{1}{2}$ Marathon, 10km, 5km & 2.5km Gold Coast

27 Masters Classic Club Relay Trentham

June/July

30/1 40th Gold Coast Airport Marathon, $\frac{1}{2}$ Marathon, 10km & 5.7km 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, websites or event organisers.
