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WELLINGTON MASTERS ATHLETICS INC NEWSLETTER | VOLUME 19 – ISSUE 3

Recent Wellington Masters Road Race and Race Walk *Johnsonville*



Runners ready for the start of the Johnsonville 8km Road Race | Photo: Sharon Wray

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Trentham walker, Warren Jowett | Photo: Sharon Wray

President's report

Michael Wray

It's disappointing that we found ourselves back in level two after three months at level one. It shouldn't have been unexpected. The last global pandemic had three major waves, followed by a fourth minor wave, and lasted three years. Hence, even though, as I write, we are anticipating returning to level one again shortly, I would expect future periods back in levels two or three before normality returns.

We did manage a preview of the road season with the new Needle Relay event, which replaces the previous Bays Relay. It was the first interclub event of the season to go ahead. After the lockdown virtual challenges, our athletes seemed eager to embrace the opportunity for some real racing and the weather gods were just as enthusiastic, giving us a crisp, sunny day and only moderate winds. The 400+ runners had a good time and packed the area around the wind needle.

Unfortunately our cross country season has been lost. We had already lost the Shaw Baton Relay and the Masters Classic Relay, so our sole event was a belated University Relays, which were held in bright sunshine (and a fierce southerly!). As a result of the extension of level two into September, the Wellington Cross Country Championships are cancelled. Athletics Wellington originally deferred to a September date, the only date the council could offer for the race. Unfortunately the country will still be at alert level two then and the permit to use the course was dependent on alert level one being in place. While Athletics Wellington started to explore the option for re-jigging the event to meet level two rules from the Ministry of Health, it was not an option. Technically the event could have been pushed out to October but the calendar is already crowded with postponed events so cancellation was reluctantly accepted.

The New Zealand Cross Country Championship in Dunedin has also been lost, although the event still went ahead in a smaller form that was rebranded a "challenge" rather than a national championship. No Auckland residents could travel and many athletes from Northland and Tauranga have also

had to withdraw due to their flights requiring routing via Auckland, with no cost-effective alternatives. I am surprised ANZ did not postpone as that was being explored but the option obviously encountered insurmountable obstacles. I know a large portion of the Wellington team withdrew when the event stopped being the national championship. In reality the event became somewhat of a pseudo-South Island championship between Canterbury and Otago supplying the vast majority of participants.

So with cross country truncated, we turn our attention to the road season. The Wellington Road Champs will be held in a few weeks, with every expectation that we will be back at alert level one. Even if we're still at level two, the course in Wainui is far more easily controlled than Harcourt Park, with the ability to open and close access to different groups. There's good reason to think this event could be staged within the gathering limits by having the separate groups in-situ at different times and preventing any co-mingling between different groups. This was the method used by Waikato-BOP for the Road Champs recently, also held on a closed course where such controls could be enforced. Given the description of a near eerie atmosphere that one of the Waikato clubs published in their newsletter, I hope we are able to experience a normal event with the buzz we enjoyed at the Needle Relay.

Looking further ahead towards track season, keep an eye out for some new developments. The Track & Field Committee are going to be offering midweek, early evening meets every few weeks. Wellington Scottish are arranging, at least as far as track is concerned, and I believe clubs like Kiwi may be providing field events. Nothing is final as yet but the planning is advancing. The meets won't be full-blown Grand Prix style events but there should be something for everyone, whether you're a harrier looking to see what track is about or an established track & field athlete wanting competition.

Michael Wray | President

Health

Is Chocolate actually good for you?

Various U.S. and Switzerland research studies have concluded that chocolate flavonoids give short bursts of energy to the brain

Chocoholics take heart – literally that is! Seems a bit of a chocolate bar might actually be good for your ticker. Dark chocolate, not that dreamy milk chocolate that melts in your mouth. It's a comfort food that we can all live with – in moderation of course.

Several studies have concluded that it's the flavonoids in dark chocolate that are beneficial. These are the substances in plants that give fruits and vegetables their health benefits. The authors don't suggest that you go out and consume five or six candy bars, as the sugar and fat content in a typical candy bar would have a negative effect on your health.

Dark chocolate is loaded with nutrients. It's made from the seed of the cocoa tree and is one of the best sources of antioxidants on the planet.

Dark chocolate seems to improve brain function. Various research studies, conducted in the U.S. and Switzerland, have concluded that chocolate flavonoids give short bursts of energy to the brain. Besides combating fatigue and sleep deprivation, it may also improve cognitive function among the elderly.

Dark chocolate increases blood flow to the brain and contains stimulants like caffeine and theobromine. Some experts say that epicatechin, found in cocoa beans, may be as important as penicillin. It's believed that epicatechin improves circulation and relaxes blood vessels.

A Central American Indian tribe, the Kuna, drink up to 5 cups of cocoa water each day. They exhibit less high blood pressure, cancer, heart disease and stroke than people in more developed countries.

According to the International Journal of Medical Science, the Kuna were:

- Five times less likely to die as a result of heart disease
- 25 times less likely to die from cancer
- 10 times less likely to die from the effects of diabetes
- 13 times less likely to die from a stroke.



IMAGE © LIGHTFIELDSTUDIOS / 123RF.COM

A research team in Finland has been studying a group of Helsinki executives. Their findings among those born between 1919 –1934 are interesting: the chocolate-lovers in the group tended to be leaner; they had a lower incidence of diabetes. They were better educated than those who consumed other sweets, and tended to be happier and suffered less depression. Maybe because eating chocolate also releases endorphins, which produce pleasurable feelings.

So go ahead and indulge in some dark chocolate. It just might make you feel better now, and many years into the future.

Ed: This has been reproduced with the kind permission of Dr Louise Blair, Back to Living Chiropractic, L1, 50 The Terrace, Wellington 6011, phone 04 499 7755 or visit their website www.chiro.co.nz

Health

Remember to stay safe and up to date with COVID-19

Find out more at
Covid19.govt.nz

[New Zealand Government](http://www.govt.nz)

**Unite
against
COVID-19**

Race results, Johnsonville

Wellington Masters 8 km Road Race and 6.4 km Race Walk

Sunday 2nd August 2020

With the demise of the Olympic Harrier Clubrooms race headquarters this year was at the Johnsonville Bowling Club which was about 1km from the start.

The weather conditions for this year's event were perfect – no wind, sunny with cool temperatures. This year 20 runners and 13 walkers took part.

Fastest male walker over the hilly four-lap course was Sean Lake (Scottish) and Jackie Wilson (Trentham) was the fastest women.

Fastest male runner over the five-lap course was Paul Hewitson (WHAC) and Katie Jenkins (Olympic) was the fastest woman.

The Jim Lockhart and Mariette Hewitson Baton for the time closest to an age group record was won by Katie Jenkins.

The club team for the runners was won by Scottish and Scottish also won the club team for the walkers.

RUN 8 km							
NAME	CLUB	AGE GRADE	TIME	AGE GRADE %	FINISH	GRADE PLACE	
Paul Hewitson	WHAC	M55	31:41	80.12%	1	1	
Darren Gordon	HVH	M45	31:45	73.60%	2	1	
Stephen Mair	Trentham	M55	35:04	73.00%	3	2	
Katie Jenkins	Olympic	W45	35:25	73.88%	4	1	
Mat Rogers	HVH	M40	36:04	61.83%	5	1	
Matyas James	Scottish	M45	37:18	62.15%	6	2	
Peter Frawley	WHAC	M55	41:27	60.72%	7	3	
Glen Wallis	Scottish	M55	41:55	60.04%	8	4	
Marketa Langova	Scottish	W40	43:52	57.10%	9	1	
Don Stevens	Scottish	M55	44:22	57.21%	10	5	
Kath Littler	Scottish	W40	44:44	55.63%	11	2	
Richard Sweetman	Scottish	M70	47:07	63.21%	12	1	
Bev Hodge	Sottish	W60	49:45	63.15%	13	1	
Peter Ellis	Kapiti	M75	51:43	64.26%	14	1	
Keryn Morgan	HVH	W40	52:57	47.31%	15	3	
Albert van Veen	HVH	M70	53:14	55.95%	16	2	
Linda Rawlins	Olympic	W45	53:52	49.69%	17	2	
John Palmer	Scottish	M70	54:17	54.10%	18	3	
Peter Hanson	Olympic	M80	62:42	58.72%	19	1	
Ray Wallis	Aurora	M80	DNF				

WALK 6.4 km							
NAME	CLUB	AGE GRADE	TIME	AGE GRADE %	FINISH	GRADE PLACE	
Sean Lake	Scottish	M45	41:52	62.98%	1	1	
Jackie Wilson	Trentham	W70	43:00	85.35%	2	1	
Warren Jowett	Trentham	M60	43:13	64.21%	3	1	
Robin Stephen	Levin	M65	44:10	69.77%	4	1	
Terri Grimmett	Scottish	W60	44:35	73.38%	5	1	
Rob McCrudden	Olympic	M55	46:54	57.82%	6	1	
Barbara Morrison	Olympic	W70	47:01	82.45%	7	2	
Maryanne Palmer	Scottish	W65	48:20	70.66%	8	1	
Bruce Atmore	Olympic	M55	48:40	55.72%	9	2	
Ray Marten	Scottish	M70	51:27	61.97%	10	1	
Daphne Jones	Scottish	W75	51:42	75.34%	11	1	
Andrea Adams	Olympic	W55	55:16	55.07%	12	1	
John Hines	Scottish	M80	57:24	67.22%	13	1	

Thanks extended to our supporters

A special thanks to the marshals and timekeepers and to those members who provided food for the morning tea – as always, your support is very much appreciated.

Training

Running drills

- *Performing Running Drills regularly will improve your form and mechanics and help prevent injuries*

Strides

Try this Running Drill to improve your form and mechanics

A stride (a.k.a. a pick-up) is an easy to perform running drill to improve your form and mechanics. They are quite flexible and can be plugged into your regimen after easy runs to work on form, used to warm up before speed workouts or races, or they can be used as a speed workout for newbie runners.

The ultimate goal is to increase your stride length while maintaining a quick foot turnover. Although it may sound tricky or complicated it truly isn't. In mortal-speak, it is going from running easy to increasing your speed by lengthening your stride for about 15 seconds and then slowing your speed down and walking back to recover and catch your breath.

Here's the long version of how to run strides with ease:

- Find a predictably flat surface (runway) that is long enough to run 30 seconds at speed (about 75-90 metres for most).
- If you're running strides before a speed workout or race, make sure to warm up first with three to five minutes of walking and five to 10 minutes of easy-paced running. For races, time the strides so you complete them a few minutes prior to the start of the race.
- If you're running them after an easy run, walk it out for a few minutes to bring your heart rate and breathing down before you start.
- If strides are new in your running regimen, start with a total of four and slowly build to six to eight over time.
- Start the stride by running easy, focusing on a short, quick stride, and then gradually increase your speed by lengthening your stride. Keep your torso tall and relaxed.
- It should feel like a controlled fast pace rather than a sprint.
- When you reach three quarters into the runway distance, gradually decelerate by shortening your stride until you come to a walk. If you're running by time, the total stride should be around 30 seconds – run easy for 10 seconds, then increase stride length to 15 seconds and decelerate for 5 seconds.
- Walk back to the starting point to recover and catch your breath and repeat the stride again.
- Strides can also be woven into the middle of an easy run, which is a great strategy for newbie runners with a base of mileage for learning mechanics and learning how to run faster.

Awards

At the prize giving for the Johnsonville 8km held on 2 August, the following awards were announced and presented to those recipients who were present.

Wellington Masters Athlete of the Year

Jacqueline Wilson and Jim Blair

Noeleen Perry Memorial Trophy

Jacqueline Wilson

Age Graded Trophy

Alessandro Pinna and Veronica Gould

NZ Masters Service Awards (Silver)

John Turner and Dave Gratton

Training Stretching



IMAGE © DEAN DROBOT / 9343508 / 123RF.COM

The right time to stretch for runners

If you run, you probably stretch. You've heard it's good for you and it just feels right. But when you stretch can be as important as how you stretch.

A review of studies on the effect of pre-workout static stretching on strength, power, and explosive performance found a negative rather than positive effect – especially when each stretch is held longer than 45 seconds. It's believed that this "overstretching" of muscles may fatigue them, by weakening the muscle-tendon connection, before they get the chance to start working on a run. Pre-run stretching has also been found to have a negligible effect on injuries.

Sports scientists and coaches, however, have learned that stretching, especially "dynamic" stretching (stretching while moving), is relatively safe and may have a positive effect on performance after your muscles are warm. This assumes that you perform stretches correctly: stretch to the point of pressure, not pain, during static stretches.

After easy runs

Muscles are warm, but not overstressed, is a great time to do some stretches (static or dynamic). This has the added advantage of gradually letting your heart rate return to normal. Be sure to stretch the hamstrings, the muscles you work hardest when you run.

The simplest hamstring stretches involve reaching for your toes with one hand at a time while standing (with one leg elevated on a bench) or sitting on the ground (seated hamstring stretch).

After hilly runs

Whether it's after hill repeats or a distance run over long or numerous hills, stretching after these runs should emphasise the muscles most involved on both descents (the hamstrings) and ascents (the calves and quadriceps). A simple calf stretch is to stand with your forefoot above a step or curb and slowly, gently drop your heel until you feel the stretch. This also stretches the Achilles tendon, which works hard on hills. Also, do Standing Quad Stretches: pull the back of each foot toward your butt.

Speed workout running

Stretching after you've jogged a few laps on the track— but before you start doing "strides" or intervals — is a good time to stretch the muscles when they're warm, but not yet fatigued. This is especially valuable if you're doing "short" speed, such as 200- metre repeats, which are easier with flexible muscles. Dynamic stretches are best. These typically involve rotating your joints — hip circles, shoulder circles, neck circles, arm swings, and light "plyometric" exercises like "high knees" and "butt kicks."

Stretching mornings or evenings

Light stretching when you get out of bed in the morning or before you go to bed at night can be worthwhile, but keep it light. Don't reach too far into stretches and don't hold stretches for longer than 30 seconds. Keep these stretches simple. Stretch the way a cat does after napping: A few seconds stretching out the paws and it's ready to chase mice. Gentle and relaxed static stretching has been proven effective to widen motion range, especially when done after a bath or shower (when muscles are warm).

Top 5 stretches for runners:

- **Hamstrings:** Lying on your back with your left knee bent and foot flat on the floor, extend your right leg up. Clasp your hands just above or below your knee, gently pull your leg towards you. Hold for 30 seconds and then switch legs.
- **Quadriceps:** Balancing on your left leg and keeping your knees together pull your right foot up behind you using your right arm. Try to pull that foot as close as you can to your butt. Make sure to hold your chest up and hips forward. Hold for 30 seconds, then switch sides.
- **Hip Flexors:** Kneel on your right knee with your left foot flat on the floor in front of you and knee bent at 90 degrees. Gently lean forward from the hips. Hold the stretch for 30 seconds and then switch sides.
- **Calves:** Stand with your feet side to side, then step one foot forward so they're staggered. While bending your back knee, keep your forward leg straight, as you fold down to grab onto your front foot just beneath your toes. Apply gentle pressure to your toes, pulling them towards your leg and feeling the stretch in your calf. Switch legs after 30 seconds.
- **Lower Back:** Lying flat on your back, bring your knees to your chest and grasp your legs. Hug them to your chest for 30 seconds.

Training

Understanding the role hips and quads play in proper run form

By Caitlin Glenn Sapp

Can you spot the difference between efficient run form and quad-dominant run form?

The secret lies in the runner's posture. Running requires many parts of the body to be working in unison, from our feet to our core to the way our arms and legs swing. Mastering the optimal run form for performance and injury prevention is a never-ending endeavor. This article will break down what should happen at the hips, and discuss the importance of producing forward momentum from the glutes, achieving hip extension, and optimizing posture.

Why quad-dominant running doesn't work

Most runners are quad-dominant and generate reduced drive and power from the glutes. Anterior knee pain, known as Runner's Knee, is one of the most common running injuries. With quad-dominant running more torque is imposed on the knees, thus leading to an increased risk of knee injuries. At its most basic level, less quad dependency equals less stress to the knees.

Another downfall of quad-dominant running is early fatigue in races. With more fast-twitch muscle fibers in their makeup, the muscle physiology of the quadriceps is made for working at peak capacities. Glutes, however, are slow-twitch in nature, allowing for more aerobic capacity.

Recognising the pitfalls of over striding

In cases of weakness and inhibition on the backside of the body, we often see poor posture when running, requiring the individual to step further in front of their body than normal. The athlete will land with an overly straight leg at a high loading rate. This run form flaw is known as over striding. Think of your stride like a pendulum clock. Your leg is the pendulum which should move equally in front and behind your body at any speed. When we over stride, the pendulum is swinging more forward than it is backward, as we are not getting the leg behind us while running. The next time you run, take a video from the side and look at what your pendulum is doing.

To fully achieve the pendulum-like motion, we must fully extend the leg behind the body while running. There are a few reasons why a runner might not do this – the first being they might have tight hip flexors. In our culture today, we do a lot of sitting. When we sit, it's common for the hip flexors to shorten and tighten. In fact, the majority of runners need to incorporate a hip flexor stretch into their post-run or rehab routine.

The second reason runners are unable to achieve full hip extension is due to a joint or tissue mobility issue with the ankle and big toe. If the ankle and toe aren't able to fully lift up, known as dorsiflexion, push-off will be cut short.

Quad-dominant injury patterns

In addition to Runner's Knee, other common injuries seen with quad-dominant running include shin splints, tibial plateau fracture, compartment syndrome, knee osteoarthritis. If we look at the similarities between all of these injuries, we see pain on the front side of the leg. This injury pattern circles back to what we discussed earlier; landing with the leg in front of the body at a high loading rate. This high loading rate overstresses the

front side of the body when the glutes aren't doing their job to maintain upright posture and push the leg behind the body while running.

The next time you're at a race or track meet, compare the athletes' form and posture at the beginning of their race and towards the end. You'll oftentimes see indicators of form breakdown such as chest flaring and arch the low back. If the athlete used efficient recruitment of the glutes, this suboptimal run form would not be evident as fatigue set in.

Correcting inefficient form

The next athlete to present with any of the injuries discussed earlier: forward flexed posture while running, over striding, form breakdown in races, or an overly arched low back: remember to evaluate what is going on at the hips. Encourage them to practice movements that correct these patterns while cueing your athlete to run from their glutes, not their quads. A go-to mantra can be, "Push. Don't Pull." This will remind the athlete to use the muscles on the backside of the body to propel the body forward as opposed to pulling with the hip flexors and quads. Other activities that can help to rework your run form are the heel lift drill, regular skipping, running backward, hip flexor stretching, and posture drills.

The final word on glutes

There's a reason why nearly every runner's magazine features information about the importance of glutes. Not only do they create important force production, but equally as valuable, they help us establish and maintain an upright posture. If the glutes aren't firing correctly they cannot generate enough force to hold the body upright causing a forward lean of the torso and ultimately, an inefficient, injury-prone stride.

The Athlete's Kitchen

Intestinal distress: gutting it out

© Nancy Clark MS RD CSSD | August 2020

While some runners have cast iron stomachs and few concerns about what and when they eat before they exercise, others live in fear of pre-exercise fuel contributing to undesired pit stops during their workouts. Be it stomach rumbling, a need to urinate or defecate, reflux, nausea, heartburn, or side stitch, how to prevent intestinal distress is a topic of interest to athletes with finicky guts. Here are tips to help you fuel well before and during runs, races and workouts while reducing the risk of gastro-intestinal (GI) distress. For more in-depth information, you might want to read *The Athlete's Gut* by Patrick Wilson or listen to this podcast: www.scienceofultra.com/podcasts/16

Stay calm

- Being anxious about intestinal issues can exacerbate the problem. Think positive. Trust that your gut is adaptable and trainable. Record what, when, and how much you eat, as well as the duration and intensity of your runs, and use that data to help you figure out what foods and fluids settle best. Building body trust can reduce anxiety – and that can help reduce GI issues. That said, pre-competition nerves can affect any runner, regardless of GI hardiness!

Runners are more likely to suffer GI issues than cyclists or skiers

- With running comes intestinal jostling; the longer the intestines are jostled, the higher the risk of upset. Ultra-runners know this too well.
- If you experience gut issues every day – even when you are not exercising, you want to talk with a GI doctor. Celiac disease, Crohn's, ulcerative colitis, and blood in your stool need to get checked out now! They are serious issues and differ from exercise-induced GI problems.
- The higher the intensity of your runs, the higher the risk of intestinal distress. Add heat and anxiety to a hard workout, and many runners experience transit trouble. During hard runs, blood flow diverts away from the gut to transport oxygen and glucose to the working muscles and carry away carbon dioxide and waste products.

Low intensity runs are less problematic

- The GI tract gets adequate blood flow, can function relatively normally and digests, absorbs, and metabolizes pre-run fuel. Runners tend to have fewer GI issues on easy training days that offer better blood flow to the intestines, as well as lower body temperature and less anxiety.



IMAGE ©: PIVANONGTHONGCHAROEN / 109090721 / 123RF.COM

Carbohydrate is the fuel that is easiest-to-digest before and during long runs

- Carbohydrate gets broken down into simple sugars in the stomach and then absorbed into the bloodstream from the small intestine. Specific transporters carry each sugar molecule (such as glucose or fructose) across the intestinal wall. Hence, consuming a variety of carb-based fuels helps minimize a “backlog” if all the transporters for, let's say, fructose get called into action.

With training, the body creates more transporters to alleviate any backlog

- That's one reason why you want to practice pre-run fueling during training sessions. Your body gets the chance to activate specific transporters. The foods and fluids you consume before and during training should be the same ones you'll use for the race. Some popular carb-based snacks for before and during long runs include fruits (banana, apple sauce), vegetables (boiled potato, roasted carrots), and grains (sticky rice balls, pretzels, pita) – as well as commercial sports foods (sport drinks and gels).

Fatty foods

- Fatty foods such as butter, cheese, nuts, tend to leave the stomach slowly and are metabolised slower than carb-rich foods. If running for less than two hours, think twice before reaching for a handful of nuts or a chunk of cheese for a quick fix as you dash out the door. A banana or slice of toast will digest quicker and be more available for fuel.
- Eating fatty foods on a regular basis can speed-up gastric emptying a bit, but you won't burn much pre-run dietary fat during your workout. If you are a marathoner or ultra-runner who will be exercising for more than 3 hours, a bagel with nut butter or cheese will offer long-lasting fuel.

FODMAPs

- Runners who experience gas and bloat want to familiarise themselves with FODMAPs – Fermentable (i.e., gas-producing) Oligo-, Di-, Mono-saccharides And Polyols. These are sugars and fibers that some people have trouble digesting. Commonly eaten sport foods high in FODMAPs include milk (apart from lactose-free milk), bread, pasta, onions, garlic, beans, lentils, hummus, apples, and honey.
- By choosing a low FODMAP menu for a few days before race day, a runner might be able to reduce, if not avoid, digestive issues. Of course, you want to first experiment during training to be sure the low FODMAP pre-race foods settle well.)
- Low FODMAP foods include bananas, grapes, cantaloupe, potato, rice, quinoa, cheddar cheese, Parmesan cheese, and maple syrup.

Under-eating

- Some runners chronically under-eat. This includes those trying to lose weight and others with eating disorders such as anorexia. Under-eating can impair GI function; the gut slows down with inadequate fuel. Delayed gastric emptying means food stays longer in the stomach and can feel “heavy” during runs (as well as is less available for fuel). Slowed intestinal motility easily leads to constipation, a common problem among under-eaters.
- Highly active runners, such as those doing double workouts and ultra-runners, need to consume a large volume of food to support their performance. If they are eating primarily “healthy” foods, they can easily consume a lot of fibre and that can easily contribute to rapid transit. Runners needing a high calorie diet often benefit from including some so-called less-healthy foods (such as white bread, white rice, cookies, candy) for low fiber muscle fuel.
- Given each runner has a unique GI tract, be sure to experiment during training to learn what works best for you and your gut. Eat wisely and enjoy miles of smiles.

Sports nutritionist Nancy Clark, MS, RD counsels both casual and competitive athletes in the Boston-area (Newton, 617-795-1875). Her best-selling *Nancy Clark's Sports Nutrition Guidebook* can help you eat to win (sixth edition, 2019). For more information, visit NancyClarkRD.com

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Recipe

Leftover Lamb Ragù



Sometimes all of the roast lamb disappears, but if you manage to sneak some away, this makes a great day-after dinner. Serves 4.

Ingredients

- 1 tbs olive oil
- 80g pancetta or bacon, chopped
- 1 onion, finely chopped
- ½ tsp chilli flakes
- 1 tbs finely chopped fresh rosemary sea salt and ground pepper
- 3 cloves garlic, crushed
- 2 tbs tomato paste
- 100g crushed and sieved tomatoes
- 2 tsp caster sugar
- ¼ cup cream
- ½ cup white wine
- 3-3½ cups leftover (ideally slow-roasted) lamb
- ½ cup black olives, halved and pitted.

To serve

- Hot cooked pappardelle or tagliatelle;
- 125g ball buffalo mozzarella, well drained & torn
- 2 tbs finely chopped parsley

Method

- 1 Heat the oil in a large frying pan. Add the pancetta or bacon and cook for 3 minutes. Add the onion, chilli flakes and rosemary, season with salt and pepper and cook for 8-10 minutes until just soft.
- 2 Add the garlic, cook for 1 minute, add tomato paste, tomatoes, sugar, cream and wine; stir to combine.
- 3 Cook, stirring occasionally, for 10 minutes, then add the lamb and olives, reserving a few olives for garnish. Cook for a further 5 minutes until the lamb is heated through or, if you have super tender slow-cooked lamb shoulder, reheat it wrapped in foil in the oven at 160°C for 20 minutes then shred it into the sauce and stir through.
- 4 Serve the Lamb Ragù over hot pappardelle or tagliatelle and top with buffalo mozzarella and parsley.

2020 UPCOMING EVENTS

Sept	19	Cancelled – Hawkes Bay International Marathon, ½ Marathon & 10km	Hawkes Bay
	26	New Date – 56th Rotorua Marathon, ½ Marathon, 10km & 5.5km Life Flight Handicap ½ Marathon	Rotorua Carterton
Oct	3	NZ Road Relays	Fielding
	11	Masterton Full Marathon, ½ Marathon, 10km and 5km	Masterton
	24	New Date - We Run the Forest, 42km, 21km, 12km & 7km	Rotorua
Nov	1	Nelson festival of running, half marathon, 10 km, 5 km and kids 2.5 km Run the city Auckland marathon (5 distances)	Saxton Field, Stoke Devonport
	14	BDO Lake Taupo Cycle Challenge	Taupo
	28-29	Cancelled - Ironman 70.3 World Championships	Taupo

2021 UPCOMING EVENTS

Feb	13	Buller Gorge Full Marathon, ½ Marathon & Marathon Relay	Westport
March	6	Multi-Grain Ironman NZ and Ironman 70.3	Taupo
April	11	New Date – ASB Christchurch Marathon, ½ Marathon & 10km	Christchurch
July	3-4	42 nd Gold Coast Marathon & Associated races	Gold Coast

Please note: Race information available and correct as time of print. Whilst every attempt is made to provide correct information, intended dates and venues can change. It is advisable to check the information from official entry forms, websites or event organisers.

We will keep you informed when more race details come to hand. Remember to check the website for the most up to date information.

WE NEED YOU!

Join the Wellington Centre Athletics Officials!

Come, enjoy the challenge. You will be made most welcome!

Contact Stacey Taylor, email staceyanntaylor30@gmail.com for more information

Athletics Officiating

We need Measurers, Checkers, Result Recorders. Becoming an official means:

- the best seat in the house to watch and support fellow athletes
- opportunities to travel, meet new friends, and enjoy the camaraderie of the athletics culture
- the experience to share the pleasure of seeing athletes compete, and improve their best performances
- assisting with an interesting variety of tasks for our athletes, who also enjoy their sport.

Become a track, road, cross country, walks, jumps, or throws judge – and see it all close up. Come on, Give it a Go!

The Wellington Centre is short of officials at the present time owing to retirements, officials moving away from the area and others moving on to other interests. To successfully hold a big meeting at Newtown Park the Centre needs 80 officials to run the meeting successfully. Please give serious consideration to becoming an official of the Wellington Centre.



Registration Form

2019/2020 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? No / Yes (CIRCLE ONE ONLY) (Please complete section below)			
Athletics NZ Club:	ANZ Reg. No.		
Fees for 2019/2020 year (Please select the option that better suits your needs):			
OPTION 1:	ANZ Competitive Members (ANZ club members must be financial for the 2019/2020 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 from January 2020) Please pay this fee to your local Masters' 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 Masters' events only.		
\$0.00 (CIRCLE)	Local Masters 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, Wellington 6140	Telephone: E-mail:	04 973 6741 gvgould@xtra.co.nz
OFFICIAL USE:			
Verified by:	2019/2020 NZMA Reg No		



Notice of Annual General Meeting

THE WELLINGTON MASTERS ATHLETICS INCORPORATED AGM WILL BE HELD

DATE 24 SEPTEMBER 2020
TIME 7.30 PM
VENUE JOHNSONVILLE BOWLING CLUB
34 FRANKMOORE AVENUE, JOHNSONVILLE

Wellington Masters Athletics Incorporated

2019–2020 COMMITTEE MEMBERS

Patron	Bruce Perry	04 473 0877
President	Michael Wray	027 648 8502
Imm. Past pres	Brian Watson	06 368 7380
Vice president	Michelle Van Looy	021 244 8645
Secretary	Albert van Veen	04 563 8450
Treasurer	Graham Gould	04 973 6741
Committee	Liz Bentley	021 030 2384
	Sean Lake	04 389 5912
	Sharon Wray	04 234 7972
	John Palmer	04 479 2130
Subscriptions	Veronica Gould	04 973 6741
Editor	John Palmer	04 479 2130
Newsletter design	Liz Bentley	021 03 02384
Masters records	Peter Hanson	04 237 0958

LIFE MEMBERS

Jim Blair 2004 Bruce Perry 2008 John Palmer 2010

Committee Meetings are held on the first Thursday of each month at 89 Amesbury Drive, Churton Park, commencing 7.00 pm. Club representatives and members are always welcome.

CLUB CO-ORDINATORS

Aurora Harriers	Hadley Bond	04 233 2241
HV Harriers	Albert van Veen	04 563 8450
HV Marathon	The Secretary	021 689 183
Kapiti	John Hammond	04 292 8030
Kiwi Athletic Club	Peter Jack	04 388 6224
Levin Harriers	Brian Watson	06 368 7380
Masterton		021 456 675
Olympic	Tineke Hooft Annie Van Herck	04 237 9676 04 478 6775
Scottish	John Hines	04 384 3231
Trentham United	Jackie Wilson	04 526 7439
University	Richard Owen	027 247 7757
Wainui Harriers	The Secretary	04 564 2141
Wgtn Harriers	Paul Hewitson	04 476 8686
Wgtn Marathon	The Secretary	PO Box 14-489, Kilbirnie, Wellington 6241
Wgtn Masters	Jim Blair	04 528 2992
Wgtn Tri Club	The Secretary	PO Box 2201, Wellington 6140

Master Copy contributors

John Palmer Email palmer.palace@xtra.co.nz

Liz Bentley Email liz@withkudos.com

We welcome your contributions to Master Copy. Please send news, articles, or comments to John. If you would like to advertise in Master Copy, please contact Liz.

Design and production, Liz Bentley

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