

THE

MASTER

COPY

Newsletter of the Wellington Masters Athletics Inc.

Volume 10 Issue 4

October 2011



Michael Browne competing in the men's over 80 Masters' grade at the NZ Road Champs held in Wellington- see story on page 7.

Next Masters event:

North Island Masters
Track & Field Championships
Friday Nov 25th - Sunday Nov 27th

WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2010-11

EXECUTIVE:

President:	Brian Watson	06 364 7758
VPresident:	John Hammond	04 292 8030
Secretary:		
Treasurer:	Graham Gould	973 6741

COMMITTEE:

Barbara Tucker	027 271 5177
Laurence Voight	565 0718
Mark Macfarlane	234 8874
Albert Van Veen	563 8450
Peter Wrigley	973 6637

IN THIS ISSUE . . .

Committee & Club Coordinators	2
Editorial – President's Report	3
Bits & Pieces	4
Statement of Receipts and Payments	5
Health – A Shoppers Guide	6
Octogenarian Runner	7
Recipe & Australian Masters Champs	8
Strength – Training's Value	9
Speed Sessions	10
Lower Hutt 10km Results	11
Athletes Kitchen	12
Athletes Kitchen & Walking Form	13
Origins of Some of our Sayings	14
Will Vitamins Keep Bugs at Bay?	15
Wellington Track & Field Programme	16
Health – Fit and Healthy Seniors	18
Coming Events	IBC

WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2011-2012

PATRON:	Heather May	C/- 28 Kipling Street, Johnsonville, Wellington 6037	977 0525
PRESIDENT:	Brian Watson	14 Hewson Crescent, Otaki Beach, Otaki 5512	06 364 7758
VICE PRESIDENT:	John Hammond	148 Wellington Road, Paekakariki, Kapiti 5034	04 292 8030
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TREASURER:	Graham Gould	PO Box 5887 Lambton Quay, Wellington 6145	973 6741
COMMITTEE:	Laurence Voight	17 Tarras Grove, Kelson, Lower Hutt 5010	565 0718
	Mark Macfarlane	3 Shackle Lane, Whitby, Porirua 5024	234 8874
	Barbara Tucker	15 Brees Street, Epuni, Lower Hutt 5011	027 271 5177
	Albert Van Veen	95 Kamahi Street, Stokes Valley, Lower Hutt 5019	563 8450
	Peter Wrigley	42 Judd Crescent, Naenae, Lower Hutt 5011	973 6637
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EDITOR:	John Palmer	122 Onslow Road, Khandallah, Wellington 6035	479 2130
MASTERS RECORDS:	Mark Macfarlane	3 Shackle Lane, Whitby, Porirua 5024	234 8874

LIFE MEMBERS

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

CLUB CO-ORDINATORS

CAPITAL RUNNERS:		PO Box 1973, Wellington 6140	
H V HARRIERS:	Albert Van Veen	95 Kamahi Street, Stokes Valley, Lower Hutt 5019	563 8450
H V MARATHON:	Trevor Knowles	105 Major Drive, Kelson, Lower Hutt 5010	565 0294
KAPITI:	John Hammond	148 Wellington Road, Paekakariki, Kapiti 5034	04 292 8030
OLYMPIC:	Brian Watson	14 Hewson Crescent, Otaki Beach, Otaki 5512	06 364 7758
	Tineke Hoofst	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
WGTM HARRIERS:	Neil Price	11 Hurman Street, Karori, Wellington 6012	476 6956
WGTM MARATHON:	Bruce Perry	Apt 512, 134 Burma Road, Johnsonville, Wellington 6037	
WGTM MASTERS:	Colleena Blair	Flat 4, 39 Kiln Street, Silverstream, Upper Hutt 5019	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

Presidents Report 2010-2011

When you read this I will be overseas so all the best to everyone and a successful Track and Field season.

It was a shock when I heard Dick Harris had died suddenly. A man I liked and got on well with, Treasurer for 15 years and great supporter of Master's Athletics. He is sadly missed. Also, the passing of Ian Priest, another great worker for Wellington Centre Athletics - he will also be sadly missed. In February I heard of the death of Clem Green, Clem was a personal friend of mine who I knew for about 50 years. I first met him when we worked for the same company in the 60's and then again when I started running. I had not seen him for some time, but we had kept in contact over the years. He had a lot to do with Masters Association as we know it today and was a great supporter of the Scottish Harrier Club. A man for whom I had great admiration.

The 10km road race in November in Lower Hutt, where we also for the first time included a 5km race attracted 24 competitors, 15 runners, 9 walkers. The 5km race attracted one walker. Peter Wrigley organized this event. Thank you Peter. We would like to see more people competing as I see from my records, 70 ran in the first 10km race in November 1981, but in those days in the Wellington area we had around 400 members.

The Wellington Track and Field Championships held over three days 5th, 12th & 19th February was very successful being run in conjunction with the Wellington Centre with the usual programme which was much easier on the officials. Thank you to all the officials for a well organized event.

Classic Relay held at Trentham Memorial Park on Sunday 8th May. Only 13 teams but an event that everyone enjoys, a far cry from the 40 odd teams we used to get. Thanks to everyone who helped and also Paul Homan and crew. Thanks to Graham Gould who took over the Treasurers position when Dick died and who helped in taking all the entries etc.

The Johnsonville 8km Run and Walk. Cold weather but there was 32 competitors this year. This is up on the previous years, 23 runners and 9 walkers. Thanks to all those who made this event so successful. Special thanks to Caroline Gratton for the tasty lunch. First time for team prizes for walkers - Olympic First, Scottish second. Michael Browne needs to be mentioned as he is the oldest person on record for this event. Good on you Michael hope we can still be up there when we are 80.

As I have been part of these events since day one I personally would be very sad to see these last three Harrier events lost due to lack of support.

Thanks to the committee for all your support over the past year especially John Palmer our acting Secretary who has done a great job, and Jim Blair for his supportive input on many occasions.

Membership for the year closed with 88 members.

See you when I get back in a few months

All the Best

Brian Watson
President

BITS and PIECES

Scorching Triathlons

The 2011/2012 dates are:

Sunday 13th November, 2011

Sunday 4th December, 2011

*Saturday 28th January, 2012

Sunday 12th February, 2012

Sunday 4th March, 2012 (at Pauatahanui)

Sunday 25th March, 2012

All Triathlons are based at Scorching Bay

*The January event clashed with the Wellington leg of the NZ Ocean Swim series so the event has been moved to the Saturday. This was the consensus of the membership when asked what their preference was for a new date.

* * * *

16th OCEANIA MASTERS ATHLETICS TRACK & FIELD CHAMPIONSHIPS

5th - 12th February 2012

Tauranga Domain Athletics Track,
Cameron Road, Tauranga

Entries close 15th December 2011 at 4.00pm.

NO LATE ENTRIES WILL BE ACCEPTED.

The entries Secretary is Christine McCahill. Contact details are as follows:

PO Box 4292, Mt Maunganui 3149.

Telephone 07 572 2606

Email: oceaniamasters2012@xtra.co.nz

All New Zealand entrants MUST be financial members of NZ Masters Athletics.

* * * *

AUDIT REPORT

To the Members of the Wellington Masters Athletics Incorporated

I have audited the attached financial report. The financial report provides information about the past financial performance of the Wellington Masters Athletics (Inc) and its financial position as at 31 August 2011. This information is stated in accordance with the accounting policies set out in the financial report.

Committee's Responsibilities

The Committee is responsible for the preparation of a financial report that provides a true and fair view of the financial position of the Wellington Masters Athletics (Inc) as at 31 August 2011 and the results of its operations for the year ended on that date.

Auditor's Responsibilities

It is my responsibility to express to you an independent opinion on the financial statements presented by the Committee and report my opinion to you.

Bases of Opinion

An audit includes examining, on a test basis, evidence relevant to the amounts and disclosures in the financial report. It also includes assessing:

- the significant estimates and judgments made by the Committee in preparing the financial report,
- and whether accounting policies are appropriate to the Club's circumstances, are consistently applied and adequately disclosed.

I conducted my audit in accordance with generally accepted auditing standards in New Zealand except that my work was limited as explained below. I planned and performed my audit so as to obtain all the information and explanations I considered necessary to provide me with sufficient evidence to give a reasonable assurance that the financial report is free from material misstatements, whether caused by fraud or error. In forming my opinion I also evaluated the overall adequacy of the presentation in the financial report.

Other than in my capacity as auditor I am also a member of the Club.

Qualified Opinion

In common with other organisations of a similar nature, control over some income prior to it being recorded is limited and there are no practical audit procedures to test the effect of this limited control.

In my opinion, except for adjustments that might have been found to be necessary had I been able to obtain sufficient evidence concerning income

- the financial report complies with generally accepted accounting practice, and
- gives a true and fair view of the financial position of the Wellington Masters Athletics (Inc) as at 31 August 2011 and the results of its operations for the year ended on that date.

My audit was completed on 18 August 2011 and my qualified opinion is expressed at that date.

Richard Sweetman
Chartered Accountant (Retired)
Wellington

WELLINGTON MASTERS ATHLETICS INC.

Statement of Receipts and Payments for the period ending 31 August 2011

<u>2010</u>	<u>RECEIPTS</u>	<u>2011</u>
1,311.63	Balance of Current Account 31 August 2010	1,314.29
20,000.00	Total of Term Deposits 31 August 2010	20,000.00
<hr/> 21,311.63		<hr/> 21,314.29
4,120.00	Subscriptions Received	3,780.00
477.17	Interest Received	1,245.06
1,256.00	Race Entry Fees	1,255.00
184.00	Uniforms Sold	120.00
250.00	Track and Field Entry Fees	180.00
-	Donations	5.00
<hr/> 6,287.17		<hr/> 6,585.06
<hr/> 27,598.80		<hr/> 27,899.35
	<u>PAYMENTS</u>	
3,720.00	Subscriptions to NZMA	3,915.00
816.00	Race Expenses (Prizes & Catering)	749.81
256.98	Telephone, Postage & Newsletter Expenses	196.70
182.40	Banners Purchased	-
400.00	Out of Pocket Expenses	-
-	Athletic Gear Purchases & Repairs	466.20
-	Sundry Expenses (AGM & Bank Fees)	26.94
355.50	Travel Expenses	-
77.96	Uniforms Purchased	164.62
138.17	Track & Field Expenses (Catering)	371.25
337.50	Track & Field Levy to Wellington Centre	345.00
-	North Island T&F Expenses (Vetline Advertising)	480.00
<hr/> 6,284.51		<hr/> 6,715.52
21,314.29	TOTAL FUNDS AT 31st August 2011	21,183.83
	Represented by:-	
1,314.29	National Bank Current Account	1,183.83
10,000.00	National Bank Term Deposit due 12/09/11	10,000.00
10,000.00	National Bank Term Deposit due 14/02/12	10,000.00
<hr/> 21,314.29		<hr/> 21,183.83

Statement of Accounting Policies

The above statement is prepared on the basis of Receipts and Payments through the Association's banking accounts. No provision is made for accruals of any amounts due at the end of the period. As the Association is not GST registered the amounts in the Statement include GST.

See page 4 for the Audit Report.

HEALTH

A SHOPPER'S GUIDE

A quick look at the small print on food labels should give you a reasonable indication of the nutritional value of packaged food, and planned improvements to current systems are likely to simplify the job.

The way that food in New Zealand is labelled is a hot topic for many people at the moment. The government is considering a major trans-Tasman report into front-of-pack labelling that has made recommendations on, among other things, country of origin, health claims, allergens and traffic light labelling (green for foods to eat lots of through to red for foods to eat in small amounts). The government will announce its intended actions by the end of the year. Hopefully the result will be food packaging that provides meaningful, easily understood information to help shoppers make good choices in the supermarket. In the meantime, we have the Nutrition Information Panel (NIP) and various symbols like the Heart Foundation tick.

The NIP is potentially the most useful piece of information on food packaging. Understanding the NIP will allow you to make quick comparisons between different brands and products and judge for yourself what is really the best choice for you. The NIP must contain information on the following components of food; these must be shown per serving and per 100g/100ml:

Energy - this must be expressed as kilojoules, but will also sometimes be written as calories (1 cal=4.2kJ). How much energy you should have each day depends on your age, gender and how active you are, but generally an average adult should have around 8700 kilojoules/day (2000 calories).

Protein - each day you should have at least one 75-100g serve of protein, and this includes meat, fish, chicken, beans, eggs, lentils and other legumes - not a problem for most New Zealanders. This part of the label can help you make up your own mind exactly how many people the packet of mince in your hand will feed.

Fat - both the total amount of fat and the amount of saturated fat should be listed. As a general rule of thumb, if you are looking for low-fat foods, choose those that have less than 3g fat/100g.

Carbohydrate - both the total amount and the amount of sugars and fibre should be listed. Adults should have 25-30g fibre/day. There are many words used instead of sugar including dextrose, fructose, honey, lactose, malt, maltose, molasses, honey and sucrose - be aware these are all sugar by another name.

Sodium - this mainly shows the amount of salt in the food. Salt is sodium chloride and it is the sodium component that affects health. When it comes to sodium, the lower the better; an adult needs no more than 1 teaspoon of salt each day, including salt in processed food, salt naturally occurring in food, and salt added during cooking and at the table. Look for packaged foods with less than 400mg sodium/100g.

Any other nutrient that the packaging is making a claim about - for example, if the packaging says that the food is high in iron or calcium, then the amount of iron or calcium must be clearly stated on the NIP.

Other Information on a Food Label that can be Mystifying includes:

Date Marking: Best before or use by? Actually, these mean quite different things and have caused so much confusion and waste of food Britain is doing away with them altogether. In New Zealand it is thought as much as \$750 million worth of food is needlessly thrown away each year because people wrongly interpret date marking. It's a big cost to our pockets and the environment.

Best before really means "we can guarantee the quality up to this date; after this it is still safe to eat, but there may be some loss of quality."

Use by is much more serious wording. This means: do not eat after this date, usually because of a food safety risk.

Have a look in your fridge and pantry: if it's past the "best before" date, a quick look and sniff will tell you all you need to know; if you have foods past their "use by" date don't bother, they are not safe to eat and should be thrown out. If you are wondering why all foods aren't date stamped, only foods with a shelf life of less than two years must have a best before or use by date.

Ingredients: All ingredients must be listed in descending order, meaning the ingredient present in the greatest amount will be listed first and the one present in the least amount will be last. This is interesting if you are trying to judge quality and value - does a meat pie have meat high up the ingredient list, are strawberries the first ingredient listed in strawberry jam?

Ingredient listing is also helpful in making a call on the healthiness of a food. Do fat or salt appear high up the list, which is less desirable, or are they down the bottom?

Understanding the NIP and ingredient list in particular can stop you falling into the trap of accepting label hype.

- Low cholesterol does not necessarily mean low fat;
- No sugar added does not mean the product is low in sugar;
- Lite is not the same as low calorie;
- Just because a specific nutrient like sodium or fat has been reduced it does not mean the food is now low in that nutrient.

If you have the time when you are next in the supermarket, take a few moments to read some labels, especially the NIP, and make a few comparisons.

QUICK REFERENCE GUIDE

1. The Nutrition Information Panel (NIP) gives information by nutrient/serve and nutrient/100g. The 100g column is the best way to make a comparison between products and brands as there is no guarantee your idea of a serve is the same as the manufacturers.
2. A low-fat food should have less than 3g fat/100g.
3. Look for a sodium level of less than 400mg/100g in processed foods.
4. If a food is past its "use by" date, throw it out.

Not even concussion stops octogenarian runner

He's known as Methuselah to his running mates, so it was no surprise to them when Michael Browne won the 80-plus title in the New Zealand Road Championships on the Wellington waterfront.

As it turned out, he was the only athlete in his category, but the Wellington artist - who was Wellington's mile champion in 1951 - set an impressive time of 67 minutes 21.7 seconds for the 10-kilometre course on Saturday.

"I know there are others out there my age who can run faster than me," he said. "My opponents tend to fall off the tree about now. I am getting quite used to that."

Wife Jenny has kept an eagle eye on her husband since he turned 80 in October last year. Age hasn't slowed him down much, though, despite the loss of sight in his left eye about five years ago. He still goes for a run three times a week around Point Jerningham from his home in Newtown.

He supplements his runs with regular swim sessions at the Kilbirnie Aquatic Centre.

A month ago, while out running in the company of three "beautiful young women runners" - including former world mountain running champion Melissa Moon - he was led astray, he said.

They took him into the trees on Mt Victoria. "I must admit I do have judgment problems these days. We decided we would run down the mountain running track which goes down to Hay St from the top of Mt Victoria.

"I found I could not slow down. I was running faster and faster and I knew I was going to crash. I told the girls I feel like I am flying and I don't remember much after that."

He fell among tree roots and pine needles and came to, with concussion, about three minutes later. "The ambulance people strapped me on a stretcher and took me off to A and E. At the hospital they told me, because you are older, we have to scan your brain. They scanned my brain and said, 'That is very good. We could not find anything there at all.'"

Since then, Mrs Browne has told her husband that cross-country running is strictly out of bounds.

And for his thrice-weekly training runs, she is on permanent standby. "I do insist on him telling me

these days which way he intends to run round the peninsula.

"He's got 75 minutes. If he is not home by then, I have to be alarmed. I'm ready to go out and pick him up."

Reproduced from the Dominion Post, 22 August 2011.

Editors note: Michael Browne is a member of Wellington Masters and up until 2010 was also on the committee for Wellington Masters.

Not happy with running the 10km on Saturday in the Road Champs, Michael fronted up on Tuesday night to run the Lifestyle Sports Waterfront 5km race. His time for the 5km was 31 minutes 58 seconds.

* * * *

MEMBERSHIP

At the time of going to print our membership for the new financial year stands at 40. Welcome to new/and returning members:

Andrea Williams (Hastings)

Harold Alcock (Olympic)

Warren Jowett (Trentham)

Albert Van Veen (HVH)

Francis Campkin (WHAC).

* * * *

COLOUR PATCHES

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

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

* * * *

Q & A

Q: Should I run the course before race day?

A: Yes, if at all possible. Knowledge gives you control. Previewing the course exposes you to the hills, turns, and narrow spaces. You can then construct a strategy to cope with any situation. Plus, if you know where you are on the course, you'll feel more confident about when you can push it a little harder.



Classic Kiwi Burgers

Ingredients:

1 onion, finely chopped
 ¼ cup chopped parsley
 400g lean Beef Mince
 1 tbsp Maggi Beef Stock Powder
 ¼ cup breadcrumbs
 2 tbsp tomato paste
 1 egg, beaten
 cooking oil spray

6 hamburger buns

Salad

1 small lettuce
 1 can sliced beetroot
 2 tomatoes, sliced
 Tomato sauce

Method:

- Combine all ingredients except the cooking oil spray and hamburger buns, cover and marinate for 10 minutes. Shape into 6 patties. Lightly spray or brush with cooking oil.
- Cook on a pre-heated hotplate for 5-7 minutes each side. Remove the patties and rest for 5 minutes before serving.

If you like toasted burger buns, slice in half and place on the grill for 2 minutes while resting the patties.

- Place salad ingredients on bun bases, top each with a patty and tomato sauce. Serve immediately with your favourite barbecue side dish.

Prep time: 5 minutes

Cook time: 20-25 minutes

Makes: 6 burgers.

Apple & Rhubarb Crumble

Ingredients:

Fruit:

4 grated apples mixed with 1½ cups cooked rhubarb

Crumble:

½ cup flour
 ½ cup wholegrain oats
 ½ cup Demerara sugar*
 ¼ cup coarsely chopped nuts
 75g chilled butter or margarine

*Demerara sugar gives a bit more colour and crunch. If you don't have any you can use ordinary sugar.

Method:

Preheat the oven to 180°C.

Fruit:

Add the fruit to an ovenproof baking dish.

Crumble:

- In a large bowl mix together the flour, oats, sugar and nuts.
- Finely chop the butter or margarine, add it to the mixing bowl and with the tips of your fingers rub it into the dry ingredients. The final mixture will be coarse with some small clumps.
- Sprinkle the crumble topping over the fruit. Bake in the oven for 30 minutes or until the crumble is browned and the fruit is bubbling.
- Serve with custard, yoghurt or ice cream.

Serves 6.

* * * *

AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIPS

6th – 9th April 2012

Melbourne, Victoria

The Championships will be held at Melbourne's brand new State Athletics Centre at Albert Park.

The Road Walks will be held at Fawkner Park, a short distance from the main stadium.

The Cross Country races will be at Yarra Bend Park on the other side of the city – transport will be provided.

SCHEDULE OF EVENTS:

Thursday 5th April:

Registration opens from 12.00 noon at State Athletics Centre in Albert Park.

Friday 6th April:

10,000m; 60m; 100m; 800m; 1500m Walk; Long Jump; Hammer; Shot Put; Coaches Forum.

Saturday 7th April:

5000m Walk; Sprint Hurdles; 1500m; 200m; Steeplechases; 400m Heats; Discus; Javelin; High Jump; Athletes Forum.

Sunday 8th April:

5000m; 400m Finals; 4x100 Relay; Long Hurdles; Sprint Championship; Throws Pentathlon; Triple Jump; Pole Vault; Dinner/Awards Night.

Monday 9th April:

Cross Country; Road Walks; 4x400 Relay; Pentathlon; Weight Throw; Throws Championship.

For more information go to:

www.vicmastersaths.org.au

STRENGTH – training's value

So you never really understood or considered strength training as a valuable part of your running or daily life. The fact is that strength training is probably the most publicly misunderstood part of a balanced program

It comes down to basic physiological understanding. A motor unit is a nerve cell and all the muscle fibres that the nerve cell innervates or activates. By doing strength training we increase the number of muscle fibres activated by the nerve cell. The more muscle fibres that are active, the more fuel or fat that is required to perform everyday activities.

This can be simply explained by looking at the difference between a four and a six cylinder car. If limited strength training is conducted, the amount of fuel or fat in the muscles required to perform everyday activities is limited, as in the fuel consumption of a four cylinder car at idle. If strength training is conducted you are increasing the size of the engine (or motor unit). By increasing the size of the engine, you are increasing the amount of fuel needed to run the engine, like that of a six cylinder car.

Because you are burning more fuel or fat to run the engine, you increase the ability to lose weight. When at rest, or sitting at your desk at work, the bigger your engine, the more fuel required to keep the body "idling", therefore the more fat or fuel that is consumed during everyday activities. This means that each time we do a strength training session, we not only burn fat during the session, but we increase fat burning for the rest of the day.

By engaging in an exercise program of strength training and therefore increasing the size of the motor units, your muscle mass will increase. It is therefore important when commencing strength training that skinfolds or girth measurements are taken. This will in turn substantiate that fat has been lost by a decrease in skinfold or girth measurements.

It is also important to remember that the body, when undertaking a new program becomes fitter, stronger or more flexible by adapting to the stresses of the new program. By adapting to the new stresses, more or other stresses should be considered to further improve fitness, strength or flexibility.

So how do we effectively strength train? Because we want to target a specific energy system, we must follow a few simple rules. The exercises must be of a

very high intensity and that requires more than 80 per cent of your maximum effort. This in turn means you should only perform three to six repetitions that would last for around eight to 10 seconds. To allow for sufficient recovery, three to five minutes should be used as a rest period between each set of exercises.

Because the idea of strength training is to work at a very high intensity, the body or engine will only benefit for up to around an hour of training, but will benefit from as little as 10 minutes. It is therefore important that the exercises you choose for your program are compound exercises. This means that for each exercise more than one joint is active. This ensures that not only are your primary muscles, or major muscles used when exercising but also secondary muscles, or smaller muscles. This further increases the number of muscle fibres activated by the nerve cells, thus further increasing the size of your engine.

Strength training should occur with rest periods of at least two days between sessions to allow for adequate recovery to take place; therefore strength training should only be a part of a balanced training program.

Finally, not only is strength training valuable for those who are weight conscious but it also has other beneficial side effects such as increasing bone density and improving balance.

* * * *

YEAR OF THE MUSHROOM

Agaricus Bisporus - it's your year in the spotlight! Mushrooms are back in season and there are a million and one reasons to enjoy this delicious vegetable. Low in calories and with virtually no fat or sodium, mushrooms contain selenium and just one portabello mushroom generally has more potassium than a banana. Commonly available varieties in New Zealand include button, open cup, flat, Swiss-brown, portabello, wood ear and oyster. To learn more on how to cook with exotic mushroom varieties visit:

www.meadowmushrooms.co.nz or
www.mightymushrooms.co.nz

* * * *

The kiwifruit is one of the most nutritious fruits in the world. It's also high in fibre, which is great for your digestive system.

SPEED SESSIONS

There are an unlimited number of sessions you can run and many different ways to run them.

Each of these sessions should have the aim of developing at least one of the adaptations described in the previous section. Some sessions should only be done at certain times of the season as either base development or competition phase sessions. How you run a particular session is more important than the description of the session. For example 10 repetitions of 1 minute can be done as a threshold session with a steady 30 second float recovery. This can be a fartlek session, or a hill session or a track session as 10 x 400m, with 200m jog recovery. By running faster with more recovery the session becomes a Max VO₂ or aerobic power session.

By doing the last rep fastest you can learn how to kick and by running at a specific pace e.g. 4 min/km you will learn how to run at that pace i.e. 5000m in 20 minutes.

The trick is to do the right type of sessions at the right time. You should first consider your experience and your goals. There is no one magic session or formula that will work for everyone. Experiment and maintain variety so that you do not get bored with what you are doing. There should be some sort of continuity over time so that you can see yourself improve.

Progression is also an important element in structuring your sessions. Improvement is not linear so do not plan continued progression forever. Six weeks of improvement is about the maximum that most people can handle without breaking down. This can be extended to twelve weeks by doing a fortnightly cycle of sessions. Again variety is the key to improvement.

1. Repetitions

Repetitions are the best known type of sessions. They are also the simplest to understand.

They can be any distance and number of repetitions for example 5 x 1km, or 8 x 500m, or 12 x 200m. By changing the recovery you can change the nature of the session. We build progression into our program for the 1km repetitions by starting with 1km jog recovery, then decreasing recovery to 2 minutes, then 1 minute, then 30 seconds, then back to 5 minutes for the power session. Progression can also be built into a session by increasing pace. For example 10 x 400m with a 200m jog recovery starting at 72 seconds then decreasing the average by 2 seconds each week for five weeks finishing with 64 seconds. Progression is obviously not unlimited.

2. Intervals

Intervals became popular after Zatopek won the 5k, 10k and Marathon in the one Olympics.

He used to do up to 60 x 400m. Intervals get their name from the break between repetitions which is controlled and just as important as the fast part of the session. Often people get repetitions confused with intervals. An interval session might be 15 x 200m, 200m recovery with the fast 200m in 35 seconds and the recovery in only 50 seconds. Recoveries can either be a jog over a specific distance in a certain time or a specific timed recovery. Insufficient recovery slows you for the reps and turns the session into more of a threshold workout. Roger Bannister worked up to doing 10 x 400m in 60 seconds with only a 1 minute recovery leading up to breaking the 4 minute mile.

3. Hills and Strength work

Hills are best done in the beginning of a training season. They develop strength so that you have less injury risk when you want to run faster. It is also important to have some hill speedwork if you are planning to race over a hilly course. The hills then become a specific running economy session. Closer to an important flat race hills can be counterproductive.

4. Fartlek

Fartlek is the Swedish word for Speed-Play. It is best done over varied terrain and hills.

Because it is unstructured and unmeasurable fartlek is an ideal session when you are in recovery mode. That way you are not comparing your times but just running how you feel. For the same reason Fartlek is not as appropriate in the competitive phase when you have to closely control your effort and pace.

5. Tempo and Time Trials

Tempo sessions are extended Time Trials at anaerobic threshold pace. A popular session for elite athletes is 2 x 5km @ 10km pace with 5km recovery. The distance can be up to 10km but for most runners shorter races are the best type of tempo sessions.

6. Rhythm and Pace sessions

Developing pace judgement is one of the major goals of speedwork. Rather than do a very hard session the week of your major goal race it is better to do a pace session. In this session you are aiming for a particular time for your reps which is usually the identical pace you want to do in your race. Going too fast is just as bad as too slow in these sessions. The key to pace sessions is to be focused on the rhythm of your running rather than what everyone else around you is doing.

7. POWER sessions

Power sessions are one of the most fun sessions to do. After training hard for many weeks, it is now only 10 days to your major goal race. Training has been cut back and you are starting to feel fresher. We do 3 x 1km with maximum recovery at a faster pace than we have run all season. This contrasts with our base session of 5 x 1km. Most runners are amazed at how much faster they run for this session compared to what they have been doing. This gives them the confidence to know that they are capable of something great in their goal race.

8. Formwork

In the off season formwork can substitute or be added onto a speed session. Formwork involves drills and exercises designed to give strength and change form for greater efficiency and power. Besides making you faster better form can also help prevent injury. However, formwork such as plyometrics carries a high injury risk. It is best not to do it while training or racing hard. It takes surprisingly little time to get the benefits of formwork. Results can be seen within a few weeks and the benefits will last long after you have stopped form sessions.

9. True Speedwork

True speedwork has the aim of improving maximum speed. Repetitions are done at close to maximum pace over distances under 200m. Recovery is complete and number of repetitions few. Injury risk is often higher than the benefits. This is the type of training that sprinters do.

Continued on page 17

RESULTS

Wellington Masters 5km & 10km Road Run and Walk

Lower Hutt – Sunday 2nd October 2011

This year the fields were up on last year with 11 walkers and 17 runners taking part. The 5km this year attracted more competitors (six) than in 2010 where only the one walker took part.

The conditions were overcast with a light to moderate northerly breeze to content with on the way out. The fastest male walker over the 5km was John Ihaka, while Barbara Tucker held that honour for the women. In the 10km the fastest male walker was John Roskvist while Terri Grimmett was the fastest women. In the 5km run Harold Alcock was the only entrant. The fastest male runner in the 10km was Michael Wray, with Michelle Van Looy the fastest woman over the distance.

Name	Club	Time	Place	Grade
Walkers:				
5km:				
Female:				
Barbara Tucker	Scottish	39.58	1	W60-64
Robin Iremonger	Scottish	41.38	1	W65-69
Margaret Bray	Scottish	50.26	2	W60-64
Male:				
John Ihaka	Trentham	35.33	1	M60-64
Bart Jones	Scottish	41.38	1	M65-69
Runners:				
Harold Alcock	Olympic	29.25	1	M70-74
10km:				
Female:				
Terri Grimmett	Scottish	64.19	1	W50-54
Jackie Wilson	Trentham	68.05	1	W65-69
Daphne Jones	Scottish	77.29	1	W70-74
Male:				
John Roskvist	Trentham	64.06	1	M45-49
Ian Morton	Scottish	68.01	1	M55-59
John Hines	Scottish	81.13	1	M75-79
Runners:				
Female:				
Michelle Van Looy	Olympic	42.33	1	W40-44
Tineke Hooft	Olympic	43.50	1	W50-54
Sharon Wray	Scottish	51.54	1	W45-49
Alison Speakman	Olympic	55.03	2	W45-49
Male:				
Michael Wray	Scottish	36.35	1	M40-44
Craig Walker	Olympic	39.17	2	M40-44
Glen Wallis	Scottish	42.01	1	M45-49
Jonathan Harper	Scottish	43.10	1	M60-64
Tony McKone	HVH	43.31	1	M50-54
Peter Wood	WHAC	44.38	2	M50-54
David Hood	Trentham	44.58	3	M50-54
Richard Martin	?	47.40	2	M45-49
Albert Van Veen	HVH	53.35	1	M65-69
Ray Wallis	Ruamahanga Ramblers	54.21	1	M70-74
Peter Hanson	Olympic	60.36	2	M70-74
Michael Browne	Scottish	70.14	1	M80-84

THE ATHLETE'S KITCHEN

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Gluten-Free Sports Diets: Winning Without Wheat

Gluten-free seems to be the latest sports nutrition buzzword. Gluten is a protein in wheat, rye and barley that must be avoided by people (including runners) with celiac disease, an inherited autoimmune disorder. Symptoms of celiac vary greatly and can range from digestive problems (diarrhea, constipation, bloating, gas) to health problems such as anemia, stress fractures, infertility in both men and women, migraine headaches, canker sores, easy bruising of the skin, swelling of the hands and feet, and bone/joint pain. The person feels lousy. Yet, some runners don't even realise they have celiac disease. They feel fine — until they experience iron-deficiency anemia or stress fractures due to poor absorption of iron, calcium, and vitamin D. Other runners complain about “runner's trots” and undesired pit stops.

How common is celiac disease? More than we once thought! About 1% of the population (runners included) has celiac and needs to avoid even traces of gluten. Up to 6% have non-celiac gluten sensitivity. The symptoms are similar but without the autoimmune reactions that result in cancer and osteoporosis. No one is certain why celiac disease and gluten sensitivity is on the rise. One theory relates to changes in the composition of our gut bacteria.

How to tell if you are gluten sensitive

If you and others in your genetic family are plagued with niggling health issues (including those mentioned above), you should learn more about celiac disease and gluten sensitivity. Untreated celiac disease can lead to severe complications including cancer of the gut and osteoporosis. Two websites that offer abundant information include www.celiac.org and www.glutenfreediet.ca.

If you suspect you are gluten sensitive, don't self-impose a gluten-free diet without first talking with a doctor who specializes in celiac. You need to get your blood tested for specific antibodies and then, to confirm the diagnosis, an intestinal biopsy. Do not eliminate gluten before you get the blood tests, because absence of gluten in your diet can interfere with making the correct diagnosis. If you don't get properly tested, you might miss a correct diagnosis or other health problems, like Crohn's, an ulcer, or colon cancer. Plus, if undiagnosed, you might be less motivated to strictly follow a gluten-free diet for life.

If you are “simply” gluten-sensitive, your blood tests will report none of the elevated levels of antibodies that signal celiac disease, but you will feel unwell. Hence, if you have intestinal issues, you might want to try a gluten-free diet for a month or so regardless of the blood test results. One athlete plagued with muscle pain stopped eating wheat and her pains disappeared. She reported she simply “felt better.” Others report they recover better and have less stiffness and joint pain with a gluten-free diet. This might be due to eliminating gluten, a placebo effect, or eating better overall (no cookies, pastries, junk food). Adhering to a gluten free diet is challenging and expensive, so there's no need to self-inflict the limitations if you notice no benefits after a month of gluten-free eating.

Going gluten free

So what's a hungry runner to eat if their favorite pasta, bagels, breads, and baked goods are off-limits? While a sports diet without pasta may seem like a day with no sunshine, rest assured, a plethora of gluten-free carbs can fuel your muscles. You can enjoy carb-rich rice in all forms (brown, white, and basmati), corn in all forms (on the cob, cornmeal, grits), potato, sweet potato, lentils, kidney beans, hummus, quinoa, millet, and tapioca. Oats, if processed in a wheat-free plant, can also be safe.

Many fresh foods are naturally gluten-free. They include all plain fruits, vegetables, milk, yogurt, hard cheese, eggs, meats, fish, poultry, nuts, sunflower seeds, edamame, juice, and wine (but not beer). Just be aware that sauces, gravies, and seasoning mixes might contain gluten, as do marinades and soy sauce. Some gluten-free baked goods, pastas, and frozen meals are quite good; others might leave you wishing for something tastier. Two popular brands of gluten-free bread (commonly available at Whole Foods or Trader Joe's) are Udi's and Rudi's. Hint: they taste better when toasted!

Restaurant and Travel Tips

At home, you can easily control your diet. When on the road, you need to have a plan.

continued on next page

continued from previous page

- When traveling, carry “emergency food” that doesn’t spoil, such as dried fruit, Lara Bars, and nuts.
- When eating in a restaurant, you’ll have to quiz the staff and carefully order your food. Omelets tend to be safe, while salads with croutons are not. Make sure the steak tips are not marinated in a gluten-containing sauce, the turkey was not injected with flavor enhancers, the gluten-free toast is not made in the same toaster used for standard breads, the sandwich is prepared on a paper towel or surface not used for other breads (to prevent cross-contamination), the rice is not cooked in broth with unknown gluten-containing seasonings, the French fries are not cooked in the same oil as the breaded chicken, the hamburger is 100% beef (with no fillers) and not cooked on the same surface as the toasted buns. Some athletes travel with their own gluten free pasta and request it be cooked in fresh water, in a clean pot, and drained into a clean colander. This all requires a patient waiter and an understanding chef.

Everyday Gluten-free Sports Food Suggestions

Even the hungriest Ironman triathletes need not go hungry on a gluten-free diet! The trick is to eat less processed foods and be a good label reader. Here are just a few suggestions of foods you’d find in standard grocery stores.

Breakfast ideas: Fruit smoothie with Greek yogurt; rice cakes with banana & peanut butter; scrambled eggs, hash browns, and fruit salad; Rice or Corn Chex, milk and berries.

Lunch: Tuna salad with baked corn chips; 100% corn tortilla with melted cheese and pinto beans, Crunchmaster Multigrain crackers and hummus.

Dinner: baked chicken, potato & beets; salmon, sweet potato & peas; omelet, corn & tomatoes; baked potato stuffed with cottage cheese & salsa; Mexican beans & rice; shish kabob, rice, salad with oil & vinegar; frittata (potato, onion and egg “pancake”); meals with rice, corn, and quinoa.

Snacks: apple & cheese, fruit & yogurt, baked potato chips, corn chips, Blue Diamond Nut Thins, rice crackers, trail mix (nuts & dried fruit), peanut butter & banana, baby carrots & hummus, popcorn, corn nuts, raisins, grape juice and all fruit juices, smoothies.

Commercial sports foods: Ensure, Gatorade, Powerade; Bakery On Main Granola Bar, Bonk Breaker Bar, Bumble Bar, Clif Nectar Bar, Clif Builder’s Bar, Enjoy Life Snack Bar, Elev8Me Bar, Extend Bar, Go Raw Bar, Hammer Products (Heed, Perpetuem, Bar, Solids), KIND Bar, Lara Bar, Nonuttin’ Granola Bar, Odwalla

Bar, Omega Smart Bar, PB & Whey Bar, Perfect 10 Bar, Pure Bar, PureFit Bar, ThinkThin Bar, Quest Bar, Clif Shot Bloks, Gu, Jelly Belly Sports Beans, Sharkies.

Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) helps both casual and competitive athletes feel great from the inside out. Her practice is at Healthworks, the premier fitness center in Chestnut Hill MA (617-795-1875). Her Sports Nutrition Guidebook and food guides for runners, cyclists and soccer players are popular resources. They are available at www.nancyclarkrd.com. See also sportsnutritionworkshop.com

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* * * *

WALKING FORM

Walking form is usually not an issue when walking at a gentle, strolling pace. But every year, there are runners who get injured because they are walking in a way that aggravates some area of the foot or leg. Most of these problems come from trying to walk too fast, with too long a stride, or from using a race walking (or power walking) technique.

(1) Avoid a long walking stride. Maintain a relaxed, motion that does not stress the knees, tendons or muscles of the leg, feet, knees or hips. If you feel pain or aggravation in these areas, shorten stride. Many runners find that they can learn to walk fairly fast with a short stride. But when in doubt, use the walk for recovery and ease off.

(2) Don’t lead with your arms. Minimal arm swing is best. Swinging the arms too much can encourage a longer walk stride which can push into aches and pains quickly. The extra rotation produced can also aggravate hips, shoulder and neck areas. You want the legs to set the rhythm for your walk and your run. When this happens you are more likely to get into the “zone” of the right brain.

(3) Let your feet move the way that is natural for them. When runners or walkers try techniques that supposedly increase stride length by landing further back on the heel or pushing further on the toe (than is natural for the individual), many get injured.



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Origins of some of our sayings

There is an old Hotel/Pub in Marble Arch, London, which used to have a gallows adjacent to it. Prisoners were taken to the gallows (after a fair trial of course) to be hung.

The horse-drawn dray, carting the prisoner, was accompanied by an armed guard, who would stop the dray outside the pub and ask the prisoner if he would like "ONE LAST DRINK".

If he said YES, it was referred to as ONE FOR THE ROAD.

If he declined, that prisoner was ON THE WAGON.

Here are some facts about the 1500s:

Most people got married in June, because they took their yearly bath in May and they still smelled pretty good by June. However, since they were starting to smell, brides carried a bouquet of flowers to hide the body odour. Hence the custom today of carrying a bouquet when getting married.

Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women and finally the children. Last of all, the babies. By then the water was so dirty you could actually lose someone in it. Hence the saying, "Don't throw the baby out with the bath water!"

Houses had thatched roofs, thick straw piled high, with no wood underneath. It was the only place for animals to get warm, so all the cats and other small animals (mice, bugs) lived in the roof. When it rained it became slippery and sometimes the animals would slip and fall off the roof. Hence the saying "It's raining cats and dogs."

There was nothing to stop things from falling into the house. This posed a real problem in the bedroom, where bugs and other droppings could mess up your nice clean bed. Hence, a bed with big posts and a sheet hung over the top afforded some protection. That's how canopy beds came into existence.

The floor was dirt. Only the wealthy had something other than dirt. Hence the saying, "dirt poor." The wealthy had slate floors that would get slippery in the winter when wet, so they spread thresh (straw) on floor to help keep their footing.

As the winter wore on they added more thresh until, when you opened the door, it would all start slipping outside. A piece of wood was placed in the entrance-way. Hence: a thresh hold. (Getting quite an education, aren't you?)

In those old days, they cooked in the kitchen with a big kettle that always hung over the fire. Every day they lit the fire and added things to the pot. They ate mostly vegetables and did not get much meat. They would eat the stew for dinner, leaving leftovers in the pot to get cold overnight, and then start over the next day. Sometimes stew had food in it that had been there for quite a while. Hence the rhyme: "Peas porridge hot, peas porridge cold, peas porridge in the pot, nine days old".

Sometimes they could obtain pork, which made them feel quite special. When visitors came over they would hang up their bacon, to show off. It was a sign of wealth that a man could, "Bring home the bacon." They would cut off a little to share with guests and would all sit around talking and "chew the fat".

Those with money had plates made of pewter. Food with high acid content caused some of the lead to leach onto the food, causing lead poisoning and death. This happened most often with tomatoes, so for the next 400 years or so, tomatoes were considered poisonous.

Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle, and guests got the top, or "The Upper Crust".

Lead cups were used to drink ale or whisky. The combination would sometimes knock the imbibers out for a couple of days. Someone walking along the road would take them for dead and prepare them for burial. They were laid out on the kitchen table for a couple of days and the family would gather around and eat and drink and wait and see if they would wake up. Hence the custom of "Holding a Wake".

England is old and small and the local folks started running out of places to bury people, so they would dig up coffins and would take the bones to a bone-house and reuse the grave. When reopening these coffins, 1 out of 25 coffins were found to have scratch marks on the inside and they realised they had been burying people alive. So they would tie a string on the wrist of the corpse, thread it through the coffin and up through the ground and tie it to a bell.

Someone would have to sit out in the graveyard all night (the graveyard shift) to listen for the bell; thus someone could be, "Saved by the Bell" or was considered a "Dead Ringer".

Now, whoever said history was boring!

* * * *

PEARS are a good source of water-soluble fibre and are high in pectin, which helps lower cholesterol levels.

Will Vitamin Supplements Keep the Bugs at Bay?

How Taking Vitamin Supplements Can Keep the Bugs at Bay?

Vitamin and mineral supplements come in many shapes and sizes. While there are certain groups of the population who could benefit from a supplements (e.g. pregnant women, vegan etc), in many cases vitamin supplements just turn out to be extra expense.

If you do take supplements, think of them only as a top up of your daily diet. Supplements aren't magic bullets – they won't supply everything you get from good food, nor can they counteract a bad diet. They can not make you run faster or jump higher. Even most of our top athletes stay away from these because it is very difficult to guarantee their safety. Some athletes have tested positive for a banned substance, simply because some of these supplements were made in the same factory as another product that contained a banned substance.

But will they keep you well and out of bed this winter?

May be, may be not. In fact they might even be doing more harm than good. A recent article in the Dominion Post urged supplement users to exercise caution, especially with Vitamin A and E supplements. Many people take these with an aim of reducing their risk of developing diseases such as cancer. However, research from the University of Copenhagen suggests that they may be putting themselves at an increased risk of premature death because high-dose antioxidant supplements may interfere with your natural body defences.

In their review of 67 studies, involving 230,000 supplement users they found no evidence to suggest that these vitamin supplements increase life expectancy. On the contrary, they found that vitamin A, beta-carotene and vitamin E actually increased premature death!

It is best to obtain your vitamins from food, not pills

Here are five really good reasons why:

1. Food provides vitamins in the most biologically available form.
2. Food provides vitamins in the right amounts. You can't overdose on vitamins when they are in food.
3. Vitamins are combined with other complementary nutrients in foods and work best together.
4. Most people can meet their vitamin and mineral requirements through eating a well balanced diet, rich in fruit, vegetables and wholegrains.
5. Save the \$20 or \$30 you spend each month on supplements, or better still spend it on fruits and vegetables.

By Kath Fouhy, BSc, PG DipDiet, NZRD.

Kath Fouhy of Fouhy Dietitians is a New Zealand Registered Dietitian and a leader in the field of nutrition and dietetics. Since opening her Wellington private practice in June 2006, Kath has built a very successful client base. Kath is a member of Sport & Exercise Science New Zealand and a nutrition provider for the NZ Academy of Sport. She is the Dietitian to many elite high performance athletes including 2007 Coast to Coast winner Fleur Pawsey and New Zealand Underwater Hockey.

* * * *

A Husband takes his wife to play her first game of golf. Of course, the wife promptly hacked her first shot right through the window of the biggest house adjacent to the course.

The husband cringed, 'I warned you to be careful! Now we'll have to go up there, find the owner, apologise and see how much your lousy drive is going to cost us.'

So the couple walked up to the house and knocked on the door. A warm voice said, 'Come on in'.

When they opened the door they saw the damage that was done: glass was all over the place, and a broken antique bottle was lying on its side near the pieces of window glass.

A man reclining on the couch asked, 'Are you the people that broke my window?'

'Uh...yeah, sir. We're sure sorry about that,' the husband replied.

'Oh, no apology is necessary. Actually I want to thank you. You see, I'm a genie, and I've been trapped in that bottle for a thousand years.

Now that you've released me, I'm allowed to grant three wishes. I'll give you each one wish, but if you don't mind, I'll keep the last one for my self.'

Wow, that's great!' the husband said. He pondered a moment and blurted out, 'I'd like a million dollars a year for the rest of my life.'

'No problem,' said the genie 'you've got it, it's the least I can do. And I'll guarantee you a long, healthy life!'

'And now you, young lady, what do you want?' the genie asked.

'I'd like to own a gorgeous home in every country in the world complete with servants,' she said.

'Consider it done,' the genie said. 'And your homes will always be safe from fire, burglary and natural disasters!'

'And now,' the couple asked in unison, 'what's your wish, genie?'

'Well, since I've been trapped in that bottle, and haven't been with a woman in more than a thousand years, my wish is to have sex with your wife.'

The husband looked at his wife and said, 'Gee, honey, you know we both now have a fortune, and all those houses. What do you think?'

She mulled it over for a few moments and said, 'You know, you're right. Considering our good fortune, I guess I wouldn't mind, but what about you, honey?'

You know I love you sweetheart,' said the husband. I'd do the same for you!'

So the genie and the woman went upstairs where they spent the rest of the afternoon enjoying each other.

The genie was insatiable.

After about three hours of non-stop sex, the genie rolled over and looked directly into her eyes and asked, 'how old are you and your husband?'

Why, we're both 35,' she responded breathlessly.

'No Kidding,' he said.

'Thirty-five years old and you both still believe in genies?'

WELLINGTON TRACK and FIELD PROGRAMME 2011/12

Date	Event	Venue
2011		
15 October	Blackboard and selected events	Newtown Park
22 October	Gold Programme	Newtown Park
29 October	Blackboard and selected events	Newtown Park
29 October	Regional Teams Meet – 1st Round (new format incl individuals)	Inglewood
30 October	ANZ Long Distance Walks Championships	Palmerston North
30 October	ANZ Half Marathon Championships (Auckland Marathon)	Auckland
5 November	Black Programme	Newtown Park
12 November	Regional Teams Meet – 2nd Round (new format incl individuals)	Wanganui
19-20 November	North Island Combined Events	Hastings
19 November	Gold Programme	Newtown Park
25-27 November	North Island Masters Championships	Newtown Park
28 Nov – 1 Dec	Track Repairs	
2-4 December	South Island Masters Championships	Timaru
3 December	Regional Teams Meet – 3rd Round (new format incl individuals)	Newtown Park
10-11 December	NZ Secondary Schools Championships	Newtown Park
17 December	Scottish Night of Miles (5pm start)	Newtown Park
2012		
3 January	NZ 10,000m Championships	Tauranga
7-8 January	North Island Colgate Games	Tauranga
7 January	Gold Programme incorporating Kiwi Throwers Meeting	Newtown Park
7 January	Lovelock Classic	Nelson
13-15 January	South Island Colgate Games	Nelson
14 January	Black Programme	Newtown Park
21 January	Gold Programme	Newtown Park
21 January	Sylvia Potts Classic + W19 and M19 3,000m NZ Championships	Hastings
23 January	Capital Classic – Twilight Meeting	Newtown Park
27 January	Cooks Garden Classic + commemorative mile	Wanganui
4 February	Black Programme Combined Masters 10,000m Championship	Newtown Park
4-5 February	NZ Combined Events Championships	Hamilton
5-12 February	Oceania Masters Championships	Tauranga
11 February	Gold Programme	Newtown Park
18 February	Black Programme	Newtown Park
25 February	Wellington Centre & Masters Championships – Day 1	Newtown Park
3 March	Wellington Centre & Masters Championships – Day 2	Newtown Park
4-7 March	NZ Masters Championships	Hastings
17 March	Black Programme and/or requested events	Newtown Park
23-25 March	NZ Track & Field Championships	Auckland

Black Programme:

Time	Track	Field
1.30pm	100m	Shot Put
1.50pm	3000m Track Walk	
2.00pm		Triple Jump
2.15pm	Sprint Hurdles Request	
2.20pm	800m	
2.40pm	400m	Discus
3.00pm	3000m/5000m	Pole Vault
3.30pm	200m	

Gold Programme:

Time	Track	Field
1.30pm	100m	Hammer
1.50pm	5000m Track Walk	
2.00pm		Long Jump
2.25pm	300/400m Hurdles on request	
2.35pm	1500m, or 1 mile, or 2000m (request)	High Jump
3.00pm	200m	Javelin
3.15pm	Steeplechase 3000m or 1500m or 2000m on request. (Otherwise other distance event on request).	
3.30pm	400m	

Notes:

Only two throws per meeting have been programmed due to lack of sufficient officials to run the events. Athletes competing in any unscheduled throwing event are not entitled to any records that may be broken.

All field events will commence at set start time. Warm up 15 minutes prior to start times please.

Times for Black and Gold Programmes may be altered depending on attendances. Please do not assume that your favoured event will be run at the stated time.

Speed Sessions – continued from page 10

Some coaches believe that some true speedwork should be done all year round because speed is lost easily and only gained through much hard work.

10. Combination sessions

Speed sessions can have more than one defined goal. If you create competitive situations similar to what you will encounter in the race you will have a better chance of running well in your goal race. Pyramid sessions like 1k, 2k, 3k, 2k and 1k force you to change the pace you are running each repetition. Sessions of short Reps followed by a threshold rep or time trial make you learn to run hard while fatigued. By running faster every repetition in a session you learn to pace yourself through a more complex exercise than a race. Recoveries can be determined by your falling heart rate rather than a specific time or distance.

TRAINING PROGRESSION

Progression is the most important factor in continuing to improve performance. In only four to six weeks the body adapts to the training stress, at this time an increased training load or type of stress must be initiated in order to get continued improvements. If no change occurs then performance will plateau.

Progression is not a simple formula of linear improvements. Because our bodies are biological organisms we respond in different ways at different times. By running an extra 400m repetition every week in your speed session you will eventually find your limits and break down. By running different types of sessions each week your body can adapt to do even more repetitions than by the linear progression method. The goal should be to increase quantity and intensity of training over the whole macrocycle. Do not get too worried about weekly gains. It is the longer term improvements that will make the greatest difference.

Progression can be made in; the quantity of sessions (the distance of each rep); the frequency of sessions (how many repetitions are run); the intensity of sessions (speed over a particular distance); the recovery of sessions (the increased pace or decreased distance or time of recovery between repetitions). Progression can also be made between microcycles by increasing the number of speed sessions/week. Detraining occurs when runners are not consistent with their training. This is true for speed as well as endurance. While endurance gains can be regained quickly after a layoff, speed gains are much more difficult to recapture. It sometimes takes a whole season or year to regain the speed you had before even a short layoff. Speed can be maintained during a large decrease in training quantity by maintaining intensity, but gains will not occur unless the runner pushes beyond what they have done before.

Speedwork is not always easy, but it is necessary for runners to occasionally push outside their comfort zones to achieve improvement. This is often painful but you can be satisfied that improvements will then occur as long as you are not overtraining or pushing your limits too frequently. Long term adaptations often will surprise you. Suddenly you will find yourself running 20 seconds faster for your kilometre reps without even struggling. When this happens you can look back

on the consistency of your speed sessions as being the major reason for your improvement.

BEGINNING SPEEDWORK

We have new people coming to the speed sessions constantly. Some of them only last one or two sessions before deciding it is too hard. They usually have not approached speedwork in the right way and have not given themselves enough time to adapt to its demands. The best way to begin speedwork is to run fartlek by yourself. This might involve surging about five times during a normal training run. The surges can be over different distances and at varied paces, but do not make the mistake of thinking that speedwork is sprinting. 100% efforts should be saved for races and power sessions. Most beginners run too fast before their body can cope with it.

Once you have had a few weeks of fartlek once a week then go along to an organised session.

Running with others is very important for developing pace judgement. Getting advice from experienced coaches can also be vital to running with proper form and effort. There are many different ways to run a speed session and you have to make sure that you are running correctly, otherwise you will get injured.

Expect to feel sore the first few weeks. Your body breaks down as it responds to the speedwork. When it rebuilds it grows stronger, and better able to deal with the stress with less damage. After three or four weeks the sore muscles will no longer trouble you. Do not give up in the first few weeks because it is too hard, it will get easier.

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THE LECTURE



A Police STOP at 2 AM

An elderly man is stopped by the police around 2 a.m. and is asked where he is going at this time of night.

The man replies, "I am on my way to a lecture about alcohol abuse and the effects it has on the human body, as well as smoking and staying out late."

The officer then asks, "Really? Who is giving that lecture at this time of night?"

The man replies, "That would be my wife."

HEALTH

Fit and Healthy Seniors

Many people mistakenly think that memory loss, dementia, Alzheimer's and other ailments are an inevitable part of the aging process. How many times have you heard an older person say, "Just wait until you're my age and see how much you remember!" Or, "Seems as though I am at a different doctor's office every other day. It's no fun to get old."

Does aging really have to be that traumatic both physically and mentally? Many people seem to believe that's just the way it is and there is very little you can do about it. Not so...or at least it doesn't have to be that way!

There are a number of ways to keep your brain sharp and your body in good shape as you age. Here are some ways to remain fit and healthy as you enter your "golden years":

- Stay active - 30 minutes of moderate exercise each day (you can do three 10 minute intervals if that's easier) helps to boost the amount of oxygen that reaches your brain. And that oxygen "rush" can help to improve your memory and your reaction time - something else that tends to slow down as you get older!

Regular exercise also helps to strengthen bones and promotes a healthy weight - benefits that can reduce your risk of diabetes and heart disease - two conditions that can also affect normal brain function.

A Canadian study concluded that when folks over the age of 65 engage in regular exercise, they reduce their risk of Alzheimer's, dementia and a decline in mental functioning. This is especially true for women.

- Make sure your diet is healthy - This is as important for your brain as it is for your body. Whole grains, lots of fresh fruits and vegetables, lean meats and fish help keep your body healthy. Carbohydrates found in these foods, along with the omega 3 fats found in fresh fish, provide energy to the brain to keep it healthy.
- Exercise your brain by doing crossword puzzles, playing board or card games, reading and being with friends.
- Control stress - Another great benefit of exercise! Learn relaxation techniques like meditation and deep breathing. Stress produces a hormone known as cortisol, which can negatively affect brain function.
- Be aware that certain illnesses and medications can also have an effect on your mental health.
- Continue to get regular chiropractic adjustments to keep your central nervous system in good working condition. When your nervous system is healthy, your body and mind reap health benefits as well.

Fighting Chaos

Because you and I have a physical body, we're subjected to various laws of the physical universe. Among them, the second Law of Thermodynamics states that things go from order to disorder.

You may have noticed this with objects. Over time your cupboards get cluttered, your lawn becomes infested with weeds and car parts wear out. With neglect, this happens to our bodies as well.

Various forces such as gravity, poor diet, lack of rest and exercise, negative attitudes and countless other stresses, cause our bodies to break down. Fortunately, we have an internal force that constantly works to counteract these external forces. (Our ability to heal is related to this internal force.)

Turns out, this inborn intelligence of our body relies on the nervous system - the focus of chiropractic care.

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

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WHAT TYPE OF RUNNER ARE YOU?

Fixing your running style will make you fitter - and faster - here's how:

THE SHUFFLER - Little knee lift, Arms are limp. Shufflers run as if they're in slippers. This could lead to back problems, runner's knee and tightening of the iliotibial band.

Try this - Engage your hamstrings and glutes in the process - running should feel like a cycling motion. That means lifting your knees before you and pulling your heels up behind.

THE THUMPER - Heavy landing, Foot rolls from heel to toe. Run next to a thumper and the earth may seem to move. Those heel strikers pound the pavement, feet landing well ahead of the body and hips. The extra stress could lead to shin injuries.

Try this - To keep your centre of gravity stable, your feet should land under your body, not ahead. Try leaning forwards slightly, shifting your weight and landing on the mid-foot.

- COMING EVENTS -

2011

Oct

2	Lower Hutt 5km and 10km	Huia Pool
9	Melbourne Full and Half Marathon plus associated events Wairarapa Full and Half Marathon and 10km	Melbourne Masterton
15-23	South Island Masters Games	Nelson
Nov		
12	Rimutaka Incline Run and Walk	Kaitoke
13	Athens Marathon	Greece
25-27	North Island Masters Track & Field Championships	Newtown Park
Dec		
2-4	South Island Masters Track & Field Championships	Timaru

2012

Feb

5-12	Oceania Masters Athletics Championships	Tauranga
11	Buller Gorge Full & Half Marathons	Westport
26	AMI Round the Bays Half Marathon & 7km Run & Walk	Frank Kitts Park

May

6	Masters Classic Relay	Trentham Memorial Park
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June/July

30-1	34 th Gold Coast Full & Half Marathons plus associated events	Gold Coast, Australia
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2013

Mar	NZ Masters T&F Championships	Newtown Park
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Note: While every attempt is made to provide correct dates of events, intended dates and venues can change. It is advisable to check the information from official entry forms, websites or event organisers.

UNIFORMS:

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

CENTRE RECORDS:

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

CHANGE OF ADDRESS:

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

WELLINGTON MASTERS ATHLETICS INC.

SUBSCRIPTION FOR THE 2011/2012 YEAR
(1 September 2011 to 31 August 2012) = \$50

NAME(S): _____

ADDRESS: _____

BIRTH DATE(S): _____ EMAIL: _____

CONTACT PHONE No. _____ CLUB (if any) _____

How to Pay:

\$50 (\$100 for couple) - cheque made out to Wellington Masters Athletics Inc – (WMA Inc) and sent with form to: VERONICA GOULD, PO BOX 5887, LAMBTON QUAY, WELLINGTON, 6145

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

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

Please advise any change of address as soon as possible

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