

THE

MASTER

COPY

Newsletter of the Wellington Masters Athletics Inc.

Volume 2 Issue 1

March 2003

EDITORIAL

Where Have all the Masters Gone?

At the recent Wellington Masters Track and Field Championships held at Newtown Park, it was disappointing to see the size of the fields in many of the events. Some events did not have any competitors and some competitors who had registered to compete, and therefore had their name printed in the programme, failed to show at the start line. Where have all the Masters gone?

Over the two days of the championships, only 41 members took part in the track and field events. Of these one was a visitor and one a pre-vet. This is only 38% of our current membership. I believe that it was not many years ago that the championships used to attract good-sized fields. One reason could be the number of events that seem to clash on the same weekend. On the 2nd day of the track and field championships there was the "Round the Bays Fun Run" and also the "Regional Championships" at Palmerston North. These events possibly took some athletes away. I know the Centre was definitely left short on the official's side. It has become apparent over the recent weeks that our officials have been stretched to the limit with so many events scheduled at the same time.

It is a long day for officials who turn out to assist and have to wait around because of the big gaps on the programme through lack of participation. Because of the lack of competitors, there has been a move among some officials to have the two-day championship programme combined into a one-day programme.

We seem to be in a catch 22 situation - whenever there is a drop-off in participation of a Masters event and the organisers look at dropping it from the running calendar, some members get up in arms about the decision. If the decision is reversed and the event is put back on the running calendar, the members still don't come along and support the event.

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WELLINGTON MASTERS ATHLETICS INC.

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WELLINGTON VETS:	Colleena Blair	43 Elmslie Road, Pinchaven, Upper Hutt	5282992

COMMITTEE MEETINGS USUALLY 1ST MONDAY OF MONTH AT NEWTOWN PARK at 5:30pm.

CLUB REPRESENTATIVES AND MEMBERS ARE ALWAYS WELCOME

Editorial Continued

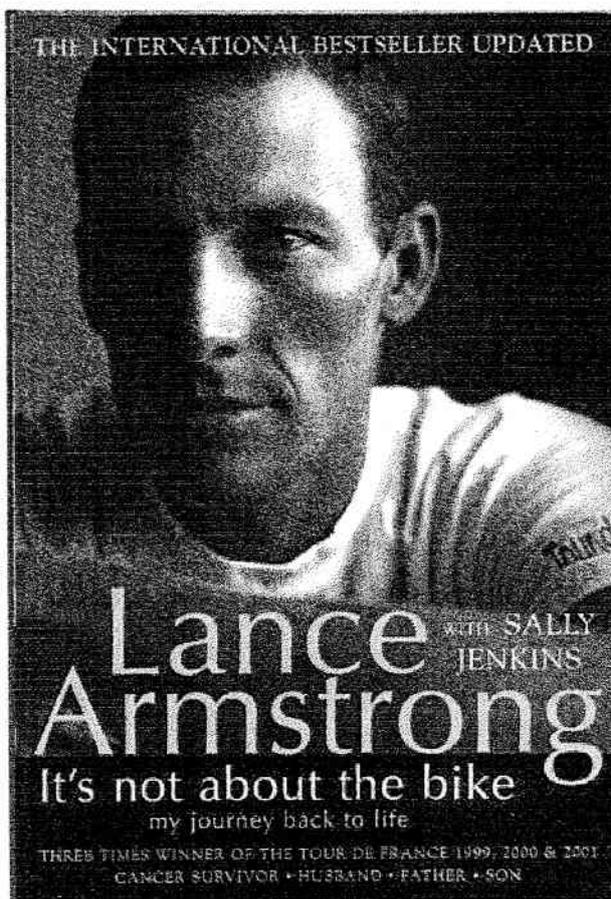
A major disappointment at the Championships this year, was the attempt by Bernie Portenski to break the women's 50-55 age grade record in the 10,000m. Owing to the lack of "good top class masters' runners" fronting up to the start line, Bernie's valiant attempt fell short by 6 seconds. A fantastic effort when one considers that she had to run virtually most of the race on her own. If a few more athletes had been running, it could have been a different story regarding the record. As you have probably read in the newspaper, Bernie has broken that record, thanks to Sylvia Maunder who kindly added a 10,000m to the Black Programme at Newtown Park on Saturday 15 March. A small top class field lined up at the start and assisted Bernie with her attempt on the record. Congratulations Bernie on a magnificent achievement.

The next scheduled Masters event is the Classic Relay, to be held on Sunday 11th May at Trentham Memorial Park. Details of this event are printed elsewhere in this newsletter and entry forms have been sent out to club co-ordinators. Please get your teams together and support this event.

With our organisations change of name last year from Veterans to Masters, I felt it appropriate to keep up with these changes so have renamed the newsletter "The Master Copy".

Enjoy your read.

John Palmer, Editor.



This is a truly inspiring and motivational story about Lance Armstrong and his emotional battle with cancer.

Once you start reading this book you won't want to put it down.

As one paper says ... "it may not be about the bike, but it's one hell of a ride".

11 chapters; 289 pages.
Published by Allen and Unwin.

The following is part of an article that is a follow-on from the article on hyponatremia published in the last Masters newsletter:

SALT and the ULTRA-ENDURANCE ATHLETE

Recently, Americans have been urged to pay more attention to their sodium intake. Decades ago, all foods seemed heavily salted. Then, a link between sodium intake and high blood pressure was discovered. Suddenly, "sodium - free" or "low sodium" products began flooding the consumer market. Certainly, to a degree, this is justified. Many diseases are worsened by excess sodium intake, and millions of Americans must closely watch the amount of sodium in their diet.

However, sodium is a required element for normal body functions. It is lost in sweat and urine and is replaced in the diet. The body has a remarkable ability to maintain sodium and water balance throughout a variety of conditions, thus ensuring our survival. Ultra endurance events challenge this survival mechanism.

In hot, humid conditions a large amount of sweat is lost, which can disturb sodium and water balance. Adequate hydration and sodium intake -- either via sports drinks or food -- becomes vitally important during long races. The goal of this article is to help you determine how to maintain sodium balance during training and racing and during recovery. The information for this article came from a variety of published studies done on healthy, young athletes and may not be appropriate for everyone. Athletes who are under a physician's care or have health problems should check with their doctor about salt and their ability to exercise in the heat.

Hyponatremia - what is it?

Hyponatremia means a low concentration of sodium in the blood. When it occurs in triathletes, it usually happens during long or ultra-distance races in the heat but may occur anytime. It is estimated that approximately 30% of the finishers of the Hawaii Ironman are both hyponatremic and dehydrated. The longer the race, the greater the risk of hyponatremia.

What causes it?

The exact mechanisms are not fully understood and I won't go into the complex physiologic pathways of sodium and water balance. The simplest answer is that lost sweat (salt and water) is replaced by ingested water (no salt). This dilutes the sodium in the bloodstream, and hyponatremia results. Longer races carry a greater risk of hyponatremia because of the total amount of sweat lost. During exercise in the heat, more salt is lost in sweat per hour than is usually replaced by food and fluids, including sports drinks. Your body can tolerate a degree of imbalance for a short period of time, but it may decompensate if this continues for too long.

Sweat contains between 2.25-3.4 grams of salt per litre, and the rate of perspiration in a long, hot race can easily average 1 litre per hour. So, for a 12-hour race, one could lose approximately 27 to 41 grams of salt. If the athlete replaces only the lost water and has minimal salt intake, hyponatremia can result.

Medications and hyponatremia

Aspirin, ibuprofen, and other non-steroidal anti-inflammatory agents interfere with kidney function and may contribute to the development of hyponatremia in triathletes. The same applies to acetaminophen (Tylenol). I have seen many athletes taking these drugs during Ironman races, and I strongly recommend against this practice. They won't make you faster and may hurt you. Under tough conditions, your kidneys need to function at 100%. Other drugs that may contribute to hyponatremia are diuretics, narcotics, and certain psychiatric medications.

What are the symptoms of hyponatremia?

The spectrum of symptoms can range from mild to severe and can include nausea, muscle cramps, disorientation, slurred speech, confusion, and inappropriate behavior. As it progresses, victims may experience seizures or coma, and death can occur. Severe hyponatremia is a true medical emergency.

Treatment

Minor symptoms, such as nausea and mild muscle cramps, can be treated by eating salty foods and hydrating with a sodium containing sports drink. More severe symptoms require treatment by qualified medical personnel. If you think you are suffering from hyponatremia or are unsure, seek medical attention immediately.

Recommendations

There are no clear cut guidelines, and recommendations need to be individualized for each triathlete. Some authorities recommend drinking less water to rebalance sodium and water intake. However, given the risk of dehydration and heat injury, this is not a practical recommendation. To reiterate, all of the hyponatremic athletes in the Hawaii Ironman were also dehydrated. Others recommend increasing salt intake, and this seems more prudent. By ingesting more sodium, hydration with water is balanced and dilution of blood sodium does not occur.

WELLINGTON MASTERS CHAMPIONSHIPS

NEWTOWN PARK 16 & 23 FEBRUARY 2003

100m

W35	Kathryn Fraser	17.53
W50	Veronica Gould	14.75
M35	Mark Macfarlane	12.26
	Warren Burke	13.95
M40	Gary Rawson	12.27
M45	Kevin Watson	13.91
M50	Paul Rodway	15.51
M80	Bill Nicholson	18.16

200m

W50	Veronica Gould	31.39
M35	Mark Macfarlane	24.90
	Warren Burke	29.37
M40	Gary Rawson	25.84
M45	Gary Clareburt	30.06
	Kevin Watson	30.16
M50	L Malcolmson	27.68
	Paul Rodway	32.08
M55	Michael Clark	35.59
M80	Bill Nicholson	39.56

400m

WPV	Andrena Gill	1:08.98
W65	Judy Hammond	1:25.44
M35	Mark Macfarlane	58.33
	Warren Burke	1:11.69
M45	Kevin Watson	1:14.27
M50	L Malcolmson	59.93
	John Stewart	1:07.12
M60	Mike Burkinshaw	1:30.45

800m

W35	Robyn Stansfield	2:41.3
M35	Warren Burke	2:33.9
M40	Phillip Toye	2:24.1
M45	Steve Plowman	2:20.0
	Kevin Watson	2:50.5
M50	Don Brodie	2:46.4
	Paul Rodway	2:56.6
M55	Michael Clark	3:11.7
M70	Michael Browne	3:24.4

1500m Walk

W40	Brenda Burke	10:15.4
	Melanie Watson	10:28.6
W45	Maryanne Palmer	9:11.6
W50	Margaret Bray	11:52.8
W55	Val Campkin	12:08.7
M50	Paul Rodway	Dsq
M60	Mike Burkinshaw	8:47.5

100m Hurdles

M55	Francis Campkin	22.5
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Weight Throw 15.88kg

M35	Warren Burke	6.12
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1500m

WPV	Andrena Gill	5:34.75
W35	Robyn Stansfield	5:19.62
W40	Brenda Burke	6:13.81
W45	Jenny McDonald	4:58.81
W65	June Miles	7:04.39
M35	Warren Burke	5:32.82
M40	Alistair Leslie	4:30.10
	Phillip Toye	5:10.44
M45	Steve Plowman	5:02.65
M50	Paul Rodway	5:50.54
M55	Ian Blyth	5:04.39
	Francis Campkin	5:22.49
	Michael Clark	6:32.74
M70	Michael Browne	6:40.71

5000m

W35	Robyn Stansfield	19:54.89
W40	Brenda Burke	22:20.49
W50	Bernie Portenski	17:53.09
M35	Warren Burke	22:06.38
M40	Peter Wrigley	17:47.44
M45	Des Young	17:47.31
	Kevin Watson	23:12.03
M50	David Colquhoun	18:43.07
	Don Brodie	20:51.48
	Paul Rodway	21:34.99
M55	Ian Blyth	19:27.13
	Francis Campkin	20:38.07
M65	John Hines	27:19.58
M70	Michael Browne	25:27.77

10.000m

W40	Brenda Burke	44:53.7
W45	Maryanne Palmer	51:48.6
W50	Bernie Portenski	36:57.5
M40	Peter Wrigley	40:30.6
M55	John Palmer	45:51.6
M65	John Hines	55:53.0

3000m Walk

W40	Brenda Burke	20:30.33
	Melanie Watson	21:30.31
W50	Veronica Gould	23:32.75
	Margaret Bray	25:46.24
W55	Val Campkin	25:02.76
M60	Mike Burkinshaw	8:16.78
	Robert Bennett	23:05.95

3000m Steeplechase

M35	Warren Burke	13:57.12
M45	Steve Plowman	12:19.97

400m Hurdles

M55	Francis Campkin	1:20.37
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Weight Throw 9.08kg

W35	Kathryn Fraser	6.47
W40	Melanie Watson	7.85

High Jump

M35	Mark Macfarlane	1.55
M45	Kevin Watson	1.31
M55	Ian Blyth	1.31
M70	Jim Blair	1.25
	Bill MacIntyre	1.15
M80	Bill Nicholson	0.95

Long Jump

W50	Veronica Gould	4.00
M35	Mark Macfarlane	5.10
M40	Gary Rawson	5.29
M45	Kevin Watson	3.94
M55	Michael Clark	3.85
M80	Bill Nicholson	2.62

Triple Jump

W40	Melanie Watson	6.13
M45	Kevin Watson	7.62
M70	Bill MacIntyre	7.30

Discus

W35	Kathryn Fraser	22.39
W40	Melanie Watson	17.90
W50	Veronica Gould	14.03
M35	Warren Burke	16.70
M55	Michael Clark	18.91
M65	Fred Goodall	32.22
M70	Jim Blair	27.79
M80	Bill Nicholson	17.88

Hammer

W35	Kathryn Fraser	17.03
W40	Melanie Watson	18.35
W50	Veronica Gould	23.39
M35	Warren Burke	14.14
M70	Jim Blair	16.23

Javelin

W40	Melanie Watson	15.01
M50	L Malcolmson	46.87
M55	Michael Clark	20.38
M65	Fred Goodall	33.76
M70	Jim Blair	27.29
M80	Bill Nicholson	19.35

Shot

W35	Kathryn Fraser	7.70
W40	Melanie Watson	5.85
W50	Veronica Gould	7.79
W65	Judy Hammond	6.22
M35	Mark Macfarlane	8.79
	Warren Burke	6.51
M65	Fred Goodall	8.37
M70	Jim Blair	8.66
M80	Bill Nicholson	6.44

Weight Throw 7.26kg

W50	Veronica Gould	7.81
M70	Jim Blair	10.11

Pentathlon

		<u>Long</u>	<u>Javelin</u>	<u>200m</u>	<u>Discus</u>	<u>1500m</u>
M35	Warren Burke	2.87	16.65	28.4	18.21	5:30.3
	1328pts	68	233	360	239	428
M45	Kevin Watson	3.83	16.31	29.3	14.33	6:00.1
	1638pts	310	295	437	192	404
M55	Michael Clark	3.98	19.40	35.9	20.25	6:32.4
	1832pts	341	473	200	423	395
M80	Bill Nicholson	2.65	17.64	39.3	19.05	9:06.1
	2441pts	404	681	490	521	345

<u>Weight Pentathlon</u>	<u>Hammer</u>	<u>Shot</u>	<u>Discus</u>	<u>Javelin</u>	<u>Weight</u>
W40 Melanie Watson 1721pts	19.28 311	6.00 297	18.71 275	15.51 299	7.66 539
W70 Colleena Blair 3308pts	14.64 400	6.07 713	14.01 479	16.23 655	9.02 661
M35 Warren Burke 953pts	14.99 115	6.35 249	18.74 249	17.72 149	5.05 191
M70 Jim Blair 2653pts	18.98 338	8.37 643	24.52 544	26.20 593	9.49 535

ATHLETICS WELLINGTON CROSS COUNTRY and ROAD COMMITTEE 2003 SYLLABUS

March

- Sun 16 Martinborough Round the Vines – 10km & Half Marathon
 Mon 17 Kapiti 5km Run & Walk
 Tues 18 Scottish Magills 5km Series
 Sun 23 Hutt River Trail – Full & Half Marathon; 10k Fun Run/Walk
 Tues 25 Scottish Magills 5km Series

April

- Tues 1 Scottish Magills 5km Series
 Sun 6 Upper Hutt Half Marathon
 Tues 8 Scottish Magills 5km Series
 Sun 13 Moonshine Half Marathon & 10km
 Mon 21 Shaw Baton Relays
 Fri 25 ANZAC Day Races - Carterton

May

- Sat 3 Rotorua Marathon
 Sat 3 Universities Relays
 Sun 11 Masters Classic Relay
 Sat 17 Battle Hill X Country 5km
 Sun 18 Scottish 3 Peaks Series – 1
 Sat 24 Vosseler Shield

June

- Sun 1 National & AW Mountain Running Championships
 Sun 1 Aurora Handicapped Marathon
 Sat 7 Dome Cup
 Sat 21 National Secondary Schools & National Short Course XC Champs
 Sun 22 Scottish 3 Peaks Series – 2
 Sun 29 Shoe Clinic Harbour Capital Half Marathon (new course)

July

- Sat 5 North Island XC Championships
 Sun 13 Wainuiomata Mountain Run
 Sat 19 AW XC Champs + 100th Whyte & MacKay Celebration
 Sun 27 Scottish 3 Peaks Series – 3

August

- Sun 3 Masters 8km Road Race
 Sat 9 NZ XC Championships
 Sat 16 Bays Relay
 Tues 19 Scottish Magills 5km Series
 Sat 23 AW Road Championships
 Tues 26 Scottish Magills 5km Series

September

- Tues 2 Scottish Magills 5km Series

- Wed 3 Wellington Secondary Schools Road Relays
 Sat 6 National Road Championships
 Tues 9 Scottish Magills 5km Series
 Tues 16 Scottish Magills 5km Series
 Wed 17 Wellington Secondary Schools Road Championships

Sat/Sun 20-21 AW Road Relay Champs (TBC)

- Tues 23 Scottish Magills 5km Series

October

- Sat 4 NZ Road Relay Championships
 Sun 12 Colonial Knob 10km

November

- Sun 2 Masters 10k Road Race and Walk
 Sat 15 Rimutaka Incline Run
 Tues 18 Olympic Waterfront 5km
 Sun 23 Masterton Full & Half Marathon

December

- Sun 7 Kapi-Mana Rotary Inlet Fun Run
 Tues 2 Olympic Waterfront 5km
 Tues 16 Olympic Waterfront 5km

STOP PRESS!!!

On Saturday 15 March 2003, on the Newtown Park track, Bernie Portenski broke the women's 10,000m world record for 53-year-olds.

She ran the distance in a time of 36mins 35.96s. The previous record was set in 1993 and stood at 36min 51.28s. This slashes 15s off the previous record.

This is the second record that Bernie has broken in the past few weeks, as she set a new record in the 5,000m for 53-year-olds on the first day of competition at the Wellington Masters Track and Field Championships, running a time of 17min 51s.

MEMBERSHIP

At the time of going to print our paid up membership for the current financial year is 107. A warm welcome is extended to new members Warren Burke (WHAC) and Phillip Toye (WHAC) and also to the following who have renewed their membership John Barrington (Varsity); Alastair Leslie (WHAC); Steve Plowman (Scottish) and Bill McIntyre (WMA).

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. 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.

Dynamic Warm-up Routines for Sports

Author: Adrian Faccioni

Whilst the warm up for participation in any sporting or exercise activity is accepted as being essential for minimising injuries and improving performance, the methods by which many sports attempt to achieve this are less than ideal. The warm up method used by many dynamic sports (both team and individual) usually includes an initial jog around the field or court, followed by 10-15 minutes of static stretching. This is then followed by a few drills, and the athletes then begin their training session or game. Whilst the basis behind this method may appear to be the sound application of current training principles, a closer analysis reveals major limitations with this method of preparing an athlete for a dynamic sport activity.

The main physiological reason for a warm up include; to increase core temperature (an increase in rectal temperature of at least one to two degree Celsius appears to be sufficient) (deVries 1980); to increase heart rate and blood flow to skeletal tissues, (Karvonen 1978) which improves the efficiency of oxygen uptake and transport (deVries 1980), carbon dioxide removal (Karvonen 1978), and removal and breakdown of anaerobic byproducts (lactate) (Karvonen 1978); to increase the activation of the Central Nervous System (therefore increasing co-ordination, skill accuracy and reaction time) (Hill 1927 cited in Shellock and Prentice 1985, deVries 1980); to increase the rate and force of muscle contraction and contractile mechanical efficiency (through increased muscle temperature) (Bergh 1980 and deVries 1980), and to increase the suppleness of connective tissue (resulting in less incidence of musculotendonous injuries) (Lehmann et al 1970, Sapega et al 1981).

The result of the above responses lead to an athlete's increased ability to do physical work (Bergh & Ekblom 1979), which is extremely important for sports requiring short duration high intensity work bursts such as sprinting and jumping (Bergh 1980, Karvonen 1978). The improvement in the nervous system is especially helpful for athletes involved in sports that demand high levels of complete body movement, such as team sport athletes.

The major criticism against the "TYPICAL WARM UP" is that it does not adequately prepare the athletes for the demands placed upon them in the ensuing session. Generally the initial jog is at a pace that has a minimal effect upon body temperature, and usually consists of jogging forwards, and in a straight line. The stretching performed is usually that of static stretching, with most stretches performed slowly and with the athletes either standing still or sitting on the ground. This method of stretching has been shown to be beneficial for the increase in limb range of motion (Beaulieu 1981, Sapega et al 1981, Shellock & Prentice 1985, Taylor et al 1990), and aims to relax the muscles so that they are less resistant to passive stress for stretching. But this type of stretching does not prepare the muscle and connective tissue for the active contraction - relaxation process that will occur with any running, jumping or kicking movements as required in a dynamic sport training or game situation.

During this stretching period (typically from 5-20 minutes), the body is very efficient in removing excess body heat, so the small increase in body temperature from the initial jog is quickly lost if the athlete does nothing but statically stretch for this time. This is even more prevalent in cold climates or cold seasons (Autumn & Winter) which is when many team sport competitions are held. Many injuries occur at the beginning of a competition due largely to an inadequate preparation for the activity (Lehmann et al 1970, Sapega et al 1981). A poor warm-up can be one factor to be blamed for such injuries occurring, and can easily be corrected with a modification to warm-up procedures by the athletes involved.

Inadequate warming up can lead to less than optimal speed and skill levels that could result in quick scoring by the opposing team or individual early in the game leading then to athletes having to catch up placing more pressure on the player(s) involved. To make changes to the way a warm-up is performed, the aim of the warm-up for a dynamic sport

should be altered, such that the warm-up should be; the complete physical and mental preparation for the dynamic actions to follow. The athlete should be able to begin the game or training session totally ready to perform at maximal intensity if required. The alternative warm-up procedures that I am suggesting is a variation of the above traditional method. With more active jogging and dynamic stretching techniques, the athlete will be better prepared for the ensuing session or game. In training situations the athlete will spend less time in the warm-up phase therefore allowing more time for the main body of the session where all the learning takes place.

The initial jog is now replaced with a more dynamic series of running exercises that include regular alternation of running forwards, backwards, sideways, high knee drills, butt flicks, crossovers, bounding, jumps and progressive sprints. This component will only take 2-4 minutes depending on the climate. It is expected that the athletes are breathing quite heavily at the end of this short series of exercises. With the stretching component, static stretching can still be included in the program, as many athletes still feel they need some static stretching to really prepare themselves (with time it would be ideal to phase static stretching out of the warm up routine and place it only in the warm down period). One muscle group is stretched between each run or drill, e.g. the hamstring group, and the athletes are given approximately 30 seconds to stretch both hamstrings statically (this also has the affect of decreasing talk time between athletes which can be a major time waster, especially with younger athletes). The athletes are then directed to perform another dynamic activity, either an easy run-through or if running drills have been taught, they perform variations of skipping and running drills and butt kick drills.

A warm-up sequence for athletes who feel they need to statically stretch could be as follows:

- Jog forward, backwards, sideways, etc
- Bounds and jumps
- Static stretch of hamstring group (30 seconds)
- Run-through (forwards and backwards) or running drills (A's, B's etc)
- Static stretch of quadriceps group (30 seconds)
- Run-throughs/drills (higher intensity)
- Stretch adductors (groin) (30 seconds)
- Run-throughs/drills (higher intensity)
- Stretch calves (30 seconds)
- Run throughs/drills (near maximal)
- Stretch (athletes' choice)
- 100% intensity sprint

Start of training session.

Once the athlete has attained a mild sweat in normal ambient conditions, and is able to perform speed runs and drills at maximum (this process is progressive), the athlete should now be considered warmed up for the ensuing training session or game. The dynamic stretching component is very important for the specific preparation of the musculature to dynamic movements. Dynamic stretching is defined as repetitive contractions of an agonist muscle to produce quick stretches of the antagonistic muscle (Kurz 1990), so any active callisthenic movement can be classified as dynamic stretching (jumping, body rotations, bending, etc).

This method very specifically prepares the muscle tissue for active muscle contraction and relaxation as required in a sporting situation. There is limited ability by this method to cause long-term increases in range of motion due to the limited time that a muscle is held in a stretch. This short stretching time is not long enough to allow time dependant stress relaxation to occur, leading to minimal flexibility improvements (Taylor et al 1990). Therefore it is important to include some static stretching in the warm down to continue to improve joint range of motion (Beaulieu 1981, Sapaga et al 1981, Shellock and Prentice 1985, Taylor et al 1990); removal waste products such as lactic acid (Bale and James 1991, deVries 1980); and to increase the athlete's rate of recovery (Mickelson and Hagerman 1978, Hagerman 1981, Kamien 1984, Bale and James 1991).

The total time for this type of warm up routine is approximately 5-15 minutes, with the athletes fully ready to perform as required by the coach at the end of this time. If compared to the many sports that have athletes warm up for 25+ minutes, this is a saving of approximately 5-20 minutes every session that could then be used for more work in the main body of the session. Assuming that due to an inadequate warm up the athlete takes another 10-15 minutes to warm up properly during the main body of the training session there could be a saving of up to 25+ minutes per session.

If the athlete trains 3 times per week for 40 weeks (a year of training) this could be a total increase in quality training time of 50-60 hours per year. Since one of the biggest limitations in coaching is the lack of time to develop all the attributes in the athletes you work with, to be able to add an extra 50-60 hours per year to the training program without adding any more sessions, may make the difference between your athletes achieving or not achieving the level of excellence that they and you as the coach are striving for. The key to this type of warm up is to make the dynamic portion of the warm UP progressive and ensure that the limbs are taken through at least the ranges of motion that will be required in the game situation. The time for static stretching is after the game or training situation as this leads to more rapid recovery for ensuing sessions.

North Island Masters Track & Field Championships

Palmerston North 23 and 24 November 2002

WOMEN

100m		
W50		
Veronica Gould	14.55	
200m		
W50		
Veronica Gould	31.23	
3000m Track Walk		
W35		
Kathryn Fraser	20:57.44	
W40		
Melanie Watson	22:04.61	
W50		
Margaret Bray	24:37.29	
10,000m Freestyle Road Walk		
W40		
Melanie Watson	1:17.26	
10,000m Judged Road Walk		
W40		
Amelia de Lorenzo	59:43.37	
W50		
Margaret Bray	1:28.13	
Women's Triple Jump		
W40		
Melanie Watson	5.73	
W70		
Colleena Blair	5.75	
Long Jump (P)		
W50		
Veronica Gould	4.05	
W70		
Colleena Blair	2.85	
Hammer		
W40		
Melanie Watson	17.26	
W50		
Veronica Gould	22.81	
Javelin (P)		
W40		
Melanie Watson	14.35	
W70		
Colleena Blair	15.35	
Women's Discus (P)		
W35		
Kathryn Fraser	22.45	
W40		
Melanie Watson	17.41	
Weight Throw		
W35		
Kathryn Fraser	6.73	
W40		
Melanie Watson	7.23	

W50

Veronica Gould 8.41

W70

Colleena Blair 8.22

Shot Put

W35

Kathryn Fraser 7.65

W50

Veronica Gould 7.74

MEN

100m

M35
Mark Macfarlane 12.35

M40

Gary Rawson 12.41

M45

Kevin Watson 13.96

M75

Bill Nicholson 17.67

200m

M45
Kevin Watson 29.22

Men's 400m

M55
Ian Blyth 1:08.59

M75

Bill Nicholson 1:35.96

800m

M50
Barry Prosser 2:16.41

M55

Ian Blyth 2:31.35

1500m

M45
Kevin Watson 5:49.53

M50

Barry Prosser 4:35.83

M55

Ian Blyth 5:08.94

3000 Track Walk

M60
Michael Burkinshaw 17:56.25

10,000m Freestyle Road Walk

M45
Kevin Watson 1:10.00

10,000m Judged Road Walk

M60
Michael Burkinshaw 1:12:16

High Jump

M35
Mark Macfarlane 1.54

High Jump

M45
Kevin Watson 1.27

M55
Ian Blyth 1.36

M70

Jim Blair 1.24

Long Jump (P)

M35
Mark Macfarlane 5.31

M45

Kevin Watson 4.08

M75

Bill Nicholson 2.86

Javelin (P)

M45
Kevin Watson 19.15

M55

Keith Bade 18.81

M60

Fred Goodall 33.60

M70

Jim Blair 30.71

M75

Bill Nicholson 18.02

Discus (P)

M45
Kevin Watson 2.95

M55

Keith Bade 31.07

M60

Fred Goodall 29.45

M70

Jim Blair 28.96

M75

Bill Nicholson 20.42

Weight Throw

M55
Keith Bade 9.27

Shot Put

M65
Richard Harris 10.28

Men's Pentathlon

M45
Kevin Watson 1737 points

North Island Championships - Best Performance

1500m

M50
Barry Prosser 4:35:83

RESULTS:**WAIRARAPA COUNTRY FULL and HALF MARATHON**Sunday 24th November 2002**Full Marathon:**

PI	Name	Club	GradePI	Age Group	Time
6	Peter Wrigley	Wgtn Scottish	2	M40-44	3:26:44
14	Brenda Burke	Wgtn Scottish	4	W40-44	3:45:58

Half Marathon:

4	Chris Speakman	Olympic	1	M40-44	1:19:45
6	Des Young	Wgtn Scottish	3	M45-49	1:20:23
7	Gordon Clarke	WHAC	4	M45-49	1:21:33
11	Hank Leech	Valleys United	1	M50-54	1:26:16
17	Willie Simonsen	Ath Masterton	2	M50-54	1:28:50
26	John Heap	Wgtn Scottish	1	M60-65	1:32:08
50	Paul Rodway	Wgtn Scottish	5	M50-54	1:37:34
71	Albert van Veen	Valleys United	8	M55-59	1:45:44
28	Robyn Stansfield	Wgtn Scottish	3	W35-39	1:32:34
48	Delphine Gore	Wgtn Scottish	1	W55-59	1:37:18
103	Julie Roots	Ath Masterton	4	W55-59	2:02:57

Walkers:

6	Peter Tearle	Wgtn Scottish	6	M75-79	2:38:03
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2003 PHOENIX TRUST CITY OF WELLINGTON FULL & HALF MARATHONSunday 19th January 2003**Full Marathon:**

Grade PI	Name	Club	Age Group	Time
3	Peter Wrigley	Wgtn Scottish	M40-44	3:45:00
7	John Hammond	Kapiti HC	M60-64	4:02:02

Half Marathon Women:

1	Jenny McDonald	Wgtn Scottish	W45-49	1:26:19
3	Christine Jones	Wgtn Scottish	W45-49	1:46:41
3	Bernie Portenski	Wgtn Scottish	W50-54	1:23:40
3	Ann Bould	Kapiti HC	W55-59	1:59:17
8	Sue Hamlett	Wgtn Marathon Clinic	W55-59	2:41:53

Half Marathon Men:

2	Des Young	Wgtn Scottish	M45-49	1:22:30
2	David Colquhoun	Wgtn Scottish	M50-54	1:27:02
3	Hank Leech	Hutt Valley Harriers	M50-54	1:27:53
7	Willie Simonsen	Athletics Masterton	M50-54	1:39:11
11	Albert van Veen	Hutt Valley Harriers	M55-59	1:51:15
19	Michael Browne	Wgtn Scottish	M70-74	2:10:17

Half Marathon Walk Women:

3	Kathryn Fraser	Wgtn Scottish	W35-39	2:39:54
16	Mary Lynch	Wgtn Marathon Clinic	W50-54	3:26:09

Half Marathon Walk Women:

2	John Hines	Wgtn Scottish	M65-69	2:24:08
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If you have any results, articles or stories you would like included in "The Master Copy", please post to:

The Editor, The Master Copy, 122 Onslow Road, Khandallah, Wellington
or email to palmer.palace@xtra.co.nz

Masters Results – Track & Field Meeting at Newtown Park 1/2/03

2000m Walk

M50

Michael Lane 11:38.8

W50

Margaret Bray 16:19.0

M60

Michael Burkinshaw 12:08.7

400m

M45

Gordon Blacklaws 67.4

800m

M40

Jim Kerr 2:21.9

M45

Gordon Blacklaws 2:14.2

1500m

W40

Brenda Burke 6:12.7

M40

Jim Kerr 4:48.7

M50

Richard Owen 5:43.2

M70

Michael Browne 6:36.7

3000m

M40

Jim Kerr 11:16.2

Discus

W35

Kathryn Fraser 2.16

M55

Keith Bade 28.21

Shot

W35

Kathryn Fraser 7.72

W65

Judy Hammond 5.98

WELLINGTON MASTERS SPORTSPERSON OF THE YEAR

As no nominations were received by the Committee they decided that this year the Award would be presented to Barry Prosser.

This is in recognition of his outstanding achievements at the World Mountain Running Championships held last year.

The Committee extend their congratulations to Barry. The Trophy will be presented to Barry by Acting President Peter Hanson on Olympic Harriers Opening Day.

CONGRATULATIONS

On Sunday 26 January 2003 at Sport Wellington, Newtown, Don Chatterton and Bruce Perry conducted a Race Walking Judges course. At the end of the course the participants then sat an exam.

The following were successful in passing their C Grade Race Walking Judges paper: James Hurring; Pam McKenzie; Graham Gould; Paul Rodway; Kathryn Fraser and Brenda Burke.

B Grade passes to Noeleen Perry; Maryanne Palmer and John Palmer.

A Grade pass to Peter Wrigley.

Thanks to Don and Bruce for a well run course.

GOING FISHING

At the conclusion of the 1500m on the first day of the Wellington Masters Track and Field Championships, one of the place getters inadvertently dropped her placing disc through the grate that covers the sump by the finish line.

As it was made of formica the officials could see it floating in the water in the sump. No amount of heaving and pulling could remove the grate covering the sump.

A suggestion was made to get a spade and see if the offending grate could be prised open. Then the suggestion was made to get a coat hanger from inside and see if the disc could be fished out by catching the hole that was in one end of the disc.

Francis Campkin then showed us his fishing skills by making a hook on one end of the wire coat hanger, and, on his first attempt, caught and retrieved the offending disc, then pulled it back through the gaps in the grate to the surface.

Thank you Francis – you saved the day.

Things all men should know

This should be memorised for life - you have been warned!

1. It is important to find a woman that cooks and cleans well.
2. It is important to find a woman that makes good money.
3. It is important to find a woman that likes to have sex.
4. It is important that these three women never meet.

Recipe

(Oyako-don) Chicken and Egg on Rice

300g boneless chicken thighs
1 large mild onion, thinly sliced
1 cup kombu and bonito stock (or instant dashi)
4.5 teaspoons sugar
4 tablespoons soy sauce
2 tablespoons mirin
Freshly boiled rice for 4
4 - 6 eggs, beaten
4 tablespoons frozen peas
1 sheet yakinori seaweed (to garnish)

- Slice chicken thighs diagonally, then cut into 3cm lengths

- Place the onion, stock, sugar, soy sauce and mirin in a saucepan and bring to the boil. Add the chicken and cook over a moderate heat for about 5 minutes or until the chicken is cooked. Skim any scum off the sauce

- Ladle the mixture into a frying pan and bring to the boil. Pour the egg over the mixture in the frying pan and sprinkle with the peas. Cover and cook until the egg is set to your taste

- Spoon the rice into 4 individual serving bowls. Slide the cooked chicken and egg mixture onto the rice. Serve hot, sprinkled with the yakinori seaweed

- Serves 4

In a Lighter Vein

Two peanuts walk into a bar.
One was a salted.

A jump-lead walks into a bar.
The barman says, "I'll serve you, but don't start anything."

A sandwich walks into a bar.
The barman says "Sorry we don't serve food in here."

My friend drowned in a bowl of muesli. He was pulled in by a strong currant.

A man walks into a bar with a roll of tarmac under his arm and says:
"Pint please, and one for the road."

Two aerials meet on a roof, fall in love get married.

The ceremony was rubbish but the reception was brilliant.

Two cannibals are eating a clown.

One says to the other: "Does this taste funny to you?"

A man with a strawberry stuck up his bottom went to the doctor.

Doctor says, "I'll give you some cream to put on it."

"Doc, I can't stop singing 'The green, green grass of home'."

"That sounds like Tom Jones syndrome."
"Is it common?" "It's not unusual."

Two cows standing next to each other in a field, Daisy says to Dolly "I was artificially inseminated this morning."

"I don't believe you," said Dolly. "It's true, straight up, no bull!"

A guy walks into the psychiatrist wearing only cling film for shorts.

The shrink says, "Well, I can clearly see you're nuts."

Two hydrogen atoms walk into a bar. One says, "I think I've lost an electron." The other says, "Are you sure?" The first replies, "Yes, I'm positive..."

Answer phone message: "If you want to buy marijuana, press the hash key..."

A man takes his Rottweiler to the vet. My dog's cross-eyed, is there anything you can do for him?"

"Well," says the vet, "let's have a look at him" So he picks the dog up and examines his eyes, then checks his teeth. Finally, he says, "I'm going to have to put him down."
"What? Because he's cross-eyed?" "No, because he's really heavy".

I went to buy some camouflage trousers the other day but I couldn't find any.

I went to the butchers the other day and I bet him \$50 that he couldn't reach the meat off the top shelf. He said, 'no, the steaks are too high.

Dyslexic man walks into a bra.

Two Eskimos sitting in a kayak were chilly; but when they lit a fire in the craft, it sank, proving once and for all that you can't have your kayak and heat it too.

18th WELLINGTON MASTERS CLASSIC CLUB RELAY

SUNDAY 11 MAY 2003 at 11.00am

VENUE: Trentham Memorial Park off Barton Avenue, Upper Hutt.

COURSE: A 4km circuit around Trentham Memorial Park, a mixture of road and grassland. At this time of the year underfoot conditions are usually firm.
Runners - 5 laps of 4km each = 20km. Walkers - 3 laps = 12km

RACE CONDITIONS:

Runners / Walkers should be current financial members of NZ Masters Athletics.

Non-NZMA members pay \$8 extra.

Runners and Walkers may only compete in an event for ONE team and for ONE lap.

Where a team has to make last minute changes e.g. a competitor having to run/walk twice that team will not qualify for major placings or prizes. Failure to notify changes will result in DISQUALIFICATION of the team.

Any protest must be lodged within 10 minutes of the protesting team completing its final lap.

Mixed running teams must have at least 2 women runners.

COMPOSITE TEAMS:

Clubs that do not have enough Masters to field a team, may combine with other Masters runners to form a Composite Team.

MARSHALLS: Each Club will be required to provide at least one Marshall for the course

TIMING: Teams are asked to provide a back-up for the printer-timer by recording their team's times on the recording sheets included in the Race Pack. Please have STOP WATCHES!

UMPIRES: Umpires will be appointed and published on the day. They will also be the Protest Committee.

PRE-VETS: May participate but any team with a pre-vet member will be classed as a pre-vet team and compete in the Pre-Vet Section.

PRIZE LIST: The prize lists comprises:

1. 1st Men's Team – Hamlin Trophy
2. 1st Women's Team – Trentham United Harrier Club Cup
3. 1st Mixed Team (at least 2 women)
4. 1st Team with aggregate of 250 or more years – Marilyn Hamlin Trophy
5. 1st Team with aggregate of 300 or more years
6. 1st Walk Team
7. 1st Pre-Vets Team.

A limited number of spot prizes – All teams eligible.

PRIZE

GIVING: Approximately 1.30pm.

REFRESHMENTS:

A selection will be available. Pay for what you consume! The Club's licence facility will be operating.

CHANGING & SHOWER FACILITIES:

These are available in the clubrooms.

ENTRY FEE: \$25 per running team. \$15 Walk teams.
\$8 extra for each non-member of NZMA.
Late entries – Double Fees + \$8 extra for each non-NZMA competitor.

ENTRY DEADLINE:

Entries with entry fee must reach Dick Harris, 11 Whitu Street, Khandallah, Wellington 6004 by Monday 5th May 2003.

Team composition and running order MAY NOT BE CHANGED FROM THAT SHOWN ON ENTRY FORM BUT REPLACEMENT DUE TO WITHDRAWAL OR INJURY MAY BE MADE BY PHONE BEFORE THE DAY OF THE RACE OR UP TO 10.30am ON THE MORNING OF THE RACE. FAILURE TO NOTIFY CHANGES BEFORE THE RACE WILL RESULT IN TEAM DISQUALIFICATION.

ENQUIRIES: Can be made to: Peter Hanson 04 236 8074

CLUB CO-ORDINATORS REMEMBER THAT THIS IS A WELLINGTON MASTERS RACE SO PLEASE ENCOURAGE YOUR RUNNERS and WALKERS TO PAY THEIR \$30 MEMBERSHIP FEE FOR THE CURRENT YEAR i.e. 1 SEPTEMBER 2002 to 31 AUGUST 2003 (Registration Card No. beginning with 3...).

A SEPARATE ENTRY FORM IS REQUIRED FOR EACH TEAM.

ENTRY FORM

2003 MASTERS CLASSIC CLUB RELAY	Fee enclosed (delete one)	Runners Walkers	\$25 \$15
		Non NZMA Member	_____
		Late Fee	_____
		TOTAL	_____

CLUB(S) _____ TEAM CATEGORY _____

MARSHALL _____

RUNNERS/WALKERS (delete one)

Lap 1 Age M/F

Lap 2 Age M/F

Lap 3 Age M/F

Lap 4 Age M/F

Lap 5 Age M/F

I certify that each runner is a current financial member of the NZ Masters Athletics.
(or the non-NZMA fee of \$8 has been collected)

Signed

Club Co-ordinator.

THESE ARE GREAT!!!

The following excerpts are actual answers given on history tests and in Sunday school quizzes by children between fifth and 6th grade ages in Ohio. They were collected over a period of three years by two teachers.

Read carefully for grammar, misplaced modifiers, enough misinformation to satisfy Donald Rumsfeld and, of course, spelling!

Ancient Egypt was old. It was inhabited by gypsies and mummies who all wrote in hydraulics. They lived in the Sarah Dessert. The climate of the Sarah is such that all the inhabitants have to live elsewhere.

Moses led the Hebrew slaves to the Red Sea where they made unleavened bread, which is bread made without any ingredients. Moses went up on Mount Cyanide to get the ten commandos. He died before he ever reached Canada but the commandos made it.

Solomon had three hundred wives and seven hundred porcupines. He was a actual hysterical figure as well as being in the bible. It sounds like he was sort of busy too.

The Greeks were a highly sculptured people, and without them we wouldn't have history. The Greeks also had myths. A myth is a young female moth.

Socrates was a famous old Greek teacher who went around giving people advice. They killed him. He later died from an overdose of wedlock which is apparently poisonous. After his death, his career suffered a dramatic decline.

In the first Olympic games, Greeks ran races, jumped, hurled biscuits, and threw the java. The games were messier than than they show on TV now.

Julius Caesar extinguished himself on the battlefields of Gaul. The Ides of March murdered him because they thought he was going to be made king. Dying, he gasped out: "Same to you, Brutus."

Joan of Arc was burnt to a steak and was canonized by Bernard Shaw for reasons I don't really understand. The English and French still have problems.

Queen Elizabeth was the "Virgin Queen." As a queen she was a success. When she exposed herself before her troops they all shouted "hurrah!" and that was the end of the fighting for a long while.

It was an age of great inventions and discoveries. Gutenberg invented removable type and the Bible. Another important invention was the circulation of blood.

Sir Walter Raleigh is a historical figure because he invented cigarettes and started smoking.

Sir Francis Drake circumcised the world with a 100 foot clipper which was very dangerous to all his men.

The greatest writer of the Renaissance was William Shakespeare. He was born in the year 1564, supposedly on his birthday. He never made much money and is famous only because of his plays. He wrote tragedies, comedies, and hysterectomies, all in Islamic pentameter.

Romeo and Juliet are an example of a heroic couple. They lived in Italy. Romeo's last wish was to be laid by Juliet but her father was having none of that that I'm sure. You know how Italian fathers are.

Writing at the same time as Shakespeare was Miguel Cervantes. He wrote Donkey Hote. The next great author was John Milton. Milton wrote Paradise Lost. Since then no one ever found it.

Delegates from the original 13 states formed the Contented Congress. Thomas Jefferson, a Virgin, and Benjamin Franklin were two singers of the Declaration of Independence. Franklin discovered electricity by rubbing two cats backward and also declared, "A horse divided against itself cannot stand." He was a naturalist for sure. Franklin died in 1790 and is still dead.

Abraham Lincoln became America's greatest precedent. Lincoln's mother died in infancy, and he was born in a log cabin which he built with his own hands. Abraham Lincoln freed the slaves by signing the Emasculation Proclamation. On the night of April 14, 1865, Lincoln went to the theater and got shot in his seat by one of the actors in a moving picture show. They believe the assassin was John Wilkes Booth, a supposedly insane actor. This ruined Booth's career.

Johann Bach wrote a great many musical compositions and had a large number of children. In between he practiced on an old spinster which he kept up in his attic. Bach died from 1750 to the present. Bach was the most famous composer in the world and so was Handel. Handel was half German, half Italian, and half English. He was very large.

Beethoven wrote music even though he was deaf. He was so deaf that he wrote loud music and became the father of rock and roll. He took long walks in the forest even when everyone was calling for him. Beethoven expired in 1827 and later died for this.

The nineteenth century was a time of a great many thoughts and inventions. People stopped reproducing by hand and started reproducing by machine. The invention of the steamboat caused a network of rivers to spring up.

Charles Darwin was a naturalist. He wrote the Organ of the Species. It was very long people got upset about it and had trials to see if it was really true. He sort of said God's days were not just 24 hours but without watches who knew anyhow? I don't get it.

Madman Curie discovered radio. She was the first woman to do what she did. Other women have become scientists since her but they didn't get to find radios because they were already taken.

Karl Marx was one of the Marx Brothers. The other three were in the movies. Karl made speeches and started revolutions. Someone in the family had to have a job, I guess.

WE NEED YOU!

Athletics Officiating is Fun and Right Now We Need Timekeepers, Measurers, Checkers, Result Recorders and More Become an official because officiating means:

- **The Best Seat in the House to watch and support Runners, Walkers, Jumpers and Throwers**
- **Opportunities to Travel and Meet New Friends, and Enjoy the Camaraderie of the Athletics Culture**
- **To Experience and Share the Pleasure of seeing Athletes compete, and improve their best performances**
- **To help perform an interesting variety of tasks for our Athletes, who also enjoy their sport**
- **You can come and join our Team of Wellington Centre Volunteers**
- **You can become a Track, Road, Cross Country, Jumps or Throws Judge and see it all from close up!**
- **Come On! Give it a Go! You will be made MOST WELCOME!**
- **You will ENJOY THE CHALLENGE!**

Come and Join Wellington Centre Athletics Officials

For more information contact Virginia Falealili

on Telephone 04 970 7966 or 021 441 083

COMING EVENTS

2003

Mar

1	Natural Gas Corporation Marathon	New Plymouth
8	Tararua Mountain Race	Kaitoke
9	Hutt News 10km Fun Run	Lower Hutt
16	Round the Vines 10km & Half Marathon	Martinborough

April

6	Upper Hutt Half Marathon	Upper Hutt
13	Hastings Half Marathon	Hastings
13	Nike Women's Challenge	Wellington
18-21	Australian Masters T & F Champs	Perth, Australia
19	Shaw Baton Relay (Interclub)	Battle Hill
25	ANZAC Day Races	Carterton

May

3	Fletcher Marathon	Rotorua
3	Nelson Half Marathon & 10km Walks	Nelson
11	Masters Classic Relay	Trentham

June

1	Christchurch Full & Half Marathon	Christchurch
1	Aurora Handicap Marathon	Upper Hutt
7	Dome Cup (Interclub)	Trentham
29	Harbour Capital Half Marathon (new course)	Wellington City

July

2-13	World Masters Track & Field Champs	Puerto Rico
20	Masters 8km Road Race	Johnsonville
5	North Island Cross Country Champs	Taupo

Aug

9	ANZ/NZMA Cross Country Champs	Tauranga
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Nov

2	Masters 10km Road Race	Lower Hutt
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2004

Feb 14	Buller Gorge Full & Half Marathon	Westport
Mar 6	Natural Gas Corporation Marathon	New Plymouth
April	Masters Long Distance Championships	Auckland
May	40 th Fletcher Challenge Forests Marathon	Rotorua
Oct	OAVA Masters Track & Field Champs	Rarotonga

UNIFORMS

WELLINGTON MASTERS SHORTS AND POLY/COTTON MESH SINGLETS CAN BE ORDERED THROUGH BRUCE PERRY - TELEPHONE 478 3641

NEWTOWN PARK KEY

The key to Newtown Park was changed on 1 May, 2002 and new keys are now available for a cost of \$15 from the Wellington City Council Parks & Reserves Department. Old keys MUST be returned.

HISTORY OF VETERAN ATHLETICS

Have you bought your copy of "A History of New Zealand Veteran Athletics 1962-1999"? It's an excellent book. Every master athlete should have a copy. Cost \$20.

Please detach and give to any prospective new Master Member or to anyone you know who has not renewed their subscription

WELLINGTON MASTERS ATHLETICS INC

SUBSCRIPTION FOR THE 2002/2003 YEAR
(1 September 2002 to 31 August 2003)

\$30 = \$27.50 NZMA, \$2.50 WMA

NAME(S): _____

ADDRESS: _____

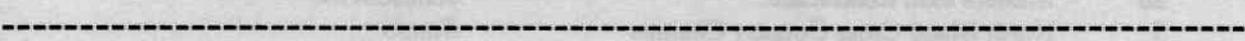
BIRTH DATE(S): _____ **EMAIL:** _____

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

\$30 (\$60) Enclosed. Cheques made out to Wellington Masters Athletics – WMA

SEND TO: VERONICA GOULD, 95A ELLICE STREET, MT VICTORIA, WELLINGTON 6001

Please advise any change of address as soon as possible



WELLINGTON MASTERS ATHLETICS
If unclaimed please return to:-
122 Onslow Road, Khandallah, Wellington 6004