

THE MASTER COPY

Newsletter of the Wellington Masters Athletics Inc.

Volume 9 Issue 3

August 2010



WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2009-10

EXECUTIVE:

President:	Brian Watson	971 1351
VPresident:	John Hammond	04 292 8030
Secretary:	John Palmer	479 2130
Treasurer:	Dick Harris	971 5993

COMMITTEE:

Peter Wrigley	973 6637
Michael Browne	973 7404
Laurence Voight	565 0718
Mark Macfarlane	234 8874

IN THIS ISSUE . . .

Committee & Club Coordinators	2
Editorial – Message from the President	3
Bits & Pieces	4
Marathon Mania	5
Big Change for Athletics NZ	6
Recipe & Hot or Cold?	7
Obituary – Len Frances	8
Take a Walk & Aqua Vitae	9
Miscellaneous Results	10
Athletes Kitchen	11
Athletes Kitchen continued	12
Harry Kerr Centennial Relay	13
Body Cleansing for Good Health	14
Johnsonville 8km Results	15
Importance of Original Documents	16

WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2009-2010

PATRON:	Heather May	24 Motuhara Road, Plimmerton, Porirua 5026	233 9412
PRESIDENT:	Brian Watson	14 Hewson Crescent, Otaki Beach, Otaki 5512	06 364 7758
VICE PRESIDENT:	John Hammond	148 Wellington Road, Paekakariki, Kapiti 5034	04 292 8030
SECRETARY:	John Palmer	122 Onslow Road, Khandallah, Wellington 6035	479 2130
TREASURER:	Dick Harris	11 Whitu Street, Khandallah, Wellington 6035	971 5993
COMMITTEE:	Peter Wrigley	42 Judd Crescent, Naenae, Lower Hutt 5011	973 6637
	Michael Browne	85 Owen Street, Newtown, Wellington 6021	973 7404
	Laurence Voight	17 Tarras Grove, Kelson, Lower Hutt 5010	565 0718
	Mark Macfarlane	3 Shackle Lane, Whitby, Porirua 5024	234 8874
SUBSCRIPTIONS:	Veronica Gould	PO Box 5887 Lambton Quay, Wellington 6145	973 6741
EDITOR:	John Palmer	122 Onslow Road, Khandallah, Wellington 6035	479 2130
MASTERS RECORDS:	Mark Macfarlane	3 Shackle Lane, Whitby, Porirua 5024	234 8874

CLUB CO-ORDINATORS

CAPITAL RUNNERS:		PO Box 1973, Wellington 6140	
H V HARRIERS:	Don Brodie	30 Sunshine Crescent, Kelson, Lower Hutt 5010	565 0705
H V MARATHON:	Trevor Knowles	105 Major Drive, Kelson, Lower Hutt 5010	565 0294
KAPITI:	John Hammond	148 Wellington Road, Paekakariki, Kapiti 5034	04 292 8030
OLYMPIC:	Brian Watson	14 Hewson Crescent, Otaki Beach, Otaki 5512	06 364 7758
	Tineke Hooft	1 Tombane Lane, Papakowhai, Porirua 5024	237 9676
RIMUTAKA:	Mike Clark	12B City View Grove, Lower Hutt 5010	566 8755
TRENTHAM UNITED:	Diane Rogers	42 Elmslie Road, Pinehaven, Upper Hutt 5019	528 2316
SCOTTISH:	John Hines	Flat 88, Central Park Flats, 20 Nairn St, Wellington 6011	384 3231
UNIVERSITY:	Richard Brandon	PO Box 6108, Wellington 6140	476 5758
WAIRARAPA:	John Ihaka	7 Kowhai Grove, Featherston 5710	308 9656
WGTN HARRIERS:	Neil Price	11 Hurman Street, Karori, Wellington 6012	476 6956
WGTN MARATHON:	Bruce Perry	Apt 203 Stadium Gardens, 103 Thorndon Quay, Wgtn 6011	473 0877
WGTN MASTERS:	Colleena Blair	43 Elmslie Road, Pinehaven, Upper Hutt 5371	528 2992

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

CLUB REPRESENTATIVES AND MEMBERS ARE ALWAYS WELCOME

EDITORIAL

The last two Masters' events have had very disappointing turnouts - this is partly due to the inclement weather and so many other events available to attend each weekend. Masters are aware that it has become essential to pick their races. We do not want to stop these events due to lack of support as we only have the three events each year, not forgetting the track and field championships held over the summer in February.

The Classic Relay at Trentham Memorial Park on 9th May only had 13 teams (7 running and 6 walking) instead of the usual 20 to 30 that was experienced only a few years back. As many people remarked it is a very enjoyable race and we would not like to lose it through lack of support.

The annual 8km road race and walk on Sunday 1st August at the Olympic Harrier Clubrooms had only 28 competitors - a drop in numbers from the last few years.

The Masters committee is striving to present interesting and challenging events, and is currently looking at ideas for future contests. There will be the inclusion of a 5km event in conjunction with the 10km Road race to be held on Sunday 7th November at the Huia Pool in Lower Hutt.

I am pleased to see an increase in the number of members this year to 95 - up from 88 last year.

The Annual General Meeting is to be held at the Olympic Harrier Clubrooms on Wednesday 22nd September commencing sharp at 7.00pm.

We need a **Secretary** and more **Committee Members** so please support your individual clubs with representation on the committee letting all participants in the area know your ideas and furthering the ideals of masters Athletics in the Wellington Area.

Please give serious consideration in putting your nomination forward for the position of Secretary or becoming a committee member of Wellington Masters Athletics.

Jim Blair who was recently confirmed as President of Athletics New Zealand.

Printlink, Wellington

Kind sponsor and printer of "The Master Copy" magazine

33-43 Jackson Street, Petone

Telephone: 04 576 5151

Please support our sponsor whenever possible

BITS and PIECES

Membership

We have finished the year with a membership of 95. This is most encouraging as it is up on the past couple of years.

* * * * *

Christchurch Half Marathon

Sunday 6th June 2010

Bernie Portenski of Wellington finished tenth and set a world women's 60-64 age group record of 1h 24m 56s. This broke Australian Theresia Baird's record of 1h 26m 16s set in December 2001.

* * * * *

The Dominion Post Wellington Sportsperson of the Year Awards 2010

New Zealand Community Trust Sport Volunteer of the Year

Geoff Henry - Athletics

Geoff Henry is essentially the grandfather, the patron, the confidant and advocate of every athlete in the Wellington region. No task is too little or too large for Geoff particularly when it comes to athletes - be they 7 years old at their first competition or one of the masters at their 100th. Geoff's passion and enthusiasm for the athletic arena has seen him attending every senior club event and all junior events held around the region during summer and the winter cross country season and amazingly he still finds time to advocate with government bodies, coach, run a children's disability programme, assist schools in designing and managing their cross-country events and after all this still find the time to regularly communicate with all athletes, administrators, coaches and officials. All of this sees Geoff as widely respected throughout the athletics community in the Wellington region.

* * * * *

Thought for the Day

"Politeness and consideration for others is like investing pennies and getting dollars back"

- Thomas Sowell

* * * * *

Gold Coast Marathon - 4 July 2010

Bernie Portenski of Wellington set a world woman's 60-64 age group marathon record in the Gold Coast Marathon.

The 60 year old finished 206th out of 4122 and 27th woman in 3h 1m 30s in the marathon. This cut over a minute off the world record of 3h 2m 50s set by Claudine Marchadier of France in November 2007.

* * * * *

Rugby World Cup forces changes to Athletics New Zealand winter championships 2011

Athletics New Zealand has announced a revised programme for its winter national championships to be held in 2011. The change affects the New Zealand cross country, road and road relay national championship events. The revision has come about due to the clash of dates with the 2011 Rugby World Cup taking place in New Zealand from 9 September to 23 October 2011.

New dates are:

- 23 July - Athletics NZ Cross Country Championships at Waikanae
- 20 August - Athletics NZ Road Championships at Wellington
- 3 September - Athletics NZ Road Relay Championships at Auckland

* * * * *

ANNE REVISITS AMERICA

Anne Hare revisits scenes of past triumphs in the US and picks up Masters' places. Anne placed 4th Masters in the Utica Boilermaker 15k in 59:07 on 11 July. She was 3rd Masters in the Subaru Buffalo 4 Miler in 24:18 on 16 July. Anne still holds the Open Women's record of 20:18 in Buffalo back in 1994 - it was the 30th Anniversary of the race this year. Anne placed 2nd at Utica Boilermaker back in 1995 with a time 49:45.

* * * * *

SPRING PENTATHLON

The dates for the Palmerston North Spring Pentathlon are:

- Day 1: Sunday 26th September;
- Day 2: Sunday 10th October;
- Day 3: Sunday 31st October.

Marathon Mania

Less than 1% of the world's population has achieved it, and yet, more and more people are adding it to their "bucket list" - the things they want to accomplish during their lifetimes. What is it? Crossing over the finish line to complete a marathon!

Training for and running a marathon can be daunting tasks, so when someone gets bitten by the marathon "bug," what's behind it? Maybe it has to do with setting a goal and achieving it. Maybe it's about testing one's strength, determination and endurance. Maybe it's about pushing past one's self-imposed limits to accomplish something that might have been seen as undoable. Whatever the motivating factors are - there are a lot of people in training for their first marathon and many who participate in more than one every year.

Standard marathon distances are 26.2 miles or 42.195 kilometers - an overwhelming distance if you think about it. And that's the reason why few people believe they are even capable of it. If you want to experience all of the glory of running your first marathon, here are a few tips:

- Don't start out as a novice runner, never having run before, and think you can run a marathon in 6 weeks. It takes one to two years of regular running and roughly 6 months to train for an actual event.
- Train with a group - preferably one with experienced marathoners who can give you sound advice because they have already "been there, done that."
- Check the Internet. There are plenty of "First Time" marathon sites that offer excellent training advice for first-time and veteran marathoners.
- Be sure to prepare yourself mentally as well as physically.
- Make sure you have the right running shoes - this is critical when you are running any race, particularly one of this distance.
- Enlist the support of friends and family. You'll certainly want to have them cheering for you on the sidelines!
- Never be afraid to drop out of the race if you reach a point of severe physical exhaustion. Your health isn't worth it. There will be other races.
- Run easy, especially if it's your first marathon. The goal is to try to finish - you can always improve your time in later marathons.

Many marathoners and other athletes agree that chiropractic care increases their strength and endurance by keeping their bodies working at levels of peak performance.

* * * *

WHY MEN ARE NEVER DEPRESSED

Men Are Just Happier People:

Your last name stays put.

The garage is all yours.

Wedding plans take care of themselves.

Chocolate is just another snack.

You can never be pregnant.

Car mechanics tell you the truth.

You never have to drive to another petrol station restroom because this one is just too icky.

You don't have to stop and think of which way to turn a nut on a bolt.

Same work, more pay.

Wrinkles add character.

People never stare at your chest when you're talking to them.

New shoes don't cut, blister, or mangle your feet.

One mood all the time.

Phone conversations are over in 30 seconds flat.

You know stuff about tanks and engines.

A five-day vacation requires only one suitcase...

You can open all your own jars.

You get extra credit for the slightest act of thoughtfulness.

Your underwear is \$19.95 for a three-pack.

Three pairs of shoes are more than enough.

You never have strap problems in public.

You are unable to see wrinkles in your clothes.

Everything on your face stays its original colour.

The same hairstyle lasts for years, maybe decades.

You only have to shave your face and neck.

One wallet and one pair of shoes - one colour for all seasons.

You can wear shorts no matter how your legs look.

You can 'do' your nails with a pocket knife.

You have freedom of choice concerning growing a moustache.

You can do Christmas shopping for 25 relatives on December 24th in 25 minutes.

No wonder men are happier.

Big Change for Athletics New Zealand

One of the most significant administration changes in more than 100 years of New Zealand athletics was made at the sport's annual meeting in Wellington recently. The adoption of an entirely new constitution includes club representation at future annual meetings, replacing a regional voting structure that has been in place since 1902.

Chairman Annette Purvis described the decision to adopt the constitution in its entirety as a watershed moment and "a very positive first step and strong indication that as a sport we are eager to build on our historical successes into the future."

The adoption of the new constitution is directly aimed at strengthening the club structure throughout the country and providing the opportunity for the sport to be more relevant to hundreds of thousands of runners, joggers and walkers.

"Our previous membership definitions and service offerings were very narrow and technical, elite in many ways," says Purvis. "Our new approach is about inclusiveness and partnership and providing stronger support for our clubs and all runners and walkers in New Zealand."

Go to the following link for details of the changes:
<http://www.athletics.org.nz/Resource.aspx?ID=9245>

* * * *

An Obituary printed in the London Times

Interesting and sadly rather true

Today we mourn the passing of a beloved old friend, Common Sense, who has been with us for many years. No one knows for sure how old he was, since his birth records were long ago lost in bureaucratic red tape. He will be remembered as having cultivated such valuable lessons as:

- **Knowing when to come in out of the rain;**
- **Why the early bird gets the worm;**
- **Life isn't always fair;**
- **and maybe it was my fault.**

Common Sense lived by simple, sound financial policies (don't spend more than you can earn) and reliable strategies (adults, not children, are in charge). His health began to deteriorate rapidly when well-intentioned but overbearing regulations were set in place, Reports of a 6-year-old boy charged with sexual harassment for kissing a classmate; teens suspended from school for using mouthwash after lunch; and a teacher fired for

reprimanding an unruly student, only worsened his condition.

Common Sense lost ground when parents attacked teachers for doing the job that they themselves had failed to do in disciplining their unruly children.

It declined even further when schools were required to get parental consent to administer sun lotion or an aspirin to a student; but could not inform parents when a student became pregnant and wanted to have an abortion.

Common Sense lost the will to live as the churches became businesses; and criminals received better treatment than their victims.

Common Sense took a beating when you couldn't defend yourself from a burglar in your own home and the burglar could sue you for assault.

Common Sense finally gave up the will to live, after a woman failed to realize that a steaming cup of coffee was hot she spilled a little in her lap, and was promptly awarded a huge settlement.

Common Sense was preceded in death, by his parents, Truth and Trust, by his wife, Discretion, by his daughter, Responsibility, and by his son, Reason.

He is survived by his 4 stepbrothers:

I Know My Rights

I Want It Now

Someone Else Is To Blame

I'm A Victim.

Not many attended his funeral because so few realised he was gone. If you still remember him, pass this on. If not, join the majority and do nothing.

* * * *

OCEANIA MASTERS ATHLETICS CHAMPIONSHIPS 2012

These Championships are going to be held at Tauranga in February 2012.

The Waikato-Bay of Plenty Masters Athletics are hosting these championships. There will be a full Masters Track and Field programme plus road, cross country and walks.

This is a great opportunity for NZMA members to compete at International level without having to leave the country.

* * * *

Thought for the Week

"The only place where success comes before work is a dictionary" - Vidal Sassoon.



Apricot & Almond Energy Slice

Ingredients:

- 125g butter
- ¾ cup low GI sugar
- 2 tbsp golden syrup
- 2 cups rolled oats
- ½ cup mixed seeds, pumpkin, sesame, sunflower
- ¼ cup coconut threads
- ¼ cup slithered almonds
- ½ cup diced dried apricots

Method:

1. Preheat oven to 180°C and line a 20 x 20cm cake tin with baking paper.
2. Heat butter, low GI sugar and golden syrup in a saucepan and simmer until mixture is bubbly and sugar has dissolved.
3. Add the remaining dry ingredients and mix well before pressing into the baking tin. Bake for 25-30 minutes until golden.

Allow to cool in the tin, then cut slice into pieces.

Makes 20 pieces.

Prep time: 10 minutes.

Cook time: 25 minutes.

* * * *

Chocolate Lush

This low fat brownie pudding forms its own sauce during baking.

It's a tasty treat for when you are hankering for a chocolate-fix and a yummy way to add a little dark chocolate to your sports diet.

This recipe is one of many in the Sports Nutrition Guidebook (www.nancyclarkrd.com).

- 1 cup flour, preferably half white, half whole wheat
- ¾ cup sugar
- 2 tablespoons unsweetened dry cocoa
- 2 teaspoons baking powder
- 1 teaspoon salt
- ½ cup milk
- 2 tablespoons oil, preferably canola
- 2 teaspoons vanilla
- ¾ cup brown sugar
- ¼ cup unsweetened dry cocoa
- 1¾ cups hot water

Optional: ½ cup chopped nuts.

1. Preheat the oven to 350°.
2. In a medium bowl, stir together the flour, white sugar, 2 tablespoons cocoa, baking powder, and salt; add the milk, oil, and vanilla. Mix until smooth. (Add nuts.)

3. Pour into an 8 x 8" square pan that is non-stick, lightly oiled, or treated with cooking spray.
4. Combine the brown sugar, ¼ cup cocoa, and hot water. Gently pour this mixture on top of the batter in the pan.
5. Bake at 350° for 40 minutes, or until lightly browned and bubbly.

Editor's Note - This recipe is part of the article "Chocolate: Is It a 'Health Food?'" by Nancy Clark which is featured on page 11 of this issue.

* * * *

Hot or Cold?

Exercise and Fitness image

When should you apply heat? When should you use ice? Confusion abounds about these simple, yet helpful, procedures. Use heat in the wrong circumstances and you can make the problem worse. Here's what to do and when to do it:

Think back to secondary school chemistry. How do you slow down a reaction? You make it cool. So, if you're trying to reduce the inflammation resulting from a new injury, use ice. Ice constricts blood vessels, helping to avoid muscle spasms and reduce swelling. It can also slow nerve transmission of painful symptoms. Ice, when used properly, becomes a natural pain reliever. Apply an ice pack for short periods of time (15 to 20 minutes). Allow an equal amount of time between applications of ice so you don't compound the problem by risking frostbite!

On the other hand, if you want to speed up a reaction, add heat. Topical (or tropical!) heat can help increase blood circulation and help improve flexibility. If you have a history of chronic, long-standing joint and muscle stiffness, it can show temporary improvement with the application of moist heat or a hot bath. Just avoid the dry heat of a heating pad.

Situations Vacant

- * One Secretary**
- * Two Committee Members**

Wellington Masters requires the services of a person to fill the role of Secretary and two others to fill the role of committee member.

The Secretary's role is not onerous with the main task being taking committee meeting minutes and writing the odd letter.

The role of the committee member is to assist with the organising of Masters' events and to contribute to the running of the organisation.

For more information or to express interest in one of these positions, contact Brian Watson, telephone 06 364 7758.

OBITUARY

Leonard Edward Frances

Passed away 8th May 2010

Len joined the Kiatere Harrier Club (the other Masterton Club) when he returned from serving overseas during the Second World War. In 1954 the two clubs merged to become Masterton Harriers.

Len was a very astute administrator and over the years held every post in the clubs administration and was Patron at the time of his death.

Fundraising was one of his fortes driving bottle drives, raffles and pig in the barrel around pubs. The national raffle, where Masterton was the top selling club in the country for most years, took out the major prize several times. We pulled down the grandstand at Clareville Race Course, bagged and sold sheep manure and even tried growing Mangolds (a dismal failure) we ended up cutting five acres of scrub to repay the farmer for the use of his paddock.

Len was a good runner at a time when the Wairarapa was blessed with a number of top runners - Tony Ironside, John Eccles, Graeme Holmes, Snow Taylor, Frank Lissington - all Wellington representatives. Len was a delegate to the Centre and Harrier Sub-committee for a number of years and managed several teams to cross country championships - he also managed many Masterton teams.

Veterans - when the veterans movement started, Len along with others ran in the first National Veterans cross country and he drove the local group which grew to about 35 members - in the winter they nearly all ran harriers and in the summer every second Tuesday held a track and field meeting with a number joining the Carterton Club. This group did quite well in North Island and NZ Championships.

Len drove the formation of the Masterton Joggers Club which had over 50 members, he also coordinated the Wairarapa Special Olympics group and trained a number of them who went on to win national titles and represent NZ.

During the sixties, Len coached a group of talented young athletes including a group of young women who dominated the Wellington harrier scene and went on to represent Wellington on many occasions. Lidvina Melchers represented NZ at the World Cross Country at age 16.

During the 60s Len decided the club which was very strong needed a home so along with a few others acquired a large old derelict house which was turned into a rough and ready but homely well used

clubrooms. Many hours went into this project as can be seen by the record Len kept of every ones hours put in. The old building was abandoned when the club went in with the Athletic Club and the Sports Bowl clubrooms were built.

He was also a member of the two committees who organised the 50th and 75th Jubilees of the harrier club. During the 60s, Masterton staged the Golden Games as part of these and Len decided the harrier contribution could be a ten mile road race held around the streets of Masterton. Held in October it was promoted as the unofficial NZ Road Championships - the next year it became the official Championships, hence the October date.

About that time trials for sought after places in the NZ Cross Country teams were held. We had a local runner with a fair chance of making the cut so Len got things moving and we applied for and got the trials which were staged at the Masterton Racecourse. Our runner had a bad day and missed the cut but it was a good try.

As you can see Len was a huge influence in harriers in the region and his death ended sixty years plus of commitment to the sport.

This testimonial was kindly supplied by Ray Wallis.

* * * *

BACKYARD PHARMACY

Cough, cold and flu remedies needn't be store-brought

More and more people are growing their own food - but what about growing your own medicine? Instead of rushing to the pharmacy when coughs, colds and flu strike, many remedies could be right outside your back door.

Citrus:

High in vitamin C, lemon juice is great in hot drinks, either sweet (with honey and ginger) or savoury (miso or chicken broth with greens/mushrooms/tofu). Hot liquid intake relieves symptoms of colds and flu. And if lemon trees don't perform well in your garden, don't forget grapefruit, which handle lower temperatures. Delicious juiced, in a salad with rocket and nuts, or squeezed over fish.

Garlic (*Allium sativum*):

For a homemade antibacterial cough syrup, marinate five fat cloves of garlic in a few spoonfuls of honey for several hours, then take a couple of spoonfuls as needed. Finely sliced onions can be used in the same way. Garlic is best planted in winter, in a sunny spot with loose, well-weeded soil, for harvest in midsummer.

Take a Walk!

Exercise and Fitness image

One of the easiest exercise programs you can adopt is to start walking more. Whether you're looking for a simple aerobic workout, a low-stress approach to weight loss or a simple toning program, we recommend the simple act of walking.

How to get the most from walking:

1. **Assume the correct posture** - Look forward with your chin level and head up. Your eyes should focus on the street or track 10 - 20 feet ahead. You'll be able to dodge doggy doo-doo, avoid cracks in the pavement, spot potential muggers and still collect the occasional coin.
2. **Take quick, short steps** - Resist the temptation to lengthen your stride to go faster. Push off with your toes, using the natural spring of your calf muscles to propel you. Think of yourself as showing the bottom of your shoes as you take each step.
3. **Bend your arms at 90-degree angles** - This turns your arms into a shorter pendulum so they can swing faster as your steps speed up.
4. **Dress properly** - To make sure you're seen by traffic, wear a mesh reflective safety vest from a local biking or running shop. Dress in layers. The inner layer should be of a fabric (not cotton) that can wick the sweat away from your body.
5. **Wear the right shoes** - You want more flex than a hiking shoe and more support than an athletic shoe. A simple test: push down on the toe and the heel should rise. Push the heel down and the toe should come up.

How much walking is enough?

It depends on your goals. To maintain your health with regular physical activity, walk about 30 minutes a day most days of the week at a "talking" pace. (Not so fast that you couldn't have a conversation at the same time.)

If your intent is weight loss, walk 45-60 minutes/day at a "purposeful/talking" pace.

If your desire is an aerobic workout and cardiovascular fitness, walk three to four days a week for about 20 minutes at a very fast pace, so that you are breathing hard but not gasping.

And before starting your walking program, stop by for a chiropractic checkup! Make sure your exercise

program doesn't stress malfunctioning joints of your legs, hips and spine.

* * * *

Aqua Vitae

Good. You're exercising and drinking enough water to give your body the fluid it needs to properly conduct virtually every bodily function. But what kind of water are you drinking?

Tap Water

Of course it's convenient, but what's in it? Unless you enjoy well water that is tested regularly, you can't be sure what's in today's municipal water supplies. Besides the chemical taste that comes from using chlorine to kill bacteria, the tap water in your home can contain trace amounts of herbicides, pesticides and minute amounts of industrial chemicals.

Bottled Water

Usually of better quality, bottled water comes from many sources. Normally it is labeled as having come from a particular source, such as a spring, glacier, spa or even a filtered and ozonated public water supply. Even though consistent labeling regulations are not in place, read the label.

Mineral Water

This is a type of spring water that means that the mineral content of the water has not been altered. Plus, to be called "natural spring water" it cannot be extracted from a spring, but must flow freely from its source and bottled at that location.

Sparkling Water

This is water with dissolved carbon dioxide, either from its natural source or added during the bottling process. Interestingly, carbon dioxide is a waste product that your body removes with each breath. Carbonated beverages (especially with added sugars!) may taste good, but aren't very good for you.

Distilled Water

This is the purest form of water that is collected from condensing the steam from boiling water. Most of the minerals and pollutants have been left behind, leaving a tasteless, often acidic, liquid. Absent from distilled water are the important electrolytes that are essential for proper function.

Drinking enough of the right kind is important for good health.

These two articles reproduced with kind permission from "Back to Living Chiropractic" Wellington, telephone (04) 499 7755.

MISCELLANEOUS RESULTS

Wellington Cross Country Championships Waikanae, Saturday 17th July 2010

Masters Men - 8km:

Place	Name	Club	Time
1	Grant McLean	Scottish	28:19
17	Michael Wray	Scottish	32:48
18	Murray Peebles	Wellington	32:48
19	Colin Price	No club	33:53
21	Peter Wrigley	Scottish	34:01
29	Des Young	Scottish	34:58
36	Dave Colquhoun	Scottish	36:02
37	Paul Homan	Trentham	36:07
39	Neil Price	Wellington	36:18
41	Tony McKone	HVH	36:35
43	John Wood	HVH	36:47
48	Glen Wallis	Scottish	37:55
53	Richard Sweetman	Scottish	39:24
65	Ken Ritchie	Olympic	42:06
66	John Palmer	Scottish	43:00
67	Bruce McCallum	Scottish	43:21
69	Albert Van Veen	HVH	43:34
70	David Trow	HVH	43:34
74	Harold Alcock	Olympic	49:15

Masters Women - 6km:

4	Michelle Van Looy	Olympic	27:29
5	Helen Willis	Scottish	27:35
21	Loretta Desourdy	Scottish	33:16
25	Maryanne Palmer	Scottish	33:58

* * *

North Island Cross Country Championships Spa Park, Taupo - Saturday 10th July

Masters Men - 6000m

Place	Name	Club	Time
40-44:			
9	Michael Wray	Scottish	23:08
45-49:			
12	Tony McKone	HVH	26:16
15	Glen Wallis	Scottish	27:29
55-59:			
13	Murray McGaughran	Olympic	30:45
60-64:			
9	John Palmer	Scottish	30:59
65-69:			
1	David Trow	HVH	28:02
7	Harold Alcock	Olympic	36:08
70+:			
2	Brian Watson	Olympic	37:03

Masters Women - 5000m

Place	Name	Club	Time
35-39:			
7	Michelle Van Looy	Olympic	22:39
55-59:			
5	Maryanne Palmer	Scottish	27:42

* * *

Wellington Centre Road Championships

Saturday 21st August, Wainuiomata

Masters Men - 10km:

Place	Name	Club	Time
10	Michael Wray	Scottish	37:28
12	Murray Peebles	Wellington	37:51
14	Colin Price	No club	38:47
25	Neil Price	Wellington	41:11
29	Glen Wallis	Scottish	43:22
30	Tony McKone	HVH	43:31

Masters Men 50 - 10km:

2	Richard Brent	Scottish	37:01
8	Des Young	Scottish	39:49
9	Dave Colquhoun	Scottish	41:22
25	John Barrance	Wellington	47:55
27	John Palmer	Scottish	48:41
30	Albert Van Veen	HVH	50:01

Masters Women - 5km (non-championship):

1	Jenny McDonald	Scottish	19:24
3	Betty Harp	Scottish	20:10
4	Helen Willis	Scottish	20:12
7	Tineke Hooft	Olympic	20:23
19	Sharon Wray	Scottish	24:24
25	Maryanne Palmer	Scottish	25:36

* * *

HARBOUR CAPITAL EVENTS

Sunday 27th June 2010

The following is a breakdown of the finishers in each category:

Event:	Finishers
Full Marathon Run	387
Full Marathon Walk	41
Half Marathon Run	1688
Half Marathon Walk	373
10km Run	1164
10km Walk	388
Kids Magic Mile	320
Total	4361

The Annual General Meeting of
Wellington Masters Athletics
is to be held on

Wednesday 22nd September

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

THE ATHLETE'S KITCHEN

Copyright: Nancy Clark, MS, RD, CSSD - June 2010



Chocolate: Is It a "Health Food"?

"Chocolate - I try to stay away from it" commented my client, a runner who described herself as having a rampant sweet tooth. For her, chocolate fits into the categories of junk food, guilty pleasure and ruiner of good intentions to lose weight. Yet, she also recognized there is potentially a happier side of the story. Ads for (dark) chocolate suggest chocolate is good for us. Chocolate comes from plants and contains the same health-protective compounds that are found in fruits and vegetables.

So what is the whole story on chocolate? Is it little more than an alluring form of refined sugar, saturated fat and empty calories? Or does chocolate (in moderation, of course) have positive qualities that might be beneficial for runners?

Here are some nuggets of information about chocolate. I'll let you decide whether or not the health benefits of eating chocolate are greater than the health costs — and if you personally want to define chocolate as a "health food" within the context of your own sports diet.

The "Bad"

The bad news is chocolate consists of primarily saturated fat and sugar. A Hershey's Chocolate Bar (43g) contains 210 calories, 24 grams sugar (46% of calories), 13g total fat (55% of calories) and 8g saturated fat, equivalent to a tablespoon of butter. (But here's how you can rationalize including this popular treat in your overall well-balanced sports diet: The fat in chocolate does not raise bad cholesterol levels and the sugar (carb) in chocolate fuels your muscles....)

- Like most people, runners commonly eat chocolate in bursts — a lot in a day, such as on holidays or pre-menstrually — or none. The question arises: Would enjoying some chocolate every day help reduce an runner's urge to binge-eat the whole bag of, let's say, M&Ms in a moment of weakness? That's a good question and one that needs to be researched. We do know that deprivation and denial of food contributes to overeating. You know the syndrome: "I'm starting my diet Monday morning, so Sunday is my last chance to eat chocolate..." and there goes the whole bag of M&Ms!

I invite my clients to try taking the "power" away from chocolate by enjoying a little bit every day, such as for dessert after lunch. Ideally, daily chocolate could reduce it to being simply a commonplace plant food, just like bran cereal, an apple or carrot sticks. Give it a try?

The "Ugly"

Some runners claim they are "addicted" to chocolate. Perhaps "chocolate addicts" grew up in a household where the parents banned chocolate? Now, as grown-ups, maybe they rebel by eating Reece's Pieces by the bagful? Or are they "super tasters" — and the flavor of chocolate is just irresistible? Perhaps they have a genetic difference that makes chocolate highly attractive? Some day, genetic testing may help us find the answer to that question.

The "Good"

Chocolate is made from cocoa. Cocoa comes from a plant. It is a rich source of health-protective phytochemicals, just like you'd get from fruits, vegetables and whole grains. Two tablespoons natural cocoa power (the kind used in baking) offers the same antioxidant power as 3/4 cup blueberries or 1.5 glasses red wine.

- Of all the types of chocolate, dark chocolate is the richest source of phytonutrients. Unfortunately, dark chocolate has a slightly bitter taste and most runners prefer the sweeter milk chocolate. Maybe we should raise today's children on dark chocolate, so they will they learn to prefer it...?

- One phytochemical in cocoa is nitrate. Nitrate gets converted into nitric oxide, a chemical known to increase blood flow. Nitric oxide lowers blood pressure, a good thing for Masters runners who want to stay youthful and invest in their health. (1)

continued on next page

continued from previous page

- Another group of phytochemicals are called flavonoids. They are in many plant foods, including tea, apples and onions. Epidemiological surveys of large groups of people indicate those who regularly consume chocolate consume more of these health-protective flavonoids than non-chocolate eaters. This reduces their risk of heart disease. In the Netherlands, elderly men who routinely ate chocolate-containing products reduced their risk of heart disease by 50% and their risk of dying from other causes by 47%. (2)
- Cocoa increases blood flow to the brain. If this means you can process information better and faster — like calculate your split times or help your kids with their math homework — wouldn't that be a great excuse to enjoy chocolate?
- Many parents keep chocolate away from their children, thinking chocolate makes them hyper. No research to date supports that claim. The party or special event that surrounds the chocolate likely triggers the hyperactivity. (3)
- Chocolate is yummy! Most runners love chocolate. Chocolate lovers don't want sugar-free or fat-free chocolate. They want the 100% real stuff! That's because consumers buy benefits, not products. Being yummy is a huge benefit!

During the recession in 2009, sales of Hershey's chocolates increased. Is that because worried people bought a moment of yummy, cheer-me-up chocolate? Or, did they simply settle for a bag of less expensive Hershey's Kisses instead of a box of pricey Godiva Chocolates? Regardless, chocolate seems to fit every mood, be it happy, sad, tired or celebratory.

- Flavanol-rich cocoa may help reduce muscle soreness. Studies with athletes who performed muscle-damaging downhill running and then consumed a cocoa-based carbohydrate and protein beverage experienced less muscle damage and felt less muscle soreness. (4)
- Although the chocolate used in flavoring milk lacks the health-protectors found in dark chocolate, the yummy flavor makes chocolate milk a popular recovery drink. The sweetened chocolate offers carbs to refuel muscles; the milk offers protein to build and repair muscle. Plus, milk boosts intake of calcium and vitamin D, needed for strong bones.

Conclusion

Despite all this good news about chocolate, it is still just a candy and not a life-sustaining food. Yet, it does provide pleasure — and pleasure is certainly part of a health and wellness program, right?

The trick is to enjoy dark chocolate as part of the 100 to 150 "discretionary" sugar calories that can be part of your daily sports diet. As for me, I'll enjoy my dark chocolate during a long hike, run or bike ride. Tastes better than most engineered sports foods and nicely fuels both my body and my mind!

Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) counsels both casual and competitive athletes in her practice at Healthworks, the premier fitness center in Chestnut Hill MA (617-383-6100). For weight loss help, read her Sports Nutrition Guidebook and food guides for new runners, marathoners and cyclists, available at www.nancyclarkrd.com. See also sportsnutritionworkshop.com.

References:

1. Fisher ND, Hollenberg NK. Aging and vascular responses to flavanol-rich cocoa. *J Hypertens*. 24(8):1575-80, 2006.
2. Buijsse B, Feskens EJ, Kok FJ, Kromhout D. Cocoa intake, blood pressure, and cardiovascular mortality: the Zutphen Elderly Study. *Arch Intern Med*. 27;166(4):411-7, 2006.
3. Wiles NJ, Northstone K, Emmett P, Lewis G 'Junk food' diet and childhood behavioural problems: results from the ALSPAC cohort. *Eur J Clin Nutr*. 2009 Apr;63(4):491-8.
4. McBrier NM, Vairo G, Bagshaw D et al., Cocoa-based protein drink decreases CK levels and perceived soreness following exhaustive exercise. *J Strength and Conditioning Research* 2010, manuscript in press.

Editor's note: 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.

Harry Kerr Centennial Relay

**Mt Smart Stadium, Auckland
Sunday 11th July 2010**

For the third year now Wellington Scottish Athletics have entered a walking team in the Harry Kerr Centennial Relay which also incorporates the Race Walking New Zealand 5 x 10,000m Track Walk Relay Championship. The Harry Kerr Relay is held in commemoration of the historic occasion of New Zealand winning its first Olympic Medal, at the London Olympics in 1908 which was won by a walker, Harry Kerr of Taranaki. This year's team members were Phillip & Terri Grimmett, Kevin Watson, Peter Baillie and John Leonard.

The team arrived to a warm welcome by hosts Race Walking Auckland at Mt Smart Stadium around 7.45am. The morning was very cold and a heavy frost had settled in and around the track. There were already two events happening on the track, the B Division Walkers had started at 7.30am and Quentin Rew was attempting to qualify for the New Delhi Commonwealth Games by breaking 88 minutes for 20,000m. (Unfortunately the frosty conditions took their toll on Quentin and he finished just outside of his target, but was very inspirational to watch.) The A division consisted of four teams, Taranaki Race Walking, Auckland Racewalking, a composite team made up of Palmerston North and Waikato walkers and our Scottish Team.

As in past years Race Walking Auckland set a blistering pace as soon as the gun went off followed very closely by the composite team member. A good battle started to unfold between ourselves and Taranaki Race Walking. After three hours though there was a gap starting to widen between the two teams and after some time penalties the Scottish Team were losing ground. Auckland Racewalking pulled out a trump card with Tony Sargisson walking their last lap helping them through an overall win by 23 minutes.

The final results for the four teams were: Racewalking Auckland 4:32:02; Waikato/BOP/Manawatu 4:55:33; Taranaki Race Walking Club 5:02:30; and Scottish Athletics 5:28:18.

Although missing out on a podium place for the Harry Kerr Relay our valiant team were 3rd in the Race Walking New Zealand 5 x 10,000m Track Walk Relay Championship.

The individual times were: Kevin Watson 1:03:49; John Leonard 1:09:01; Terri Grimmett 1:07:24; Phillip Grimmett 1:13:35; and Peter Baillie 53:29.

Reproduced from the Wellington Scottish Athletics website.

Editors Note: Kevin Watson and Terri and Phillip Grimmett are members of Wellington Masters.

Ruamahanga Ramblers Walking & Running Group

Annual Child Cancer Handicap Half Marathon

Saturday 25th September

Belvedere Hall West Carterton

Open to Individuals or Teams of Walkers and/or Runners

The half marathon and relay will be held over a three lap course starting and finishing at the Belvedere Hall. The road is undulating with a 1.5km stretch of gravel per lap.

Relay teams can comprise of three walkers and/or runners - teams may use under 16 athletes who can do split laps.

Start times for teams and individuals are based on the handicapper's estimate of the time you will take to complete the event. Everyone who estimates their time at 4 hours or over will start at 11am. As a guide, if the handicapper's estimate of your time is 1 hour 35 minutes you will be asked to start at about 1.25pm.

First prize will be awarded to the first entrant to cross the finish line having started at the correct time, having complied with the race rules and having completed the course in a time that is not faster than their estimated time by the specific margin. The "specified margin" will be announced on the day of the race after all starters are underway.

Prizes will be given to place getters in the individual and relay events and the number of merit prizes will be based on the number of entries, fastest times in individual and teams will be acknowledged. Spot prizes will be drawn at the prize giving but winners must be present.

Refreshments will be available at the hall prior to and after the event before the presentation which will take place as soon as possible after the last competitor finishes.

Race numbers to be collected 20 minutes prior to your start time or from the hall from 10.30am.

Race Rules:

Athletes must keep to the right hand side of the road as close to the verge as possible.

Abide by the instructions from the race officials.

No pacing by other athletes, cyclists or cars.

No pushchairs or dogs to be taken onto the course.

Entry Fees:

Individuals \$15.00 - Teams \$24.00

The entire entry fee goes to Child Cancer.

Entries close Wednesday 22nd September.

Sorry No late entries.

Organiser: Ray Wallis, 1A Roberts Road, Masterton

Telephone 06 377 0703

HEALTH

Body Cleansing for Good Health

Many people set aside a week or a weekend twice a year to clean out debris from their homes. It's their way of ridding their homes of excess clutter and starting fresh.

There are those who think this is a good idea for the body as well - believing that body cleansing gets rid of built-up toxins, especially in the liver, intestines and colon - organs that act as filters in the body and tend to get "clogged."

Detoxification diets help to eliminate environmental, metal and dietary toxins from the body to remove substances that get in the way of optimal health.

Many religions and health and fitness gurus have praised the benefits of detoxification practices for years. Some of the more popular ones include:

Detox Diet

Usually done for two weeks to cleanse the liver and colon, remove dietary, environmental and chemical toxins, improve circulation, optimise health, increase energy and concentration, and improve digestion and elimination and clear skin.

This diet calls for the elimination of sugar (all kinds and artificial sweeteners), caffeine (coffee, tea, sugar), alcohol, wheat, all dairy products, gluten (found in grains such as wheat, barley and rye), yeast, high-fat foods and processed foods from your diet. You substitute fresh fruits, vegetables, nuts/seeds, brown rice, beans, herbal and green teas, water instead.

Juice Fast

This is another type of detox diet, usually done for one - three days. With a juice fast, you drink fruit/raw vegetable juices and water only - no solid food at all. A juice fast provides your body with necessary vitamins and antioxidants and organic fruits and vegetables work best.

There are many possible side effects to a juice fast and it cannot be used by people with certain medical conditions. For more information, including precautions, and potential side effects, go to http://altmedicine.about.com/od/detoxcleansing/a/juice_fasting.htm.

Water-Only Fast

Spiritual and philosophy leaders, including Jesus, Gandhi, Socrates and Plato, various religions and several different cultures have believed in the

benefits of fasting for many years. Many people like to fast in the spring, to relieve winter weight gain and the accumulation of toxins - it's a way to "lighten up" for summer. Many people who do a water-only fast talk about the spirituality and profound sense of peace they feel while doing it and right after.

There are other types of herbal cleanses, colon cleanses, and diet cleanses, but many of these are commercial products with questionable value.

Remember ... chiropractic adjustments are a great way to keep your nervous system healthy. And a healthy nervous system has a positive effect on every organ and every cell in your body.

* * * *

Aerobic vs. Anaerobic

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

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

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

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

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

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

WELLINGTON MASTERS ATHLETICS

26th Annual 8k Road Race & 6.4k Walk

Olympic Harrier Clubrooms, Johnsonville

Sunday 1st August 2010

Fastest male walker over the hilly four-lap course was Peter Baillie (Scottish) followed home by Phillip Grimmett (Scottish) and on the women's side was Terri Grimmett (Scottish) followed home by Jackie Wilson (Trentham).

Fastest runner over the five-lap course was Colin Price (No club), chased home by David Hood (Trentham). The first two women's places were held by Michelle Van Looy and Tineke Hooft (both from Olympic).

There was no team prize this year due to the lack of entries. It has been agreed that next year walking and running team prizes will be offered.

The weather provided very cold and wet conditions for this 26th event organised once again by Brian Watson. Sixteen runners and 12 walkers welcomed the warm lunch provided by Olympic.

At 84 Peter Tearle is the oldest person to have competed on this course. Well done Peter – you are an inspiration to everyone.

The Jim Lockhart and Mariette Hewitson Baton for the fastest time in an age group was won by Diane Rogers who also won this award last year.

Run (8k)

<u>Name</u>	<u>Club</u>	<u>Age</u>	<u>Race Time</u>	<u>Race Pl</u>	<u>Grade Pl</u>
Colin Price	No club	M40	32:59	1	1
David Hood	Trentham	M50	32:29	2	1
Peter Wrigley	Scottish	M45	34:02	3	1
Paul Homan	Trentham	M45	34:08	4	2
Neil Price	WHAC	M45	35:55	5	3
Michelle Van Looy	Olympic	W35	36:14	6	1
Tineke Hooft	Olympic	W45	38:05	7	1
Richard Sweetman	Scottish	M60	38:29	8	1
Barry Howard	Olympic	M50	39:05	9	2
Ken Ritchie	Olympic	M65	43:03	10	1
Albert Van Veen	Hutt Valley Harriers	M60	43:10	11	2
Annie Van Herck	Olympic	W55	43:29	12	1
Ray Wallis	Ruamahanga Ramblers	M70	45:44	13	1
Ellis Goodyear	Capital	M75	46:52	14	1
Diane Rogers	Trentham	W70	48:48	15	1
Harold Alcock	Olympic	M65	50:57	16	2

Walk (6.4k)

<u>Name</u>	<u>Club</u>	<u>Age</u>	<u>Race Time</u>	<u>Race Pl</u>	<u>Grade Pl</u>
Peter Baillie	Scottish	M60	35:04	1	1
Terri Grimmett	Scottish	W50	42:27	2	1
Phillip Grimmett	Scottish	M55	43:59	3	1
John Ihaka	Trentham	M60	45:19	4	2
Jackie Wilson	Trentham	W60	46:03	5	1
Andrea Adams	Olympic	W45	50:53	6	1
Jennifer Lippross	Trentham	W55	51:12	7	1
Daphne Jones	Scottish	W65	52:31	8	1
Gordon Walker	Scottish	M65	52:41	9	1
Colleen Singleton	Olympic	W65	55:35	10	2
Bart Jones	Scottish	M65	56:04	11	2
Peter Tearle	Scottish	M80	56:41	12	1

Importance of original documents

A young monk arrives at the monastery. He is assigned to helping the other monks in copying the old canons and laws of the church by hand.



He notices, however, that all of the monks are copying from copies, not from the original manuscript. So, the new monk goes to the head Abbot to question this, pointing out that if someone made even a small error in the first copy, it would never be picked up! In fact, that error would be continued in all of the subsequent copies.



The Head Monk, says, "We have been copying from the copies for centuries, but you make a good point, my son."



He goes down into the dark caves underneath the monastery where the original manuscripts are held as archives in a locked vault that hasn't been opened for hundreds of years. Hours go by and nobody sees the old Abbot.



So, the young monk gets worried and goes down to look for him. He sees him banging his head against the wall and wailing, "We missed the "R", we missed the "R".

His forehead is all bloody and bruised and he is crying uncontrollably. The young monk asks the old Abbot, "What's wrong, father?"

With A choking voice, the old Abbot replies, "The word was ... **CELEBRATE!!!**"



- COMING EVENTS -

2010

Sept

19	Pelorus Half Marathon & 10km	Petone
21-26	Round Rarotonga Road Race & Week of Running	Rarotonga
25	Ruamahanga Ramblers Handicap Half Marathon	Carterton

Oct

2	NZ Road Relay Championships	Inglewood
3-14	Commonwealth Games	New Delhi
10	Melbourne Full & Half Marathons & 10km	Melbourne

Nov

7	Lower Hutt 10km Road Race & Walk	Huia Pool
---	----------------------------------	-----------

2011

Feb

6	Wellington Masters T&F Championships - 1 st Day	Newtown Park
12	Buller Gorge Full & Half Marathons	Westport
20	Wellington Masters T&F Championships - 2 nd Day	Newtown Park

April

18	115 th Boston Marathon	Boston
----	-----------------------------------	--------

May

1	Nelson Half and Quarter Marathon	Stoke, Nelson
---	----------------------------------	---------------

2012

	North Island Masters T&F Championships	Newtown Park
	Oceania Masters Athletics Championships (February)	Tauranga

2013

	NZ Masters T&F Championships	Newtown Park
--	------------------------------	--------------

Note: While every attempt is made to provide correct dates of events, intended dates and venues can change. It is advisable to check the information from official entry forms, websites or event organisers.

UNIFORMS:

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

CENTRE RECORDS:

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

CHANGE OF ADDRESS:

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

WELLINGTON MASTERS ATHLETICS INC.

**SUBSCRIPTION FOR THE 2009/2010 YEAR
(1 September 2009 to 31 August 2010) = \$45**

NAME(S): _____

ADDRESS: _____

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

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

How to Pay:

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

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

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


