

THE

MASTER

COPY

Newsletter of the Wellington Masters Athletics Inc.

Volume 11 Issue 2

June 2012



Golden touch: Jim Blair has won 18 athletics medals this year, including a gold and silver at the World Masters Athletics Indoor Championships in Finland - see story on page 7.

WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2011-12

EXECUTIVE:

| | | |
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| President: | Brian Watson | 06 364 7758 |
| VPresident: | John Hammond | 04 292 8030 |
| Secretary: | John Palmer | 479 2130 |
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COMMITTEE:

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

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WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2011-2012

| | | | |
|-------------------|-----------------|--|--------------|
| PATRON: | Heather May | C/- Harbourview Rest Home, 5 Bowlers Wharf Lane, Papakowhai, Porirua 5026 | |
| 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 |
| ACTING SECRETARY: | John Palmer | 122 Onslow Road, Khandallah, Wellington 6035 | 479 2130 |
| 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 |
| 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 |

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 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 29, Berkley Dallard Flats, 70 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 |
| WAINUIOMATA HARRIERS: | Rob Hannan | 63 Bull Avenue, Wainuiomata, Lower Hutt 5014 | 972 6472 |
| 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

Queen's Birthday Honours List

In Monday's Dominion Post (4th June) the recipients in this year's Queens Birthday Honours List were published throughout the paper in the various relevant sections. In the sports section one of our own members was listed as being a recipient of one of these honours.

Congratulations must go to Jim Blair on being appointed a Member of the New Zealand Order of Merit (MNZM) for his involvement in athletics, across all levels, for 70 years. Jim is a worthy recipient of this award for his many, many years of involvement in athletics from competing through to the administration side of our sport. Jim is still active in competition and there is an article on page seven of this issue highlighting his latest accomplishments.

Jim's appointment as a Member of the New Zealand Order of Merit gives me some faith in the system of honouring New Zealanders for their achievements. On too many occasions there has been someone honoured who is a Member of Parliament, an owner or director of some big company, or some sports person who has played sport for some time and is honoured with some recognition. It annoyed me immensely that these people were recognised and the many persons throughout New Zealand (just like Jim) who have spent many, many hours involved with sport or an organisation and who do not get any recognition whatsoever. I myself know of one or two who go out of their way to help people, are involved in the administration of an organisation and don't want any fuss made and are quite happy to continue along as they always have done. Heaven forbid should one mention that they should be put forward for some higher honours.

Jim was one of the main instigators in the formation of Masters (Veterans) Athletics in Wellington and he held the position of Chair for four years and still acts in an advisory capacity to the current committee. He was also on the Executive of NZMA holding the positions of Secretary, Vice President and President.

I know that the current committee appreciates Jim's involvement and there has been the odd occasion where we have had to seek his advice on a certain matter. Jim's wealth of experience ensures that we have everything in place especially when we are trying to run a North Island or National Masters track and field championships. I am sure that he will be called upon again for some guidance as we plan the 2013 Masters Track and Field Championships here in Wellington.

I am sure that all Wellington members will join me in congratulating Jim on his well deserved honour.

John Palmer

Editor

BITS and PIECES

World Masters Track & Field

Porto Alegre, Brazil - 24 July - 4 August 2013

I have the accommodation pretty well sorted for Porto Alegre. Similar to Sacramento, all with cooking facilities, laundry and swimming pool and central. There are 68 units single, twin & double, and triple.

The destination of Porto Alegre will give most of us, the only opportunity we will get in our lifetime to visit South America.

We are looking at flying to Santiago, having a 2-3 days break with a day trip to Valparaiso then flight over the Andes to Porto Alegre arriving 2 days before the athletics start.

After the champs, the rough plan is to visit Rio de Janeiro and the Iguazu Falls and Machu Picchu. Not definite yet and I will not be doing a final costing till October. I will be spending a week in Brazil in September to familiarise myself with the area and arrange day tours for the rest days.

Let me know what accommodation you want and I will allocate your preference. Deposits will be the same as Sacramento \$400 for the Champs only \$200 for Santiago/Valparaiso and \$400 for the after champs tour. I will be asking for deposits once all aspects of the tour are finalised.

If anyone wants to do something different, no problem, we can arrange other tours at your request.

For more information contact:

Roy Skuse

ONLINE SPORTS TOURS

roy@netfares.co.nz

Phone (64-6) 8687700

Fax (64-6) 8678366

PO Box 57

Gisborne 4040

New Zealand

www.onlinesportstours.co.nz

* * * *

Hi everybody from Torino!!!

I just wanted to let you know that the Torino 2013 World Masters Games' registration and accommodation system is finally online at the following link:

<http://www.torino2013wmg.org/?lang=en>

Have a look at it ... Please don't hesitate to contact us for any further information and write to us at:

wmg2013@jumbograndieventi.it

Many thanks

Michela Ciamillo

Corso Re Umberto, 98

10128 Torino

Telephone +39 (011) 50.91.204

Fax +39 (011) 50.91.240

michela.ciamillo@jumbograndieventi.it

www.jumbograndieventi.it

* * * *

MEMBERSHIP

Our current membership now stands at 94. Welcome back to returning members:

Mark Handley (Olympic);

Paul Homan (Trentham United);

Richard Sweetman (Scottish); and

Tineke Hoofst (Olympic).

* * * *

USE YOUR BRAIN

Good example of a Brain Study. If you can read this you have a strong mind:

7H15 M3554G3

53RV35 7O PROV3

HOW OUR MIND5 C4N

DO 4M4Z1NG 7H1NG5!

1MPR3551V3 7H1NG5!

1N 7H3 B3G1NN1NG

17 WA5 H4RD BU7

NOW, ON 7H15 LIN3

YOUR M1ND 1S

R34D1NG 17

4U70M471C4LLY

W17H0U7 3V3N

7H1NK1NG 4B0U7 17,

B3 PROUD! ONLY

C3R741N P3OPL3 C4N

R3AD 7H15.

HEALTH

EMOTIONAL FUEL

Giving positive feedback can be a powerful tool to reinforce a desired behaviour. And it's a skill anyone can learn. Keep these things in mind:

Do it Now. Positive feedback is most effective when it is delivered as quickly after the desired behaviour as possible.

Do it Publicly. While negative feedback should always be delivered privately, positive feedback is most effective when given in front of others.

Be Specific. Don't give a general, "Well done, Sally." Instead, identify the specific reason or detail that's prompting your acknowledgment. "Great presentation in the sales meeting, Sally," is much more effective.

Do it Often. Since positive feedback is "emotional fuel," don't neglect the small victories. Celebrate them too.

Be Authentic. Don't offer empty praise. Mean it when you say it!

Giving positive feedback takes practice. Today, be on the lookout and try to catch someone doing something great. You'll make their day... and probably yours too.

* * * *

TENSION HEADACHES

Here are some basic facts about tension (stress) headaches. They usually affect women more often than men. Generally, you feel them coming on slowly, usually in the middle of the day. You can have daily headaches or they can occur episodically. They are the most common type of headache, affecting from 30% - 80% of all adults.

Finding the cause of tension headaches can be problematic. They may be triggered by stress, fatigue, depression, certain activities in which you hold your head in the same position for a long time (such as working on a computer), anxiety, PMS or hormonal changes, repressed anger, sleeping in an abnormal position and teeth grinding. Spinal misalignments are common culprits too.

Many who experience tension headaches rely on non-prescription medications to reduce the pain. Ironically, overuse of these drugs can actually trigger subsequent episodes of tension headaches!

Non-medical approaches may actually prove more beneficial. Relaxation therapy and biofeedback techniques, stress management, proper diet and nutrition (avoiding certain foods and additives that may cause tension headaches), massage and sleep can certainly help reduce the triggers that may cause your headaches.

Naturally, chiropractic care is extremely effective in reducing the frequency and severity of tension headaches. Several studies have shown chiropractic care to be as effective as antidepressant medication in treating this type of headache, and these same studies concluded that the benefits received from chiropractic care actually lasted longer afterwards.

Ed:- 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

* * * *

Good news for anybody interested in pole vaulting . . .

Mike Ritchie has set up indoor coaching and tuition at Te Whaea.

He has set up the pole vault mats and put a box in the floor so Wellington now has an indoor area. He is happy to coach anyone who would like to learn the old art of ditch crossing. If any one is interested call or email Mike.

MIKE RITCHIE PRODUCTIONS LTD

mpritchie@xtra.co.nz

Phone 0274 809 188

* * * *

Corporate Lesson 1

A man is getting into the shower just as his wife is finishing up her shower, when the doorbell rings. After a few seconds of arguing over which one should go and answer the doorbell, the wife gives up, quickly wraps up in a towel and runs downstairs. When she opens the door, there stands Bob, the next door neighbour. Before she says a word, Bob says, "I'll give you \$800 to drop that towel that you have on." After thinking for a moment, the woman drops her towel and stands naked in front of Bob. After a few seconds, Bob hands her \$800 and leaves.

Confused, but excited about her good fortune, the woman wraps back up in the towel and goes back upstairs. When she gets back to the bathroom, her husband asks from the shower "Who was that?" "It was Bob the next door neighbour," she replies.

"Great" the husband says, "did he say anything about the \$800 he owes me?"

Moral of the story: If you share critical information pertaining to credit and risk in advance with your stakeholders, you may be in a position to prevent avoidable exposure.

HEALTH

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Moral of the story: If you share critical information pertaining to credit and risk in advance with your stakeholders, you may be in a position to prevent avoidable exposure.

Training – Rest Right

Match the length of your recovery period to the goal of your workout.

Whether you regularly rip through kilometre repeats or you're new to speedwork, you probably pay more attention to the time, pace, and effort of the hard work than you do to the rest in between. But recovery intervals are just as critical to performing your best. Rush or drag out this period, and you might not reap the intended benefits of your session, says Mindy Solkin, a running coach.

How you rest is up to you – walk, stretch or jog, just don't sit down, as blood can pool in your legs and turn them to lead. "I often tell people they should do what's comfortable," says Jeff Gaudette, head coach at RunnersConnect. "What you do during the rest period isn't going to have as dramatic an effect as the length of the rest." Before your next speed session, determine whether your downtime should be short, medium or long.

SHORT REST: 30 TO 90 SECONDS

Short recovery intervals keep the intensity of the workout elevated, teaching you to run through fatigue. Your body gets more efficient at clearing the lactic acid that causes muscles to burn, so you can run harder or longer. Because the intervals are so short, your breathing will be heavy and your heart-rate will remain high throughout.

Use It

To build speed and stamina. Total newbies can build endurance by running easy for one minute, resting for one minute for up to 30 minutes. Novice runners can alternate five to 10 sets of one minute hard running with one minute jogging to incorporate short rests into a fartlek workout. Advanced runners targeting 5Ks or 10Ks can do hard repeats of 400 to 800 metres with short rests in between.

MEDIUM REST: TWO TO FOUR MINUTES

Stopping short of complete recovery teaches your body to sustain its lactate threshold longer. In other words, it helps you build stamina, so you're more comfortable running at goal pace, says Solkin. At the end of the rest, you'll feel 80 to 90 per cent recovered, as if you were in the middle of an easy run.

Use It

To improve endurance at race pace. Advanced beginners may run two or three 400-metre repeats at a comfortably hard pace with four minutes rest, says Solkin. Runners racing 5Ks and 10Ks should take medium breaks during the 800- to 1000-metre repeats. Half and full marathoners can use them to break up long tempos into three- or five-kilometre segments. "You can stay on the road longer and simulate your race without doing the complete effort," Gaudette says.

LONG REST: FOUR TO 10 MINUTES

Extended rest allows your heart and breathing rate to return to resting levels, which helps you attack the next repeat with the same effort you ran the previous one, thereby ensuring a quality workout, says Solkin. The extended downtime should leave you refreshed, and without the fatigue that contributes to poor form and injury, she says. You should feel 100 per cent recovered and ready to go.

Use It

To build speed and running economy (the ability to comfortably handle faster paces) or to boost aerobic capacity. For speed, pair long rest with two to three minutes (or 400 metres) of hard running. Jog between longer repeats of 2.5 to five kilometres to build volume. "What would only be a 6.5-kilometre workout of intervals, rest, warm-up and cool-down can turn into 13 kilometres," says Solkin.

Workouts for every runner to build speed, fitness and stamina:

SHORT (SPEED)

Beginner: 3 x 8 minutes at a comfortably hard pace with 90 seconds rest.

Intermediate: 5 x 1.5km at 10K pace with 75 seconds rest.

Advanced: 6 x 1.5km at 10K pace with 60 seconds rest.

MEDIUM (FITNESS)

Beginner: 2 x 10 to 15 minutes at a pace where you can speak in phrases with 3 minutes rest.

Intermediate: 2 x 5km at half-marathon pace with 3 minutes rest.

Advanced: 3 x 5km at half-marathon pace to 10 seconds faster with 3 minutes rest.

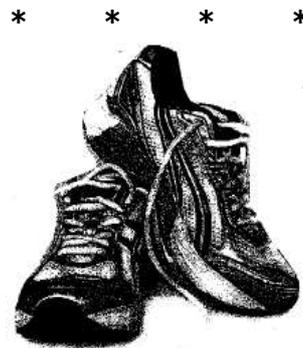
LONG (STAMINA)

Beginner: 8 x 2 minutes at a hard pace with 5 to 6 minutes rest (add more if needed).

Intermediate: 6 to 8 x 150m at max effort with 5 to 6 minutes rest.

Advanced: 10 x 150m at max effort with 5 to 6 minutes rest.

Ed: Reproduced from the June 2012 issue of Runner's World.



ATHLETE, 80, STRIKES GOLD IN A RECORD YEAR

By Amy Jackman

Not many athletes can claim to be a current gold and silver medalist, hold the Oceania, New Zealand and Wellington high jump record and seven other Wellington athletics records.

Fewer still claim to have achieved all this in one year, but this is what Upper Hutt local Jim Blair has done – at the age of 80.

Blair recently returned from the World Masters Athletics Indoor Championships in Jyvaskyla, Finland, 260 kilometres north of Helsinki, where he competed in the 80 to 84 years category.

He won a gold medal in the 60m hurdles and a silver in the high jump.

“I went over there with the intention of maybe picking up a couple of bronze medals, but, fortunately, I got silver and gold.”

The medals have capped off a great year for Blair, in which he won eight events at the Wellington Masters Championships, all with new Wellington records, won six events at the North Island Championships with a New Zealand record in the high jump, won six gold medals at the Oceania Regional Championships and beat the high jump record and won four gold medals at the New Zealand Championships.

Blair says it was a special feeling to hear the New Zealand national anthem played during the medal ceremony.

“Over the years I have been heavily involved in athletics and to have it played for me was quite impressive.”

The hurdles race had only three competitors. However, Blair says he had no idea he would get first place as he had been injured just before leaving New Zealand.

“I had been injured and . . . there were just three of us so I thought, ‘Oh yeah, here’s a bronze medal’.

“I thought I would just run down the track and hopefully finish and get a bronze medal, but after two hurdles I suddenly realised I was catching up with the other two and I left them behind and won.”

Blair says he would not have been able to compete at all without the support he received from his Silverstream physio Nici Fox.

Competing in Finland presented athletes with unique challenges.

“It was quite interesting because it was an indoor championship; there were still some outdoor events I competed in as well. They had 20 to 30 centimetres of snow on the ground and one morning we had an indoor throw, but it was in a specially-made, large gazebo type thing, and it was a -15 degrees [Celsius] frost that morning.

Blair has competed in the Masters Athletics for 40 years and has coached athletics in New Zealand and overseas. He is patron and coach of Upper Hutt Athletics Club.

Ian Carter, of Palmerston North, won a silver in the 800m and a bronze in the 1500m in the 60 to 64 years category.

Ed. – Reproduced from the Wednesday 25th April issue of the Upper Hutt Leader.

* * * *

Sunglasses Basics

Forget about the fashion statement! Sunglasses are essential when you spend time outdoors.

If you are out in the sun, you should protect your eyes - it's just that simple. The best way to keep your eyes safe in the sun is to wear sunglasses. Good quality sunglasses offer your eyes protection from the following:

- Ultraviolet (UV) rays that can damage your corneas and retinas. A good pair of sunglasses totally filters out UV rays that may also be responsible for cataracts and macular degeneration. UV rays also cause wrinkling of the skin around the eyes and sunglasses are instrumental in protecting that sensitive skin as well!
- Sun glare that can hide objects from view. Water and car windows are particularly susceptible to reflective glare, so be sure to wear sunglasses (polarized are best) when boating or driving in bright sunlight.
- Wind, dust, sand and other airborne matter! They also keep your eyes, and contact lenses, from getting dry in windy conditions!
- Headaches and eyestrain resulting from squinting and the constriction of the pupils that occurs when light enters the eyes.

And remember, you don't only wear them on the beach or while driving in warm weather. The sun shines just as brightly when you're skiing or snowboarding as it does when you are playing any outdoor sport or activity!

With so many styles and shades to choose from, there's simply no reason not to wear them. And remember, even small children's eyes need protection from the dangers of sunlight - so be sure to get them high-quality eye protection as well.

* * * *

Q. What do bulletproof vests, fire escapes, windshield wipers and laser printers have in common?

A. They were all were invented by women.



RECIPES

Cashew-coated Lamb with Sautéed Potatoes

Ingredients:

4 potatoes, cut in 3cm pieces
1/3 cup unsalted cashews, finely chopped
1/3 cup finely chopped parsley
2/3 cup dried breadcrumbs
4 x 150g lamb leg steaks, trimmed
1 egg lightly beaten
1 tablespoon olive oil

Method:

Step 1: Boil potatoes until tender, then drain. Set aside.

Step 2: Combine cashews, parsley and breadcrumbs on a plate. Dip steak into egg, then coat in crumb mixture. Heat half the oil in a frying pan over a medium heat. Cook lamb for 4-5 minutes each side. Remove and stand covered for 5 minutes.

Step 3: Heat remaining oil and cook potatoes for 5 minutes, until golden. Serve potatoes with lamb and green beans.

Serves 4

Time to make: 30 minutes.

* * * *

Eat Well to Stay Healthy this Winter

Staying Healthy this Winter could be as Simple as Eating Well

Eating well is just one of the things you can do to help boost your immune system this winter. This does not mean depriving yourself of all the things that taste good, but providing your body with the fuel it needs to get the most out of each day.

Remember that your body is like a car - if you put the wrong fuel in it, it doesn't work very well!

It is important to make sure that your diet is nutritionally complete, in that it contains all the essential vitamins and minerals and other nutrients your body needs to get you through the day. That isn't as hard as it sounds – simply ensure that your diet includes a variety of foods from the four major food groups:

- Fruits and vegetables – remember these can be fresh, frozen, canned, dried, or juiced
- Milk and milk products – so things like milk, yoghurt, cheese, ice-cream, custard

- Lean meats and alternatives – this also includes things like nuts, seeds, and eggs.
- Breads and cereals – e.g. rice, pasta, couscous, breakfast cereals, cracker biscuits.

Use fruits and vegetables that are in season as these will have much more flavour and be more cost-effective.

If you don't like what's on offer this month or it's just starting to look off, try canned (e.g. tinned peaches) or frozen varieties (e.g. corn cobs). These are a great way to keep your fruit and vegetable intake up.

Because life is so busy these days, it's easy to fall into the trap of skipping meals and eating on the run. These factors are common contributors to why people don't meet their nutritional requirements. You don't have to spend hours in your kitchen preparing and cooking meals to eat well, you just have to be more organized. If your cupboards are stocked, it is very easy to make a good choice.

Have a designated shopping day and go there with a list!

If you are one of those people that has a tendency to skip meals and eat on the run, don't fall into the trap of thinking you can get all your nutrients from a pill! Although nutritional supplements will help top you up, they cannot substitute a well balanced diet. There are many other vital factors in food that simply cannot be put into a bottle. Check out what's in season this May to see how you can improve your vitamin and mineral levels the natural way.

Red cabbage & mandarins

Red cabbage is rich in vitamin C, fibre and folate and is packed full of anti-oxidants that help prevent diseases such as cancer. It is extremely versatile and tastes great both raw and cooked. The trick with making cabbage taste delicious is how you cook it – don't overdo it! It is best when it is cooked using little water e.g. stir-frying or in the microwave and when it is tender, but still slightly crisp. If you really want to WOW your family or guests with your culinary skills, be sure to add a dash of lemon juice, wine or vinegar so it maintains its red colour.

Just like oranges, mandarins are a great source of vitamin C and are a great snack in any lunch box, but did you know that mandarins are second only to the banana in natural potassium content! The best thing about mandarins is they are easy to pack and even easier to eat.

Kath Fouhy, BSc, PG DipDiet, NZRD
Website: www.PulsePT.co.nz
Phone: 04 499 9955

* * * *

Many years ago in England, pub frequenters had a whistle baked into the rim, or handle, of their ceramic cups. When they needed a refill, they used the whistle to get some service.

"Wet your whistle" is the phrase inspired by this practice.

Winter Training Tips

Stay warm, stay visible, stay safe

With a chill in the air and hours of daylight reduced, training during the winter months becomes harder. The secret to good training is consistency. To become more consistent with your training you need to stay warm, stay visible and stay safe.

Staying warm can be achieved by one of two methods. Wearing appropriate clothing for the conditions or exercising indoors. An indoor trainer or gym membership can be an excellent investment for over winter, especially if used wisely. The indoor trainer can allow you to continue training whilst in the comfort of your own house (even whilst watching television), and a number of gyms offer Spin classes, which are great for the motivation the instructor provides and high intensity driven music and workout (even whilst it is pouring down outside).

There are a range of high tech fabrics now available on the market that are great for running and cycling in. If you layer your clothing with a snug fitting, moisture wicking base layer to ensure that sweat isn't held against the skin. Have a warm layer next followed by a wind breaker and/or a water proof layer. A warm hat is essential for keeping your head warm whilst running and I recommend at the minimum ear warmers under your helmet for cycling on cold days. Good quality wind proof gloves also make cycling during winter more enjoyable, a pair of polyprop gloves will keep the fingers nice and toasty whilst running.

Staying visible, is more than just wearing reflective clothing and lights when exercising in conditions with reduced visibility. It is also about making your actions obvious and predictable. A motorist that sees you indicate to move out will be more receptive to you moving across in to 'their' lane.

Remember that if you intend to participate in an event which might involve exercising in less than ideal weather conditions you should also train in those weather conditions. So get out train hard, train smart and then race easy.

* * * *

10 Reasons NOT to Eat Sugar!

Sugar, in its many forms, is an increasingly common ingredient in processed foods. Many of us eat the equivalent of 53 teaspoons of white sugar every day!

Here are ten reasons to avoid refined (white) sugar:

1. Sugar contributes to tooth decay because it decreases the effectiveness of a particular type of white blood cell that "eats" harmful bacteria.
2. Sugar causes the body to release more adrenalin, which may explain hyperactivity in young children.
3. Calcium loss in urine occurs when a person consumes a soft drink containing sugar.
4. Ingesting sugar makes the pancreas work harder to produce insulin. Diabetes results when the overworked pancreas can no longer eliminate sugar from the blood stream.

5. Bleached with chlorine, when white refined sugar is exposed to certain organic compounds it converts to dioxin, which is a lethal compound.

6. Sugar can hinder weight loss because high insulin levels (see number 4 above) cause the body to retain any excess carbohydrates as fat.

7. Sugar increases the likelihood of chronic fatigue.

8. Sugar increases mood swings, irritability and anxiety.

9. Sugar compromises the immune system because it lowers the efficiency of white blood cells for a minimum of five hours after ingesting the sugar.

10. Eating sugar can decrease helpful high-density cholesterol (HDLs) and result in an increase in harmful cholesterol (LDLs).

Need to sweeten your food? Raisins, dates or honey are safe and simple alternatives. They're easily available in many forms and can be the perfectly natural way to satisfy any sweet tooth!

* * * *



Three Irishmen are sitting in the pub window seat, watching the front door of the brothel over the road. The local Methodist pastor appears, and quickly goes inside.

"Would you look at that!" says the first Irishman.

"Didn't I always say what a bunch of hypocrites they are?"

No sooner are the words out of his mouth than a Rabbi appears at the door, knocks, and goes inside.

"Another one trying to fool everyone with their pious preaching and stupid hats!"

They continue drinking their beer roundly condemning the vicar and the rabbi.

Then they see their own Catholic priest knock on the door.

"Ah, now dat's sad." says the third Irishman.

"One of the girls must have died."

Training

In the Long Run

WHAT IS A LONG RUN?

Long Runs are the focus of most runners' endurance training. While overall mileage, speedwork and races are also vital factors in a successful training program, it is the long run which requires the most respect. In a single session you can simulate the struggle to achieve something not by doing it fast or well but just by doing it.

Long Runs are the source of strength we draw on when we stand on that marathon or half marathon starting line. They give us the confidence to know what we can achieve. It is by the very difficulty inherent in them that we can find that knowledge to aim even higher in a race.

Long Runs are the foundation on which our progression to fitness occurs. It is because of their importance that they can sometimes become the cause of our downfall. While they are one of the most important components of any distance training program they will not by themselves make you achieve your potential. Many runners get caught up in the excitement of going ever further that they compromise the other aspects of their program. Pushing on through a difficult long run will very likely end in injury rather than fitness.

The key to successful long running is to have a planned progressive program with the flexibility to change depending on your body's response. By following a few simple training principles you can run long and smart and achieve your potential when you want to - in a race.

DURATION, FREQUENCY AND INTENSITY

Perhaps the most important question to ask is what makes a run a 'long run'?

Many top Marathoners run beyond the marathon distance in their long runs but it is risky to draw parallels between elite athletes and runners of more modest ability and experience. For a beginning runner even 10km may be considered to be a long run if their next longest run is only 5km.

Long runs are best described as runs of enough duration to reach the limits of our endurance capacity without overstepping them. This means that you should be tired at the end but if you hit the wall and stagger through the last bit of the run then the training benefits are more likely to be negative rather than positive. Exercise scientists have identified that for most of us the benefits of a long run start at around ninety minutes as our glycogen stores begin to be taxed. As the run becomes longer the extra benefit quickly drops while the risk of overtraining increases.

A good guide is that a long run should be no more than 25% of your weekly mileage to be safe. For someone running

200km/week this means that 50km is within the safety zone. For most of us running under 100km per week this means that 25km is the maximum safe distance if the runs are done weekly.

Another safer option is to do fortnightly long runs rather than weekly. This means that if your weekly mileage is 70 kilometres a week then you can run up to 35km as your fortnightly long run. This formula does not work quite as well on a fortnightly plan so you are safer to not run beyond a third of your fortnightly mileage.

You should not attempt to run as much mileage as you possibly can just to make your long run 'safe'. As with long runs, your total training mileage should not compromise your ability to maintain adequate intensity and achieve the other vital requirements of a balanced training program.

Another factor you should look at is the total time and distance of the run or the pace of your long run. Running 30km in three hours is not the same as running it in two hours. Long runs are stressful enough as it is without running them at race pace. If you do this you will certainly get injured and it is unlikely that your marathon will be anywhere near the time that you could achieve.

You should start at a pace much slower than your average pace before getting into a rhythm around 30 seconds per kilometre slower than you want to run your marathon or half marathon. Owen Anderson, editor of Running Research News believes that you should run the last 20 to 30 minutes at marathon goal pace to get used to the specific demands of marathon pace without the stress of a marathon itself.

Finding the best pace to run your long runs is difficult and may change depending on how you are feeling and the time of year. While the benefits of the long run increase the faster you run, there is a point where the effect on your total program is negative.

If it takes you longer than 48 hours to recover from your long run than you may have run too fast or too far. When this happens the rest of your training will be compromised and you may get chronic tiredness as overt training takes hold.

PROGRESSION

Like your total training program your long runs should follow a planned progressive series of runs aimed at your major goal race. Early in the season they should be shorter and slower so that the stress level achieved is very low. As you gain in confidence and ability the distance of each long run should be built up to a preset benchmark for example 30km for a marathon program. When you have achieved this level you can gradually increase the intensity of the runs over a period of many weeks.

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In the final eight to ten weeks of the program the distance can then be extended without any loss in the intensity of the sessions. By this stage in your program the other factors such as total mileage and speedwork should also be at their peak and you are at your fittest. You should be able to transfer this ability into a race and run faster than you ever thought possible at the start of your program. If you are not able to run stronger and farther with less effort, or if you are feeling tired all the time, then you have probably over done it and must have a break or be broken.

Progression should occur at the rate that your body is able to adapt to the training stress. Adding on a little bit to your long run each week like Atlas and the calf/bull will not succeed because progression is not linear and we are not machines. Keep track of how your body is responding to the long runs and you can take advantage of one of the most effective training elements.

TYPES OF LONG RUNS

While the distance and pace of the long runs are easier to establish there are other factors to consider such as terrain and the effect of weather on long runs. The principle of specificity demands that the conditions you will encounter in your goal race must be reflected in your training.

Constantly running over hills in training will not help you if you want to run a fast flat marathon. In fact it is better for most long runs to be at a consistent effort so you can get the best possible training effort with the lowest stress. However if you want to run in a hilly marathon it is unlikely that you will even finish without having run some hills of similar degree in your long runs. Broken rhythm long runs may be of greatest benefit when you are getting ready for shorter races such as track or cross country.

Running at altitude or in the heat may get a more specific training effect for races under similar conditions. Struggling to maintain 30km long runs over summer might get you admitted to hospital while 20km long runs will achieve a similar benefit to a 30km run in cooler conditions. Just remember that the more difficult the long run the greater the stress and the shorter it should be.

GOALS OF LONG RUNS

The major training effect of a long run is the improvement of the endurance aerobic capacity. Contrary to popular opinion long running does not improve your max VO₂ as well as speedwork and short racing. Most marathoners have Max VO₂'s at a lower rate than track runners and even many middle distance runners. The specific demands of a marathon are to run at as close to your anaerobic threshold for as long as possible.

Max VO₂ occurs at a pace much faster than this around about most peoples 5km race pace or the fastest pace able to be held for 15 minutes.

So the goal is really to increase the pace at which you can run while staying under your anaerobic threshold indefinitely. Long runs are a vital factor in this equation. The capacity of your lungs is not as important as your ability to transport oxygen

from the lungs to the working muscles. Long runs enhance capillary development and improve the intercellular efficiency of the muscle fibres. The cardiovascular benefits are a lowered resting heart rate thanks to improved efficiency and stroke volume. The major affect of this is to allow you to train more in the future.

RECOVERY FROM LONG RUNS

I believe that the foundation of a good training program is recovery. Quantity and intensity can not be improved unless recovery is achieved after hard sessions. While you may feel good the day after a long run you will not have recovered sufficiently to get the full benefit of the long run. Improvements in fitness do not occur when you are doing a training session. They are a response to the stress of a session while your body struggles to adapt to that stress. Without full recovery, improvements in fitness will not happen, because they only happen while you are recovering.

A good rule to follow is to attempt no races or hard training sessions the day after a long run. That means no Saturday long run followed by a Sunday race. Long training races can double as long runs if done easy. Fortnightly long runs will let you do fortnightly races in between so you get the best of both worlds.

NUTRITION FOR LONG RUNS

A major factor in recovery from long runs is your nutrition. The most important thing to do is immediately begin replenishing your fluids and carbohydrates as soon as you finish.

The ability of your body to replace muscle glycogen is lost the longer you wait. This is because the ability of the cells to absorb the glycogen is dependent on the activity and heat within the cell. As your muscles cool down your heart rate and stroke volume decrease and the diameter of arteries and capillaries decrease all affecting your ability to replace muscle glycogen.

The easiest and quickest way to replace this energy is with sports drinks initially followed by more substantial carbohydrate rich foods.

Sports drinks during a run can help extend your glycogen stores but will have less effect on recovery than performance. What is vital to recovery is fluid replacement during the run. It is much more important to stop to get a drink during a long run than to worry about the result of a few breaks during a long run. Remember that increased fitness occurs when recovery is greatest.

Finally good nutrition is important before long runs too. Having a low carbohydrate or a small meal the night before can wipe out any chances of a good long run. Make sure that you have some thing high in carbohydrate and with some protein just before going to bed. A smoothie is often a great long run meal for the night before.

THE LURE OF THE LONG RUN

Long Runs become a great challenge to many runners. Many people get obsessed with doing their long runs. They feel guilty if they miss one or have to cut back on one.

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QUICK BITES FOR ATHLETES

From the June 2012 issue of Runner's World



Need a snack? These pre-run foods and drinks are ready when you are

Your training plan may say it's time for your lunchtime 10K, but your grumbling stomach begs to differ. So how can you get through your workout without keeling over from hunger? Have a snack, of course.

"The right snack can avoid hunger pangs, prevent premature fatigue on a run and keep blood-sugar levels steady," says sports dietitian Anthony Meade, APD. He recommends eating up to 15 to 30 grams of carbohydrate if you're running within 15 to 30 minutes and as much as 30 to 60 grams if you have an hour or more to digest. And, yes, it's okay to have a nibble if you're trying to lose weight - just keep it on the lighter side and focused around training preparation rather than all day snacking.

These options contain carbohydrates for quick energy, a bit of protein to hold off hunger, and some electrolytes to keep your fluid levels balanced (it's best to avoid too much fat and fibre, which take longer to digest and can spell GI trouble). Best of all, these snacks take little or no preparation, so you can grab a bite and go.

RUNNING IN 15-30 MINUTES

ORANGES

Easy to stash, slow to spoil, and hard to bruise, oranges quench your thirst while providing more than 100 per cent of your daily need for vitamin C. "This antioxidant vitamin helps recovery and collagen formation in muscle fibres that break down during exercise," says Meade, sports dietitian at Adelaide's Wakefield Sports Clinic. One orange has just 300 kilojoules - enough to quiet a growling stomach before a short run without going overboard.

Snack Right - Stick with whole fruit - orange juice is a very concentrated source of sugar, supplying too many carbs at once, and drinking a lot of it may upset your stomach during a run.

PUREED APPLE OR FRUCHE

These scoopable snacks are easy to digest and won't cause GI problems, making them safe to eat just before your workout, says Meade. Both options also provide a hit of carbohydrates with little or no fibre. A sweet bonus? One small fruche supplies around 20 per cent of your daily need for calcium. Stick with low fat varieties.

Snack Right - Choose no added sugar pureed fruit - it has nearly half the kilojoules of traditional.

RUNNING IN 30-60 MINUTES

CEREAL

Forget the All Bran before lacing up. While high-fibre cereals are a healthy bet any other time of day, they'll likely cause stomach trouble during a run. "Muscles can convert more refined carbs into energy faster than fibre-rich foods," says Meade, who works with many endurance athletes. Stick to cereals with fewer than two grams of fibre per serving, like Corn Flakes, Special K or Rice Bubbles.

Snack Right - Eat it plain or pour in milk - your choice. Top with half a cup of sliced strawberries or bananas for an extra kick of carbs and vitamins.

DRIED DATES

The natural sugars in these little gems are a concentrated source of quick carbohydrates, says Meade. They are also packed with potassium, which aids muscle function; two dates contain 10 per cent of your daily needs - the same as a small banana.

Snack Right - Dried fruit can have up to three times the kilojoules of fresh, so stick to two tablespoons serving. Don't like dates? Try dried apricots, figs, mangoes, bananas, or the old fashioned sultanas.

ICED COFFEE DRINKS

A quick, drive-through option, Frappuccinos, iced caffe lattes, and similar cold coffee beverages provide liquid to hydrate you while also cooling you down before a warm workout. The milk provides some protein, while the caffeine can improve your focus during a run. A recent study in the Journal of Applied Physiology also found that caffeine delays muscle fatigue during intense workouts.

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Snack Right - Frappes can have around 400 to 2000 kilojoules depending on how they're made. Go for skim milk and skip the whipped cream.

RUNNING IN 60-90 MINUTES

HUMMUS AND CARROTS

This protein-and-carb combination will help keep you satisfied during long runs. The sodium in hummus will make you thirsty for a few extra sips of H2O. Carrots are rich in beta carotene, and according to a study review published in 2010 in the journal *Nutrients*, eating carotenoid-packed fruits and vegetables may help defend skin against sun damage - good news for midday runners.

Snack Right - Pick up handy single-serve cups, like Copperpot Mini Heavenly Hommus. A few wholegrain crackers or a pita are other smart dunkables.

INSTANT PORRIDGE

A good source of whole grains, "porridge is great for longer runs because it fills a hole without feeling heavy," says Meade. The instant variety is convenient when you can't make it from scratch; plus, one pack supplies 40 per cent of your daily need for iron.

Snack Right - Plain instant oats are the best choice, but it's also okay to go with sweetened varieties when you're clocking longer runs - the extra sugar will provide quickly absorbed fuel.

SWEET POTATOES

High in carbs, sweet spuds provide long-lasting energy for your run, says Meade. One has 230 per cent of your daily need for vitamin A, key for a strong immune system. The skin contains soluble fibre, which, according to a study in *Obesity*, can help reduce belly fat when paired with exercise. But if you eat it, give yourself an hour or more to digest before running.

Snack Right - Microwave a small sweet potato at home, wrap it up, and take to work. Reheat in a microwave. "It's also just as tasty cold in salad," says Meade.

* * * *

In the Long Run - continued from page 11 . . .

They push for ever longer and harder runs and are never satisfied with what they have done. They try to see how fast they can do them, sometimes running them faster than they will even do in their race. They try to run them regardless of whether they have an injury or how tired they are.

For some people the long runs become an end in themselves leading to NOS eating disorders or exercise addiction. This is when the training is no longer of benefit to their goals but is

something they feel compelled to do. Long runs are a trap for obsessive people.

Neither mileage or any other part of a training program is the only thing required to achieve your potential. Races should be the goal and focus, not long runs. If you are running really long runs without any improvement, then stop! If you are running just as fast or faster in long runs than races, then stop! If it takes you all week to feel normal again after a long run, then stop! If you are considering dropping out other aspects of a balanced program such as speedwork and races so you can do more long runs, then stop!! Long Runs are just one element of a good training program. Without the other elements you will not ever come close to your potential and you will be training much harder than your results will show. Train smart rather than a lot.

LONG RUNS FOR BEGINNERS

While elite athletes and experienced marathoners may do some runs of beyond 35km in training, for most of us this is unnecessary and dangerous. First time marathoners should do a few runs of 30km in training before race day. Running 40km, 42km or even further is simply silly and counterproductive. Save your marathon performance for race day. You will feel much more enjoyment conquering this challenge in the race if it is the first time rather than having already done it in training. Do not worry if you have only run up to 32km before. If you have trained properly you should feel much better in the race and the extra 10km will be no problem.

WHEN LONG RUNS BECOME NO RUNS

Long Runs have been identified as the most common training related cause of injury.

The stress levels during a long run may be low but they add up to a lot of total stress.

Long Runs suppress the immune system while speedwork gives it a boost. Testosterone and Human Growth Hormone is not produced as well during long runs or high mileage.

* * * *

Here's a thought

Inuits don't do any running and eat lots of fat and have fewer heart attacks than us.

Most Parisiens don't exercise and drink lots of wine and have fewer heart attacks than us.

Berliners sit around in Bierhauses and eat lots of sausages, drink beer, and have fewer heart attacks than us.

The Spanish would rather sleep in the afternoon than exercise. That's no bull.

Native on the Maldives can't run because there is nowhere to run to, and have fewer heart attacks than us.

Forget about trying to stay healthy through running or walking and watching what you eat. It's speaking English that kills us.

27th Wellington Masters Classic Cross Country Relay

Trentham Memorial Park, Upper Hutt, Sunday 6th May 2011

The weather conditions were ideal for this race with clear skies and no wind however it was a little damp under foot for the first runners and walkers from heavy overnight dew.

This year 16 teams (seven running and nine walking) - two more than last year - took part. This year there were entries in all grades compared to last year where a couple of grades weren't contested.

Fastest laps for the runners were Michael Wray (13:14) and Janet Pitman (16:45). Fastest walkers were Peter Baillie (23:22) and Terri Grimmett (25:50).

Open

Scottish

| | |
|----------------|---------|
| Paul Brydges | 0:17:16 |
| Glen Wallis | 0:16:42 |
| Michael Wray | 0:13:14 |
| James Turner | 0:15:44 |
| Warren Maguren | 0:15:20 |
| | 1:18:43 |

1 of 1

Olympic

| | |
|-------------------|---------|
| Tineke Hooft | 0:17:52 |
| Michelle van Looy | 0:17:39 |
| Denise Pilcher | 0:22:26 |
| Jean Skilton | 0:23:01 |
| Ele Brown | 0:25:32 |
| | 1:46:30 |

1 of 1

250+

Trentham United

| | |
|--------------|---------|
| Matt Poland | 0:17:53 |
| Janet Pitman | 0:16:45 |
| Paul Homan | 0:17:21 |
| Diane Rogers | 0:26:07 |
| David Hood | 0:16:32 |
| | 1:34:40 |

1 of 1

300+

Olympic

| | |
|-----------------|---------|
| Barry Prosser | 0:16:10 |
| Peter Hanson | 0:22:41 |
| Mike Binkhorst | 0:19:59 |
| Brian Rusbridge | 0:18:45 |
| Mark Handley | 0:16:00 |
| | 1:33:35 |

1 of 2

Scottish

| | |
|------------------|---------|
| Bruce McCallum | 0:19:54 |
| Howard Harman | 0:19:33 |
| Bob Stephens | 0:18:47 |
| Richard Sweetman | 0:19:16 |
| Jonathon Harper | 0:17:38 |
| | 1:35:13 |

1 of 2

Mixed

Olympic

| | |
|-----------------|---------|
| Rob McCrudden | 0:18:53 |
| Barbara Prosser | 0:23:55 |
| Brian Nielson | 0:18:59 |
| Elizabeth Dixon | 0:26:13 |
| Brian Watson | 0:22:09 |
| | 1:50:09 |

1 of 2

Scottish

| | |
|----------------|---------|
| Barbara Tucker | 0:22:48 |
| Pam Graham | 0:20:16 |
| Michael Browne | 0:29:04 |
| Sharon Wray | 0:22:42 |
| Api Williams | 0:16:47 |
| | 1:51:36 |

2 of 2

Walkers

Scottish A

| | |
|----------------|---------|
| Peter Baillie | 0:23:22 |
| Robyn McArthur | 0:25:53 |
| Terri Grimmett | 0:25:50 |
| | 1:15:05 |

1 of 5

Trentham A

| | |
|---------------|---------|
| Jackie Wilson | 0:28:51 |
| Warren Jowett | 0:24:51 |
| Jon Roskvist | 0:25:50 |
| | 1:19:21 |

2 of 5

Scottish B

| | |
|---------------|---------|
| Kevin Watson | 0:26:35 |
| Ian Morton | 0:28:07 |
| Chris Newlove | 0:24:58 |
| | 1:19:40 |

3 of 5

Olympic

| | |
|-----------------|---------|
| Andrea Adams | 0:31:17 |
| Paula Binkhorst | 0:34:55 |
| Melissa Carr | 0:29:49 |
| | 1:36:01 |

4 of 5

Trentham B

| | |
|--------------------|---------|
| Tessa Brown | 0:34:15 |
| Pat Scholes | 0:35:35 |
| Christine Jacobsen | 0:30:32 |
| | 1:40:32 |

5 of 5

Walkers 150+

Scottish C

| | |
|------------------|---------|
| Geoff Iremonger | 0:29:49 |
| Phillip Grimmett | 0:29:22 |
| Barbara Tucker | 0:29:29 |
| | 1:28:40 |

1 of 4

Olympic

| | |
|-------------------|---------|
| Viv Hunter | 0:31:15 |
| Fiona Barnett | 0:30:46 |
| Murray McGaughran | 0:29:46 |
| | 1:31:47 |

2 of 4

Scottish D

| | |
|----------------|---------|
| Melanie Watson | 0:31:22 |
| Murray Gowans | 0:33:01 |
| Daphne Jones | 0:34:40 |
| | 1:36:03 |

3 of 4

Scottish E

| | |
|-----------------|---------|
| Peter Tearle | 0:37:26 |
| John Hines | 0:32:50 |
| Robyn Iremonger | 0:37:57 |
| | 1:48:13 |

4 of 4

* * *

NELSON HALF MARATHON

As usual Nelson put on a stunning day for their half and ¼ marathons (and for the first time a 5km run and walk was also included in the programme). This year the start was moved away from Monaco to the newly created Stadium at Saxton Field where the running track is located. The completion of a walkway under the busy Main Road through Stoke enabled the start to be moved and the 5km incorporated into the programme. This top class venue at Saxton Field received the "thumbs up" from most people spoken to with plenty of parking available, nice hot showers and plenty of food and coffee available from the many vendors on site for the event.

This year 449 competitors lined up over the three events and Athletics Nelson are hoping that next year the numbers will increase.

Though it was a little cool at the start, it was sunny and there was no wind to contend with making running conditions ideal. Wellington Masters taking part had a very successful day, doing well in their grades. In the half marathon, Grant McLean was second in a great time of 1:11:47. In finishing second overall, Grant was also first master in the M40-49 age group.

In the ¼ marathon, John Palmer ran 53:48 for 2nd in the M60+ (1 second behind the winner of that age grade) and Maryanne Palmer was 2nd in the W55+ in 57:58.

WELLINGTON MASTERS ATHLETICS

28th 8km ROAD RACE & RACE WALK

SUNDAY, 22nd JULY, 2012

Olympic Harrier Clubrooms, Alex Moore Park, Bannister Avenue, Johnsonville

Road Race: 5 laps = 8 km – Start 11.00 am

Race Walk: 4 laps = 6.4 km – Start 10.45 am

Start and finish: Is in Kipling Street. The roads are **NOT** closed to traffic.

Prizes: Prizes will be awarded to the first place runner in each age group plus additional prizes where warranted.

Prizes for the first 3 Club teams.
(2 running teams and 1 walking team.)

Prizes for first two men and women in race walk plus additional prizes where warranted.

Teams: Running – Four to a team with at least one woman.
Walking – Three to a team (mixed team).

A light lunch will be provided.

A number of Spot Prizes will be drawn on the day.

Entries: Entry Fee: \$15.00
Entries received after 18th July: Late Fee: \$5.00

Non-members: \$20.00
Pre-Masters are welcome.

Make cheque payable to Wellington Masters Athletics

Send entries to: Brian Watson, 14 Hewson Crescent, Otaki Beach, Otaki 5512 - Telephone 06 364 7758



Wellington Masters 8km Road Race and Walk

NAME: TELEPHONE No.

ADDRESS:

EMAIL:

CLUB: AGE ON RACE DAY:

RUNNER or WALKER (Please delete or circle one)

DECLARATION AND AGREEMENT TO BE SIGNED BY ALL PARTICIPANTS

I agree to abide by the following race rules.

1. I will follow the directions of race officials.
2. I acknowledge that I compete at my own risk.
3. There are NO road closures.
4. Runners and walkers must use the footpaths provided or where there is no footpath, run/walk on the left hand side of the road.
5. Privacy Act: Information concerning this event may be used by Wellington Masters Athletics and its sponsors for promotional purposes.

Signed.....

- COMING EVENTS -

2012

June

24 Wellington Full and Half Marathons & 10km Westpac Stadium
30 NI Cross Country Champs Spa Park, Taupo

June/July

30-1 34th Gold Coast Full & Half Marathons plus associated events Gold Coast, Australia
14 Wellington Cross Country Championship Waikanae
22 Johnsonville 8km Road Run and Walk Bannister Ave, Johnsonville

August

25-26 Sunshine Coast 2km, 5km, 10km, Half and Full Marathon Sunshine Coast, Queensland

Sept

20-28 Round Rarotonga Road Race Rarotonga

Oct

14 Mills Reef Tauranga Running & Cycling Festival Tauranga
14 Masterton Full and Half Marathons Masterton

Nov

4 Lower Hutt 10km Road Run and Walk Huia Pool

2013

Feb

9 Buller Gorge Full and Half Marathons Westport

Mar

1-4 NZ Masters T&F Championships Newtown Park

May

5 Nelson Half, $\frac{1}{4}$ Marathon and 5km Saxton Field, Stoke

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.

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