

THE

MASTER

COPY

Newsletter of the Wellington Masters Athletics Inc.

Volume 12 Issue 4

October 2013



Maryanne Palmer (right) winner of the Silver medal W60-64 age group at the National Duathlon Championships held on August 25th in Taupo.

WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2013-14

EXECUTIVE:

President:	Michael Wray	471 2775
V.President:	John Hammond	04 292 8030
Secretary:	Albert Van Veen	563 8450
Treasurer:	Graham Gould	973 6741

COMMITTEE:

Barbara Morrison	027 271 5177
Annie van Herck	478 6775
Sharon Wray	471 2775
John Palmer	479 2130

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WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2013-2014

PATRON:	Bruce Perry	Apt 512, 134 Burma Road, Johnsonville, Wellington 6037	4730877
PRESIDENT:	Michael Wray	24 Fitzroy Street, Wadestown, Wellington 6012	471 2775
IMM. PAST PRES:	Brian Watson	14 Hewson Crescent, Otaki Beach, Otaki 5512	06 364 7758
VICE PRESIDENT:	John Hammond	148 Wellington Road, Paekakariki, Kapiti 5034	04 292 8030
SECRETARY:	Albert Van Veen	95 Kamahi Street, Stokes Valley, Lower Hutt 5019	563 8450
TREASURER:	Graham Gould	PO Box 5887 Lambton Quay, Wellington 6145	973 6741
COMMITTEE:	Annie van Herck	53 Kanpur Road, Broadmeadows, Wellington 6035	478 6775
	Barbara Morrison	15 Brees Street, Epuni, Lower Hutt 5011	567 7896
	Sharon Wray	24 Fitzroy Street, Wadestown, Wellington 6012	471 2775
	John Palmer	122 Onslow Road, Khandallah, Wellington 6035	479 2130
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EDITOR:	John Palmer	122 Onslow Road, Khandallah, Wellington 6035	479 2130
MASTERS RECORDS:	Peter Hanson	Apt 206, Summerset Village, 15 Aotea Drive, Porirua 5024	237 0958

LIFE MEMBERS

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

CLUB CO-ORDINATORS

AURORA HARRIERS:	Peter Wrigley	42 Judd Crescent, Naenae, Lower Hutt 5011	973 6637
H V HARRIERS:	Albert Van Veen	95 Kamahi Street, Stokes Valley, Lower Hutt 5019	563 8450
H V MARATHON:	The Secretary	PO Box 30926, Lower Hutt 5040	021 689 183
KAPITI:	John Hammond	148 Wellington Road, Paekakariki, Kapiti 5034	04 292 8030
LEVIN HARRIERS:	Brian Watson	14 Hewson Crescent, Otaki Beach, Otaki 5512	06 364 7758
OLYMPIC:	Tineke Hooft	1 Tombane Lane, Papakowhai, Porirua 5024	237 9676
	Annie van Herck	53 Kanpur Road, Broadmeadows, Wellington 6035	478 6775
SCOTTISH:	John Hines	Flat D1003 Central Park Flats, 20 Nairn St, Wellington 6011	384 3231
TRENTAM UNITED:	Diane Rogers	42 Elmslie Road, Pinehaven, Upper Hutt 5019	528 2316
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	4730877
WGTM MASTERS:	Colleena Blair	Flat 4, 39 Kiln Street, Silverstream, Upper Hutt 5019	528 2992

COMMITTEE MEETINGS 1st THURSDAY OF EACH MONTH AT 139 HOMEBUSH ROAD, KHANDALLAH,
COMMENCING AT 6:00pm.

CLUB REPRESENTATIVES AND MEMBERS ARE ALWAYS WELCOME.

PRESIDENT'S REPORT 2013



It is with pleasure that I present this report for the past year. This has been quite a good year membership wise, where we finished the year with a membership of 106 - this is the only Centre to have such a healthy membership with others Centres membership dropping steadily.

At events during the year - November 4th at the Lower Hutt Annual 5km and 10km road races there were only 24 competitors entered, knowing this is a dull out and back course but it is flat and fast and a good run. Stopping this race due to lack of competition would be a mistake as we would never get it back and it is well worth the effort of keeping it going.

The Wellington Masters Track and Field Championship in February, on the new track at Newtown Park which I found a fast field to run on once again lacked numbers as has been the case over the last few years, but good times were set according to the results.

We were back at Newtown Park on 1st - 4th March for the New Zealand Masters Track and Field Championships. This was very successful with great weather, the usual number of entries, and good tough competition. Standing waiting at the start for The Old Man's Race (over 70's), discussion arose about how we were still racing when at our age our grandparents were sitting in their rocking chairs watching the world go by. It seems amazing the changes that have occurred over the last 50 years due to improved health and nutrition we are still running and can expect longer and more energy filled life styles. Many thanks to the organisers and officials for this event which was very well run and we received many compliments from outside competitors who attended. The AGM on the Friday morning before the start of this event was well attended with representatives from clubs from throughout New Zealand.

Trentham on 12th May for the Classic Relay was also successful with 15 teams (9 running and 6 walking). Thanks to Paul Homan and the Trentham United Harrier Club and all the officials for their hard work at this event.

With the worst conditions in memory, a strong, cold wet southerly on the 14th July for the 8km Road Race in Johnsonville which was attended by 22 competitors - talk about mad fools and Englishmen. Harrier races are never cancelled but at the luncheon and prize giving it was all smiles. Special thanks to Carolyn Gratton for the lovely stew and Graham Gould for the entries and results not forgetting the officials, time keepers and other helpers.

During the last few weeks we farewelled Heather May our longtime Patron and supporter. I have known Heather since 1981 as a friend and athlete and she will be sadly missed. Another stalwart we farewelled was Noeleen Perry (wife of Bruce) also a good friend for many years. I will miss her wicked sense of humour, always taking the mickey out of me at every opportunity. The amount of help these two ladies gave to Masters over the years will be sadly missed by us all at Masters and at our track and field events.

This is the last report I will be giving as I have decided that it is time to retire from various committees and settle to life in Otaki. I will continue to run as long as possible and will be on hand should you require my help. I have been on the Master's committee for 11 years, five of those as President and it is time I handed over the reins to someone younger and living closer to Wellington.

Thank you all for your support and friendship during this time and if ever you are passing through Otaki, please drop in for a cuppa and a chat - you will always be welcome.

Brian Watson

President 2008 - 2013

2013 AGM

A wet, windy and cold evening produced a record turnout of members and guests for the AGM of Wellington Masters held on 25th September at the Olympic Harrier Clubrooms.

Election of Officers:

The election of officers saw a new Patron elected – Bruce Perry, a new President – Michael Wray and two new committee members – Annie van Herck and Sharon Wray. A full list of the committee members are listed on the inside front cover of this issue.

Annual Subscription:

The annual subscription has been retained at the present level of \$50.00.

Remits for Discussion:

There were two remits submitted by Steve Plowman for discussion:

1. That the Wellington Masters' Association approaches the Wellington Centre with a suggestion that all future centre interclub events featuring M50+ men are allowed to compete in a race of their own rather than being lumped in with the senior men, M40 and others.
2. That an approach also be made to the Wellington centre selection committee for the national cross country champs selection criteria to be changed (and the road too if the same selection policy applies) to bring their policy in line with other Centres.

Explanations:

1. That the Wellington Masters Association requests that the M50+ grade (M60 already have their own races as of this season) is separated out into its own race in the Dorne Cup, Wellington Champs (road and cross country) and Vosseler Shield as on their own account the M50+ grade field some of the biggest fields. Secondly, the winners of other grades get the honour of crossing the line first (senior men and women etc.) - while the M50 winner does not because he is invariably buried in the Senior and M40 fields in these events. These are the only events where the age difference between the youngest and oldest runners is as much as 39 years, which just seems grossly unfair when the M50 men could be running against their peers in a separate race rather than effectively "padding" out the numbers for the depleted senior men's section. If this is not acceptable then could I suggest that the M50 men at least run against the Masters Women (35+) and the senior women as that might preclude the embarrassment in some races this season where the M50 runners were lapped by the senior men. I don't think that is good for the sport or good for the individuals concerned. I also think with the change in electronic timing chips this could more easily be accommodated than in previous years where manual recording was the norm. They easily do it in Taupo by staggering the

starts of various grades in separate events at the North Island Cross Country Championships.

2. The M60 runners have to place in the top eight in the M50 race at the Wellington Cross Country Championships in order to gain selection, or be the first M60 runner home. The former rarely if ever happens where a M60 runner matches the top M50 runners. This is not a selection requirement in other centres, so Wellington is out of step with the rest of the country. This results in perhaps only one M60 runner representing his or her province while a runner from say Waikato who finishes second in their M60 champs can proudly wear the provincial singlet. This strikes me as blatantly wrong and a form of ageism. At the NZ Cross Country Champs the organisers actually have M60-64 and M65-69 divisions and so forth so it should be no skin off the selectors noses to select on the finishing order against their peers, given that the age difference can be as much as 19 years or more when the M69 runners compete in the Wellington Cross Country Champs against the M50s and in order to be selected for the Wellington team have to manage a top eight placing - virtually impossible then. I know that some of the M60 runners went and ran for their clubs after missing out on the Wellington team because of this policy, only to find runners from other provinces, who they had beaten in the North Island Cross Country Champs wearing their inter-provincial singlets proudly while our guys were ushered to the back of the field as virtually second-class runners.

These two Remits were carried and the outcome is that Wellington Masters will send a letter out to all clubs in regard to the first remit informing them of the outcome. It is hoped that the clubs involved with the organisation of the said events in Remit 1 will seriously look at implementing the suggestion of a M50+ race.

In regard to Remit 2, Wellington Masters will put forward a reworded remit to the Centre AGM. On doing some research it seems that other centres (except Auckland) don't have any selection policy in place, hence the necessity for a reworded remit.

* * * *

Don't wash your hair with shampoo in the shower

It's so good to finally get a health warning that is useful.

Shampoo Warning

I don't know WHY I didn't figure this out sooner.

I used to shampoo in the shower.

When I wash my hair, the shampoo runs down my whole body, and printed very clearly on the shampoo label is this warning: "FOR EXTRA BODY AND VOLUME" - No wonder I have been gaining weight!

Well! I have gotten rid of that shampoo and I am going to start showering with Sunlight dish soap instead.

Its label reads, "DISSOLVES FAT THAT IS OTHERWISE DIFFICULT TO REMOVE."

Problem solved.

MEMBERSHIP

As our new financial year commences our membership stands at 35 members. Welcome to new members David Luxton (WMA) and Ellis Goodyear (WMA).

* * * *

Jim Lockhart and Mariette Hewitson Baton

This award is presented in conjunction with the Masters 8km Road Race and is awarded to the athlete whose time is the closest to an age group record.

Past winners of this trophy:

1999	Diane Rogers (Trentham)
2000	Diane Rogers (Trentham)
2001	Ellis Goodyear (Capital)
2002	Ellis Goodyear (Capital)
2003	Diane Rogers (Trentham)
2004	Peter Thomas (Trentham)
2005	Peter Thomas (Trentham)
2006	Ellis Goodyear (Capital)
2007	Sheryne Beeby (Olympic)
2008	Graeme Lear (Scottish)
2009	Diane Rogers (Trentham)
2010	Diane Rogers (Trentham)
2011	Teresa Cox (Trentham)
2012	Michael Wray (Scottish)
2013	Michelle van Looy (Olympic)

* * * *

BEREAVEMENTS

It is with sadness that we record the passing of the following:

NOELEEN PERRY:

Noleen and Bruce Perry have been long serving and respected officials in Athletics Wellington, serving at Cross Country, Walks, Track and Field and Junior and AWD events. Both used to be active members of Wellington Scottish Athletics Club and Wellington Marathon Clinic.

Members will know that Noleen has had failing health for the last few years and she died at the Malvina Major rest home on 12 September.

Noleen's funeral service was held at the Guardian Funeral Home Chapel, in Johnsonville and was well attended by members of Wellington Masters, Wellington Scottish and the Wellington Marathon Clinic.

Our sincerest sympathy goes to Bruce Perry and to their combined and extended families.

JENNIFER HARDIE:

Jennie was a well-known and respected Centre official from Wainuiomata and had been seriously ill in Wellington Hospital and passed away after complications with her illness.

As well as being a Centre official Jennie was also an active member of the Pencarrow Lions Club.

Our sincerest sympathy goes to Rob Hannan and to Jennie's family.

* * * *

Masters Cycling

If any members who do a bit of cycling (recreational or competitive) and would be keen to hook up with a cycling group then Ellis Goodyear can introduce you to a cool Masters cycling club.

If interested, Ellis can be contacted on 9764896, or email elnor@paradise.net.nz

* * * *

CONGRATULATIONS . . .

To Jim Blair on being made a Life Member of Athletics New Zealand.

* * * *

WELL KNOWN PROVERBS

A first grade teacher collected some well-known proverbs. She gave each child in her class the first half of a proverb and asked them to come up with the remainder of the proverb. It's hard to believe these were actually done by first graders. Their insight may surprise you.

While reading these keep in mind that these are first graders (6 year-olds), because the last one is classic!

Better to be safe thanPunch a 5th grader.

Strike while theBug is close.

It's always darkest beforeDaylight Savings Time.

Never underestimate the power ofTermites.

Don't bite the hand thatLooks dirty.

No news isImpossible.

A miss is as good as aMr.

If you lie down with dogs, you'llStink in the morning.

Love all, trustMe.

The pen is mightier than thePigs.

Where there's smoke there'sPollution.

Happy is the bride whoGets all the presents.

A penny saved isNot much.

Two's company, three'sThe Musketeers.

Laugh and the whole world laughs with you, cry andYou have to blow your nose.

There are none so blind asStevie Wonder.

Children should be seen and notSpanked or grounded.

You get out of something only what youSee in the picture on the box.

When the blind leadeth the blindGet out of the way.

And the favourite:

Better late thanPregnant.

WELLINGTON MASTERS ATHLETICS INC.

Statement of Receipts and Payments for the period ending 31 August 2013

<u>2012</u>	<u>RECEIPTS</u>	<u>2013</u>
1,183.83	Balance of Current Account 31 August 2012	1,145.81
20,000.00	Total of Term Deposits 31 August 2012	10,000.00
-	Savings Account 31 August 2012	7,190.01
<hr/>		<hr/>
21,183.83		18,335.82
4,411.00	Subscriptions Received	4,650.00
34.60	Interest on Current Account	43.77
755.91	Interest on Term Accounts	715.03
1,849.00	Race Fees	1,450.00
-	National Championships Income	24,140.00
-	Wellington Championships Entry Fees	402.00
210.00	Uniforms Sold	345.00
3,728.00	North Island Championships Entry Fees	-
<hr/>		<hr/>
11,038.51		31,845.80
<hr/>		<hr/>
32,222.34		50,181.62
	<u>PAYMENTS</u>	
4,140.00	Subscriptions to NZMA	4,635.00
1,067.76	Race Expenses	879.76
724.60	Telephone, Postage & Newsletter Expenses	750.65
259.64	General Expenses	22.50
200.00	Out of Pocket Expenses	-
-	National Championships Expenses	21,417.95
-	Wellington Championships Expenses	410.00
6,180.27	North Island Championships Expenses	-
454.25	Uniforms Purchased	603.75
400.00	Track and Field Expenses	-
460.00	Track & Field Levy to Wellington Centre	460.00
<hr/>		<hr/>
13,886.52		29,179.61
<hr/>		<hr/>
18,335.82	TOTAL FUNDS AT 31st August 2012	21,002.01
	Represented by:-	
1,145.81	National Bank Current Account	3,270.83
10,000.00	National Bank Term Deposit due 11/03/14	10,000.00
7,190.01	National Bank Savings Account	7,731.18
<hr/>		<hr/>
18,335.82		21,002.01

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.

These accounts have NOT been audited as the Auditor was overseas competing in the World Duathlon and Triathlon Championships and only returned two days before the AGM. The accounts are now with the Auditor.

MASTERS 10KM ROAD RACE RECORDS

This was first run on 14th November 1981 where 70 people competed. There are results missing in some grades for the following years: 1983, 1987, 1989, and 1990, so results are not 100% correct. In the age group times the fastest men were Ted McLachlan 31:45 in 1993 and Grant McLean 31:44 in 2008, only one second in it.

Women's Records - Running

Age	Name	Time	Year	Club
30	Susanne Cookson	41:07	2004	Scottish
35	Wendy Stewart	36:01	1991	?
40	Nyla Carroll	36:59	2009	Scottish
45	Michelle Allison	37:29	2002	Scottish
50	Bernie Portenski	36:24	2002	Scottish
55	Bernie Portenski	38:24	2004	Scottish
60	Peg Fletcher	47:17	1991	Olympic
65	Peg Fletcher	50:52	1997	Olympic
70	Betty Meyers	95:59	1997	WMC

Men's Records - Running

Age	Name	Time	Year	Club
35	Rod Sutherland	32:34	1981	Masterton
40	Grant McLean	31:44	2008	Scottish
45	Brian Watson	33:45	1983	Olympic
50	Vaughan New*	34:36	2006	VU
55	Don Melrose	35:36	1986	Kapiti
60	John Wood	38:52	2000	VU
65	Ellis Goodyear	40:08	1997	Capital
70	Peter Thomas	48:16	1999	Trentham
75	Ellis Goodyear*	45:53	2006	Capital
80	Michael Browne	70:14	2011	Scottish

Walking Races started about 1993

Women's Age Record - Walking

Age	Name	Time	Year	Club
30	Dorritt Hahn	74:40	2008	No club
35	Melissa Carr*	63:52	2006	Olympic
40	Amelia de Lorenzo	55:50	2002	Scottish
45	Robyn McArthur	63:05	2008	Scottish
50	Terri Grimmett	62:31	2012	Scottish
55	Margaret Bray*	78:59	2006	Scottish
60	Barbara Tucker	64:35	2010	Scottish
65	Daphne Jones*	72:08	2006	Scottish
70	Daphne Jones	72:07	2010	Scottish

Men's Age Record - Walking

Age	Name	Time	Year	Club
40	Kevin Watson	69:45	2000	WMA
45	Kevin Watson*	62:53	2006	WMA

50	Michael Lane	58:46	2002	TRW
55	Peter Baillie*	53:43	2006	Scottish
60	John Ihaka	66:31	2009	Trentham
65	John Hines	64:09	2002	Scottish
70	John Hines	67:01	2007	Scottish
75	Peter Tearle	71:15	2002	Scottish
80	Peter Tearle*	72:09	2006	Scottish
85	Peter Tearle	89:58	2012	Scottish

Abbreviations:

VU = Valleys United

TRW = Taranaki Race Walkers

WMA = Wellington Masters Athletics

WMC = Wellington Marathon Clinic.

These results were compiled by Brian Watson.

Ed:- It has been pointed out to the compiler of these records that in 2006 the course was approximately 0.5km short due to the pointsman standing short of the usual turnaround. An * is shown against the names of those competitors who set a record for that year.

Also the M70 record noted in the last issue of The Master Copy showed Peter Tearle as holding this record when it should have been John Hines. This error has been amended in this version to show the correct result.

* * * *

Why do people order double cheeseburgers, large fries, and a diet coke?

Why do banks leave both doors open and then chain the pens to the counters.

Why do we leave cars worth thousands of dollars in the driveway and put our useless junk in the garage.

Why do they have drive-up ATM machines with Braille lettering?

AND EVER WONDER

Why the sun lightens our hair, but darkens our skin?

Why women can't put on mascara with their mouth closed?

Why don't you ever see the headline 'Psychic Wins Lottery'?

Why is 'abbreviated' such a long word?

Why is it that doctors call what they do 'practice'?

Why is lemon juice made with artificial flavor, and dishwashing liquid made with real lemons?

Why is the man who invests all your money called a broker?

Why is the time of day with the slowest traffic called rush hour?

If flying is so safe, why do they call the airport the terminal?



RECIPE

Salmon & Coriander Fishcakes

These mini salmon and coriander fishcakes are served with rocket and sweet chilli sauce for a protein-rich meal that leaves you feeling full on fewer kilojoules.



Ingredients:

- 300g salmon fillets, skin removed
- 1 tbsp fish sauce
- 1 tbsp red Thai curry paste
- 4 kaffir lime leaves, (optional)
- Juice of half a lime
- 25g coriander
- 50g green beans, chopped
- Flour for dusting
- Oil for frying
- Rocket to serve
- 4 tbsp. sweet chilli sauce

Method:

Put the first six ingredients into a food blender and pulse until the mixture is smooth. Tip into a bowl and fold through the green beans.

Dust a plate with flour and then, with wet hands, take a piece of fishcake mixture the size of a golf ball and form a patty. Dust with flour and put on a lined baking sheet. Repeat until the mixture is used up and then place in the fridge for 30 minutes to chill.

Heat a frying pan with one tablespoon sunflower oil and carefully cook each fishcake until golden on each side and cooked through.

Serve the fishcakes with the sweet chilli sauce and rocket.

Running benefits:

This tasty fishcake dish makes a great low-carbohydrate meal. Providing plenty of protein to fill you up and assist with appetite control, and packed with essential fats, it's a

good option if you're selecting healthy choices while watching your weight.

Per person:

- 1685.2 kilojoules
- 39g protein
- 7.5g carbohydrate
- 24g fat (6.5g polyunsaturated, 12.8g monounsaturated, 4.5g saturated)
- 6.7g fibre

Preparation: 10 minutes, plus 30 minutes for chilling.

Cooking: 8 minutes.

Serves 2.

* * * *

Health and Wellbeing

Mind Fuel: Better Your Brain

Omega-3 fatty acids protect and develop your brain cells, proving that the right kind of fat can be beneficial. These fatty acids can be found in meat and dairy, seafood, vegetable oils, nuts and seeds.

Tomatoes provide your body with powerful lycopene, helping to combat free radicals (unstable atoms or molecules) that cause your brain to age.

B-vitamin complex easily found in whole grains provides your body with B6, B12 and folic acid, nutrients essential in protecting your memory.

Blueberries help protect your brain from short-memory loss given the large amounts of protective antioxidants found in the skin of the fruit. These berries taste good with yoghurt, cereal, oatmeal and even salads. If blueberries are out of season, use frozen instead, as long as they don't come packaged in a sugary syrup.

Pumpkin seeds are an easy addition to meals and snacks, helping to increase the amount of zinc in your diet. Zinc is essential in protecting your brain from the forgetfulness associated with ageing.

Blackcurrants are a great source of vitamin C, famous for protecting the brain from the physical effects of ageing. High in antioxidants, blackcurrants will improve mental alertness and keep you sharp.

Broccoli is high in vitamin K, which aids in cognitive function. Just like blueberries, broccoli can be brought frozen and stored so that you always have it on hand. Toss broccoli with flaxseed oil for an extra omega-3 boost, or try broccoli slaw mix in place of cabbage for a new twist on coleslaw.

Eggs eaten in moderation are a great addition to your diet. This inexpensive and portable food (think hard boiled) provides vitamin E, which is extremely important for a healthy brain.

THE ATHLETE'S KITCHEN

Copyright: Nancy Clark MS RD CSSD, July 2013



Fueling the Ultra-distance Runner

If you are an endurance athlete who is training for an Ironman triathlon or an ultra-run, you need a food plan. Don't be the fool who comments, "My training program is good, but my eating is bad." Performance starts with fueling, not training! This article provides nutrition tips for ultra-endurance runners — as well as ordinary runners who want ultra-energy.

Tip #1. Acknowledge the power of being well fueled. I counsel many already-lean runners who are convinced they will perform better if they lose just a few more pounds. They fail to realize they will perform better by eating, not dieting, and by being properly fueled. Despite popular belief, the lightest runner may not be the best runner. The best runner tends to be well fueled, well trained, and genetically gifted.

If your hours of exercise have not resulted in loss of those last few pounds, listen to what your training buddies and loved ones are saying about your body. If they agree you have fat to lose, perhaps you do. But if your mother or spouse complains you are too thin, listen up! It's time to stop dieting and focus more on fueling better to perform better.

Tip #2. Optimize your daily training diet. Your goals are to constantly be fueling-up before workouts and then re-fueling afterwards by eating on a regular schedule carbohydrate-based meals and snacks (that also include some protein). By feeding your body evenly throughout the day (as opposed to skimping on wholesome breakfasts and lunches, then overindulging in "junk" at night), you'll have steady energy all day with no lags. The trick is to make your breakfast and morning snacks bigger and your evening food intake smaller.

When I counsel athletes, I sketch out sample meals that fulfill their energy needs. One ultra-runner needed at least 4,000 calories a day to fuel his 15-mile daily runs. I divided his calories into four 1,000-calorie meals/food buckets. The first bucket (6:00-10:00 a.m.) was to fuel-up and refuel from his morning run; the second bucket (10:00-2:00 pm) was for an early hearty lunch; the third bucket (2:00-6:00 pm) was for a second smaller lunch plus an energy bar and sports drinks to energize his 5:00 pm workout; and the fourth bucket (6:00-10:00 pm) refueled his muscles after the second workout of the day. Knowing his calorie goals for each 4-hour block of time helped him maintain high energy so he could train hard yet still enjoy the training sessions.

As a hungry endurance athlete, you need to develop a similar eating strategy to fit your training schedule. One triathlete devised this routine: he drank 16 ounces of juice (i.e., carbs) before his morning swim, refueled afterwards while driving to work with breakfast (big bagel with peanut butter, a banana, milk in a travel mug). He ate a hot dinner-type meal at lunchtime (from the worksite cafeteria). He also bought at lunchtime a yogurt to add to his second lunch (granola and raisins, stocked in his desk drawer) and his evening meal (turkey sub, chocolate milk). He kept those items in the office refrigerator. This program ensured healthful food would be conveniently waiting for him and prevented him from overeating fatty take-out food at night.

Tip #3. Create a feeding plan for during long runs. Knowing your hourly calorie targets can help you maintain high energy during exercise. A sports nutritionist can help you estimate your energy needs per hour. You should try to replace at least one-third or more of the calories burned during the ultra-distance event. A good target is about 240 to 360 calories of carbohydrate per hour (60-90 g carb/h). For example, during an extended 4-hour run, you could stay well fueled by consuming 1 quart sports drink (200 cal/50 g carb) + 3 fig newtons (165 cal/33 g carb) per hour, or a Clif Bar (240 cal; 45 g carb) + a gel (100 cal, 25 g carb) + water. The goals are to maintain a normal blood glucose; if you feel dizzy or lightheaded, you are failing to consume enough calories!

Tip #4. Practice your event-day fueling. An essential part of your training is to train your intestinal tract so you can minimize undesired pit stops. During long training sessions, you want to determine which food and fluids you prefer for fuel during exercise. That is, you need to know which settles better: Gatorade or PowerAde? Energy bars or gels? Liquids or solids? By developing a list of several tried-and-true foods, you need not worry about making the wrong food choice on race day.

Also think about "taste-bud burn-out." That is, how many gels per hour can you endure in a triathlon? When training, how many days in a row will you enjoy oatmeal for breakfast? Will you get "sugared-out" on sports drink during the marathon? Plan to have a variety of options available.

continued on next page

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Tip #5. Good nutrition starts in the grocery store. All too often, in the midst of juggling work, family, friends, sleep *plus* training, endurance runners have little time left to plan, shop for, and prepare balanced sports meals. By having the right foods ready and waiting for you, you'll eat better.

Tip #6. Plan rest days. Because ultra-distance runners commonly feel overwhelmed by their impending task, they tend to fill every possible minute with exercise. Bad idea. Rest days are essential to reduce the risk of injury and provide muscles with time to refuel. (Remember: The *bad* things happen when you train; the *good* things happen when you rest.) Rest days also allow time for you to — tah dah — food shop!!!

Tip #7. Drink enough fluids. Ideally, you should learn your sweat rate by weighing yourself naked before and after an hour of race-pace exercise with no fluid intake. One pound lost = 16 ounces of sweat. You can then target the right amount to drink/hour so you don't get into a hole.

On a daily basis, monitor your urine. You should be voiding a light-coloured urine every 2 to 4 hours. Morning urine that is dark and smelly signals dehydration. Drink more!

Tip #8. Be flexible. Although you will have a well-planned fueling program that ensures adequate calorie and fluid intake, you also need to be flexible. Tastes change during extended exercise! Your initial approach to consume "healthy foods" may deteriorate into gummy bears and Pepsi. Worry more about survival than good nutrition during events. Any fuel is better than none, and sugar can help delay fatigue.

Eat wisely, run well, and have fun!

Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) counsels both casual and competitive athletes at her office in Newton, MA (617-795-1875). Her *Sports Nutrition Guidebook* and food guides for new runners, marathoners, and cyclists offer additional information. They are available at www.nancyclarkrd.com. See also sportsnutritionworkshop.com.

Ed:- This article has been reproduced with the kind permission of Nancy Clark. For more information on this article and others relating to sports nutrition etc. visit the websites listed above.

* * * *

Fix common strength imbalances to run your best and stay injury-free

Long runs, hill repeats, and intervals make a runner's body strong. But to propel you forward, your body relies heavily on a few specific muscles that can become so mighty that they

overpower lesser-worked areas like your glutes, back, and certain muscles in your shins and quads. This imbalance can put stress on joints, ligaments, and the muscles themselves. Strengthening these weaker supporting players will keep your muscle groups working in complementary fashion so you can perform your best and ward off injury. The following exercises target common imbalances. Perform the sequence two or three days a week, on either cross-training or easy run days. Bonus: do them barefoot to give the stabilising muscles in your feet and ankles an extra challenge.

Seated Row

Builds your upper back to counteract stronger chest muscles and help you maintain good running posture.

TO DO - Sit with legs extended and a resistance band looped around your feet. Hold each end of the band with your arms extended straight out. Pull the band toward you, focusing on "pinching" your shoulder blades together. Release. Do one to three sets of 10 reps.

Heel taps

Works the tibialis posterior, a muscle in the shin that is often weaker than its counterpart, the anterior tibialis, also in the shin.

TO DO - Stand tall with your right foot on a stair or step with the inside of your foot along the edge of the step. Let your left foot hang off the step. Bend your right knee to tap your left heel on the ground. Return to standing. Do one to three sets of 10 reps on each side.

Single-leg Deadlift

Activates the glutes and the piriformis, common runner weak spots that can get overpowered by stronger quads or hamstrings.

TO DO - Hold a light dumbbell (one to three kilograms) in your right hand. Balance on your left foot, keeping your knee bent slightly. Bend forward from your hips so your right leg lifts behind you. Tap the weight on the floor. Return to the starting position. Do one to three sets of 10 reps on each leg.

Walking Lunge with Twist

Strengthens the entire length of the quad – the lower portion of the thigh above the kneecap tends to be weaker than the top portion.

TO DO - While holding a medicine ball, step forward and drop down so your front knee flexes 30 to 50 degrees (work up to 90 degrees). Twist to the right, then left, and then raise the ball overhead. Bring it back to centre, and then repeat on your other leg. Alternate legs for 20 to 24 steps. Do two sets.

One-legged bridge

Targets underworked muscles in your lower back, which oppose stronger abs, to create balanced core strength to power your runs.

TO DO - Lie on your back with your knees bent and feet flat on the floor. Raise your pelvis up. Extend your left leg out and hold for 30 seconds. Release your leg back down. Then extend your right leg and hold for 30 seconds. Lower your leg and then lower your pelvis. Repeat two more times.

By Jessica Girdwain

MIDWEEK MILEAGE CRUNCH

No doubt, it can be tough to run 12 to 15 kilometres on a Wednesday. Divide the run in two, and you can reap a surprising number of benefits. For example, jogging two 40-minute runs delivers a double boost of human growth hormone (production peaks about 40 minutes into a run), which helps build and repair muscle. You'll also enjoy two post-exercise spikes in your resting metabolic rate, which could aid in weight loss. And finally, you can push the pace a bit on the shorter runs. "Sometimes it's better to take two runs that you feel really good about than one that you just slog through". That said, there's simply no substitute for the weekly long run when it comes to building endurance, muscle strength, and mental readiness, particularly if you have a half or full marathon in sight. Maintain your long run and key workouts and split only mid length recovery runs.

AIMING FOR A PB

Seasoned, experienced runners with a solid aerobic base and a lofty time goal can increase strength and speed with a regimen of two daily targeted workouts. "This approach is for people who have pushed their training as far as they can and are looking for an extra boost. To your quality days, add a second, shorter (one-half to three-quarters the length of your first run) intense workout tailored to your specific race goal. So if you're trying to improve speed over distance for a half or full marathon, follow a morning tempo run with an afternoon endurance-building session of, say, 3 x 1600m repeats at slightly faster than tempo pace. If you're targeting a PB in a 5K or 10K, do your usual speedwork in the morning and add shorter, faster hill repeats or intervals in the afternoon. For example, 4 x 2km repeats at 10K pace with three minutes recovery followed by 4 x 400m at 3K pace with one-minute recovery.

"With these blocks, you're coming in tired. You have to use muscle fibres you don't typically use, so your body has to develop a different strategy to dig a little deeper." Such efforts make your warm up, cool down, and recovery even more critical. On rest days really rest: take the day completely off. "It can actually make people smarter about their training to know these double days are coming up".

"It's better to do two runs you feel good about than one you just slog through."

But Don't Overdo It!

Guidelines for staying healthy on the double

Build a base – Accrue 18 to 24 months of running four to five times a week before adding doubles.

Run by time - Start with a second run of 20 minutes. Over time, build up to no more than 45 minutes.

Ease into it - Begin with one double. After a week or two, add a second. Build up to no more than four.

Space it out - Allow four hours between doubles, and be sure to hydrate and fuel well between each.

Stay alert - If you start to feel sick, rundown, crabby, or achy, back off. You're probably overdoing it.

* * * *

WALK THIS WAY

Slow Down to get Stronger and go Longer

By Jeff Galloway

NEVER UNDERESTIMATE THE POWER of a good walk - and not just as a mid-run break. Going for a "pure" walk (no running at all) allows your body to make small adaptations that strengthen your feet, knees and hips. Long, brisk walks can help boost your endurance. And walking as a means of cross-training gives your joints and running muscles a well-deserved break, which can help reduce or eliminate the aches and pains caused by running.

Here's how (and when) to add walks to your routine to become a fitter runner.

PAY ATTENTION TO FORM

Most walkers find an upright posture to be the most natural and comfortable. Take short steps to avoid over-striding, which can cause aches and pains in your legs, feet and hips. Keep your feet low to the ground and step lightly.

WALK ON A RUNNING DAY

When you're substituting a walk for a run, take the number of minutes you would have run and double it. So for example, if you were going to do 30 minutes of running, walk for 60 minutes.

You don't have to complete the workout all at once - you can break it into two parts, going for a walk in the morning, say, then again in the evening.

WALK TO CROSS TRAIN

Walking on your non-running days is an efficient way of burning fat and increasing blood flow to aid recovery. It's also a great way to break up your routine, stave off injury, and enjoy time with friends or family who may not run on cross-training days, walk 30 to 60 minutes continuously or do five- to 10-minute segments throughout the day, as time allows. Keep the pace quick but conversational.

CHANGE UP TERRAIN

As with running, the more varied your walking route, the better workout you'll get. Walk a few hills (or walk the same hill a few times) or do several repeats of stairs. When it's too hot outside, stairwells are great venues for exercise. Do several flights a day - several times a day when possible - to build leg strength.

* * * *

"There is something about the ritual of the race – putting on the number, lining up, being timed – that brings out the best in us." - Greta Waitz

Returning From Injury

By Susie Power

It has been a few weeks since you last placed your feet in the runners and headed out the door for your regular exercise fix. It only seemed like yesterday when you were counting the number of running days in succession. But one missed training session led to two, then three, then a week. Now time has gone and you realise you'd better get running again, or it will be that much harder to get back into a regular training pattern.

It happens to the majority of us. There are times when you are too busy, the weather is either too hot or constantly raining or an injury pops up and you have to take time away from your one love – running! There really isn't anything wrong with this and most times it works as a benefit, allowing the body and mind to recuperate. But for some reason, we convince ourselves that our whole world crashes down when we get an injury. These negative thoughts only work to hamper getting back on the road. So let's change the attitude to a positive one and learn to understand how to get back into a routine successfully.

Returning From Injury

While many elite athletes continue to put their bodies through the rigours of cross-training all day, every day for the duration of their injury, most of us don't have the time to get to the pool, gym or cycle for the couple of hours required to compensate for our lack of runs. Runners are pretty lucky - our activity is very convenient, simple and generally short in duration. This makes it easy to get up, get out the door and back, shower and get to work at a reasonable time.

So how much conditioning do you lose when you have had a week, month or more off training and with no exercise? This is something all of us worry about. When you've been in training for weeks or months and you have to take a week off, thoughts of putting on weight and losing fitness tend to rush through the mind. There is no correct answer to this question, but I've seen and experienced average figures of:

- 1-5 days off – losing up to 1% conditioning;
- 1 week off – losing up to 10% conditioning;
- 2 weeks off – losing up to 20% conditioning;
- A month off – losing up to 40-50% conditioning;
- 6 weeks off – losing up to 60-70% conditioning.

So as you can see, you can go a week and lose very little fitness; you won't notice the difference. However, have a month off and you have to remember to return extremely slowly and understand it may take a little longer to get back to the level you were training at four weeks ago. Generally physiotherapists and doctors estimate one week off equates to two weeks gradual build up to get back to pre-injury level.

It is extremely important to get the advice and treatment from an experienced physiotherapist while injured, regardless of whether you have done some exercise or none at all. If you are responding to treatment and you have an understanding, running-oriented physiotherapist, you may resume your running before all your pain is completely gone.

Getting Back Into Training

Coming back from a layoff isn't as hard as you may think. Okay, it may be physically and mentally harder than when you are "on a roll" with a routine training program, but the body is an amazing machine and it does adapt – if treated correctly. Of course, you need patience. When you are given the go-ahead to commence running, that feeling of excitement is often blackened by being told "for two minutes only". You may feel like you are initially going backwards rather than forwards, but just the fact that you are able to run is a positive thing! Even after long layoffs, it is difficult to lose the deep cardiovascular work that has been achieved previously. Sure, it may feel like you have to "blow out the cobwebs" for the first few weeks, but it comes back pretty quickly. It's the muscles, tendons, bones and ligaments that need a little time to adjust.

Walk/run programs are the best way to start. It may not provide the same cardio benefit as running, but never underestimate it – it is probably the most similar weight-bearing movement to running you can get. Along with physiotherapy exercises to help strengthen the previously injured area, this forms a great return to a fitness session. A comeback program to use could be like this brief example:

- 2min run then walk for 3min and repeat 5-6 times;
- 2min run then walk for 2min and repeat 6-7 times;
- 2min run then walk for 1min and repeat 9-10 times;
- Take a day off;
- 3min run then walk for 3mins and repeat 5 times;
- 3min run then walk for 2mins and repeat 7 times;
- 3min run then walk for 1mins and repeat 9 times;
- Take a day off.

Generally work on doing something similar for up to three days and then include a rest day. You can increase your runs by one minute or so and gradually decrease your walking breaks until you can comfortably run continuously for 10 minutes, with a walk break of about five minutes. From this you can gradually build up into your continuous 20-minute run.

Getting back on the road after a week or so off due to work commitments or family responsibilities involves a similar but less-involved comeback program. Similarly, you will find your initial runs more stressful on the heart and lungs, but it will only take a couple of runs to be back to your normal training level. If your days off start to add up and you attempt to resume your pre-layoff training after a couple of weeks, you may want to ease back with some shorter, easier runs. Obviously it is always better to try and run regularly and not break a pattern of routine, but sometimes it has to be.

So if you are one of these men or women who get busy at certain times of the year with family or work commitments, or are one to encounter an injury every season, remember you are not alone. Reassure yourself that it takes time to lose fitness and be patient enough to come back slowly, especially for the first couple of runs. Think positively and know that it's not the end of the world if you have to miss a day. Most of all, listen to your body – it will quietly talk to you!

Session Suggestion:

Minute Pyramids

The minute pyramid is a versatile session that combines both speed and endurance in one neat little package. Given this, the session can still be tailored to be more specifically speed- or endurance-oriented, depending on the length of repetitions and pace of recoveries.

If the length of the repetitions are initially increasing, it is termed a standard pyramid; however, if the length of the repetitions are at first decreasing, it is termed an inverted pyramid.

If speed is the "special of the day", you may choose a session such as the following: 1 minute, 2 minutes, 3 minutes, 2 minutes, 1 minute, all off a 1-minute jog recovery.

If you prefer something a little more endurance focused, perhaps try something like this: 4 minutes, 3 minutes, 2 minutes, 3 minutes, 4 minutes, all off a 1-minute jog recovery.

The height of the pyramid, the starting point and if the pyramid is standard or inverted can all be altered to suit the current phase of your training. A great example of the minute pyramid for marathon training is: 2 minutes, 3 minutes, 4 minutes, 5 minutes, 4 minutes, 3 minutes, 2 minutes, all off a 1-minute jog with the repetitions run at close to half-marathon pace.

The benefit of the standard pyramid is that it initially has you running quite quickly, and you can then concentrate on trying to maintain this pace while you mount the apex of the pyramid and return down the other side. An inverted pyramid will generally cause an increase in the speed of the session midway through and allows you to focus on finishing strongly on a sustained effort.

When to Use

Because of its flexibility, the minute pyramid is a great session to use at any time of the year. It can be tailored to suit a build period or a tapering phase within your training. Also, there is the option of floating the recoveries rather than jogging them, turning the whole session into more of a fartlek. Even further alterations to the session (such as the following: 30 seconds, 1 minute, 2 minutes, 1 minute, 30 seconds, all off 1-minute jog) allow the pyramid to be used as a great taper session two or three days before a race.

What Pace

The pace that you run each repetition depends on the type of pyramid that you are using and the length of each repetition. Basically, you want to run the shorter repetitions slightly quicker than the longer ones. As a rule of thumb, add up the total number of minutes of the repetitions in the session and use the following guidelines:

Total Combined Minutes of Repetitions Suggested Pace to run Repetitions

Less than 10mins: 5km Pace

Between 10 and 20mins: 10km Pace

Greater than 20mins: Half-marathon Pace.

Event Best Suited To

Due to its flexibility, this session could be converted to suit basically any event 1500m and over. It is suggested starting with an inverted pyramid that is no longer than 20 minutes in duration. Once you feel you have this session under control, you may want to progress to a standard pyramid of the same duration and then, if required, increase the length, number of repetitions, speed of the repetitions, or pace of recoveries.

* * * *

Muscle in Focus: Tensor Fascia Lata

The Tensor Fascia Lata (TFL) is one of the most vital muscles in a runners' body because it acts to flex and abduct the thigh. Consciously keeping one's TFL as flexible as possible can go a long way to maintaining a fit and injury-free body. This article will look closely at how the Tensor Fascia Lata works and the most effective ways of stretching this important muscle tissue.

Tensor Fascia Lata (TFL) is one of our hip flexors. This muscle sits laterally on our hips, attaching to the bony prominence Anterior Superior Iliac Spine (ASIS), which is easily palpable, especially in lean runners. What makes this muscle especially important for runners is that it then runs inferiorly and blends into the Iliotibial Tract (ITB). Muscles generally have a tendon at each end, which attaches them from one bone to another. The TFL is one of a few exceptions, as it blends into the ITB rather than its own tendon. It also shares the ITB with the Gluteus Maximus, which has a similar blending of some of its fibers into the ITB.

This muscle flexes the hip (brings knee up) as well as abducting the thigh (take laterally away) and medially rotates the thigh (turns thigh in). Although this muscle is quite small, it certainly punches beyond its weight. The reason for this is its attachment into the ITB. The ITB is well known to many runners, usually for all the wrong reasons.

The ITB is a non-contractile piece of tissue. This means it can't become "tight" of its own accord. However with the TFL attaching into it, if the TFL becomes tight, it will pull on the ITB and hence tighten it (note that the Gluteus Maximus also does this).

Most runners would recognise that an over-tight ITB is not favourable, as this can cause lateral knee pain. Hence, keeping your TFL as flexible as possible, decreasing the pull it has on the ITB, will decrease your chance of lateral knee pain caused by ITB tightness.

Runners who get treated regularly will be familiar with how tight the TFL can become. Obviously this muscle is utilised constantly during running and, unless looked after, it will haunt you.

So how do we stretch this little critter? Well, like all stretches, we simply take the actions of the muscle and reverse this. This means, we need to take the thigh into hip extension, slight adduction and lateral rotation.

When you get into this position, make sure you squeeze your glutes to affect posterior rotation of your pelvis. To get a little more out of this stretch, try leaning to the opposite side, away from the leg you are stretching. Also important is to make sure you don't lean forward on this stretch. This will subtly turn the stretch into an adductor stretch. Instead, keep the leg you are stretching perpendicular to the floor and gently arch your back. This will again enhance the TFL stretch.

Stretching this muscle before and after running is recommended. Stretching beforehand will enable good hip extension. Stretching after running will re-establish any lost flexibility during running, decreasing the chance of tightening the ITB and possible lateral knee pain.

MISCELLANEOUS RESULTS

2013 BAY'S RELAY TURKEY TROT

Saturday 10th August

Results:

		Times:		
1	*Murray Gowans	+0.13	Terri Grimmett	30.28
2=	David Cooke	+0.14	Fraser Samson	31.19
2=	John Leonard	+0.14	John Leonard	31.44
4	Margaret Bowmar	-0.15	Barbara Morrison	33.07
5	Brendan McCauley	-0.18	Jackie Wilson	33.32
6=	Leanne Palmer	-0.19	=Christine Binns	34.08
6=	Fraser Samson	+0.19	=Sonya McLennan	34.08
8	*Terri Grimmett	+0.25	Geoff Iremonger	34.33
9	Rose Martin	-0.26	Bob Gardner	35.09
10	*Daphne Jones	+0.31	Brendan McCauley	37.23
11	Sonya McLennan	-0.35	Daphne Jones	37.33
12	*Geoff Iremonger	-0.42	Mike Binkhorst	37.34
13	*Jackie Wilson	-0.50	Leanne Palmer	37.41
14	Christine Binns	-0.52	David Cooke	38.26
15	Paula Binkhorst	+1.03	Rose Martin	39.59
16	Keller Hadden	+1.13	Murray Gowans	40.13
17	*Peter Tearle	+1.29	Paula Binkhorst	42.28
18	*Barbara Morrison	-1.51	Margaret Bowmar	42.57
19	Mike Binkhorst	-1.59	Keller Hadden	44.27
20	Bob Gardner	-2.11	Peter Tearle	44.59
21	*Robyn Iremonger	+5.42	Robyn Iremonger	46.41

*Denotes member of Wellington Masters.

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WELLINGTON CENTRE CHAMPIONSHIPS

10km RACE WALK

Trentham - Saturday 17th August

Pl.	Name	Club	Time
Woman			
1	*Terri Grimmett	Scottish	1:02:44
2	*Jacqueline Wilson	Trentham	1:06:17
3	*Barbara Morrison	Scottish	1:09:36
4	*Daphne Jones	Scottish	1:14:35
Men			
1	*Peter Baillie	Scottish	59:37
2	Fraser Samson	WHAC	1:02:37
3	Sean Lake	Scottish	1:03:02
4	John Leonard	Scottish	1:05:08
5	David Cooke	Scottish	1:10:27
Non- Championship 10km			
1	Val Buddle	Trentham	1:13:09
2	Arlene Wong-Tung	Scottish	1:13:56
3	*Robyn Iremonger	Scottish	1:30:48
Non- Championship 5km			
1	Andrea Adams	Olympic	39:29
2	*Murray Gowans	Scottish	41:06

*Denotes member of Wellington Masters.

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WELLINGTON ROAD CHAMPIONSHIPS

Wainuiomata - Saturday 17th August

W50+ - 5km

Pl.	Name	Club	Time
2	Tineke Hooft	Olympic	20:15
3	Helen Willis	Scottish	21:51
11	Jane Flowerday	Masterton	26:56
12	Maryanne Palmer	Scottish	26:59

Senior Women - 10km

4	Gabrielle O'Rourke	WHAC	37:37
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W35+

3	Anne Hare	Scottish	39:46
5	Michelle Van Looy	Olympic	40:02
8	Mandy Simpson	Scottish	41:27
10	Teresa Cox	Trentham	43:13

Men - 10km

M40+

1	Todd Stevens	Scottish	33:09
2	Grant Mclean	Scottish	34:19
7	Michael Wray	Scottish	35:39
19	Bill Twiss	Scottish	38:38
20	Colin Price	WHAC	39:17
28	Glen Wallis	Scottish	42:24

M50+

2	Tony Price	Masterton	35:50
8	David Hood	Trentham	39:36
16	Peter Wrigley	Scottish	44:13
17	Tony McKone	HVH	44:22

M60+

	Brian Hayes	WHAC	42:46
14	Jonathon Harper	Scottish	43:27
	Richard Owen	Victoria University	49:19
34	John Palmer	Scottish	52:45
35	Albert van Veen	HVH	53:45
	Ray Wallis	Aurora Harriers	1:00:48
36	Michael Browne	Scottish	1:16:53

All listed above in the Wellington Road Championships are members of Wellington Masters.

Some names in the 50 and 60 age groups don't have a finishing place listed as the official results were somehow mixed up for these two grades.

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NATIONAL DUATHLON CHAMPIONSHIPS

Taupo - Sunday 25th August

10km run - 40km cycle - 5km run

Pl.	Name	Time
W60-64		
2	Maryanne Palmer	3:02:43
M65-69		
4	John Palmer	3:11:47
M70-74		
1	John Wood	2:47:57

All members of Wellington Masters.

WELLINGTON TRACK and FIELD PROGRAMME 2013/14

<u>Date</u>	<u>Event</u>	<u>Venue</u>
2013		
5 October	Black Programme	Newtown Park
12 October	Gold Programme	Newtown Park
19 October	Black Programme	Newtown Park
26 October	Gold Programme	Newtown Park
26 October	Regional League – Round One	Taranaki
2 November	Black Programme	Newtown Park
9 November	Regional League – Round Two	Wanganui
16 November	Gold Programme	Newtown Park
22-24 November	North Island Masters Championships	Whangarei
23 November	Regional League – Round Three	Wellington
29 Nov-1 Dec	South Island Masters Championships	Timaru
30 November	Black Programme	Newtown Park
6-8 December	NZ Secondary Schools Track & Field Championships	Hamilton
7 December	Gold Programme	Newtown Park
14 December	Black Programme – Wellington Senior/Junior 3000m Champs (Twilight)	Newtown Park
21 December	Scottish Night of Miles (Twilight)	Newtown Park
2014		
1 January	Tauranga Twilight Meet	Tauranga
4-12 January	Oceania Masters Championships	Bendigo, Victoria
4 January	Lovelock Classic	Timaru
10-12 January	North Island Colgate Games	Whangarei
11 January	Black Programme (Inc. 1500s Special Event) - 4pm Start	Wellington
17-19 January	South Island Colgate Games	Timaru
18 January	Potts Classic – includes Junior 3000m Championships	Hastings
18 January	Gold Programme incorporating Kiwi Throwers Meeting	Newtown Park
21 January	Cooks Classic	Wanganui
24 January	Capital Classic (Twilight)	Newtown Park
26 January	New Zealand 10,000m Championships	Auckland
1 February	Black Programme – incorp Centre & Wgtn Masters 10,000m Champs	Newtown Park
8 February	Porritt Classic	Hamilton
8 February	Gold Programme	Newtown Park
15 February	Black Programme (Twilight)	Newtown Park
22 February	International Track Meet – includes Senior 3000m Championships	Christchurch
22 February	Gold Programme	Newtown Park
29 February-3 March	NZ Masters Track & Field Championships	Invercargill
1 March	Black Programme	Newtown Park
8-9 March	Athletics Wellington Centre Championships – includes Masters Champs	Newtown Park
15 March	Gold Programme (Twilight)	Newtown Park
22 March	Black Programme & Requested Events	Newtown Park
22 March	IAAF Melbourne World Challenge	Melbourne
28-30 March	Athletics NZ Track & Field Championships	Newtown Park
3-6 April	92 nd Australian Athletics Championships	Melbourne
5-6 April	North Island Secondary Schools	Masterton
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)	Javelin
3.00pm	200m	High Jump
3.15pm	Steeplechase 3000m or 1500m or 2000m on request. (Otherwise other distance event on request).	
3.30pm	400m	

Greatest Races of All Time: 2003 Women's London Marathon

In recent years, Paula Radcliffe single-handedly revolutionised women's marathon running. In this edition of the Greatest Races of All Time, we revisit her world-record run in the 2003 London Marathon.

The term "sensational" could be considered an understatement for the string of performances compiled by Paula Radcliffe in 2002. The year began when she defended her long course World Cross Country Championship in Dublin, Ireland. This was followed with a three-and-a-half-minute victory in the 2002 London Marathon. Running on what has traditionally been considered a slow course, her time of 2.18.56 missed Catherine Ndereba's recently set world record by just 11 seconds.

A brief respite ensued before attacking the track in the European summer. On July 19, Paula set a new Commonwealth record for 5000m in a "hit-out" race prior to the Commonwealth Games in Manchester, where she demolished the field to run another Commonwealth record, a time of 14.31. Yet another record was broken a week later at the European Championships, this time in the 10,000m. Radcliffe took the title and the European and Commonwealth record with her in a time of 30.01.

Several road races followed before another attempt on the marathon world record, this time at the Chicago Marathon. After her narrow miss in the London Marathon and sizzling form all year, she certainly looked a strong chance of taking the record. But Radcliffe didn't just claim the record by a few seconds; she sliced one and a half minutes off the time, running 2.17.18. What a truly remarkable year – but the best was yet to come.

The two-time defending champion was a noticeable absentee from the 2003 World Cross Country Championships, as she had decided to focus all of her energies on the upcoming London Marathon. The event has a separate start for the elite female field, and 2003 was unique, as it was the first time male pacemakers were present for the women's field. The pace was hot, and after the first mile, run in 5.10, Radcliffe was up the road, with two of the African pacemakers leading the way. Three miles (4.8km) was covered in a staggering 15.15 and 10km in 32.10. Paula was on pace for a 2.14 marathon – surely she would have to implode! Maintaining this pace would bring her home three minutes quicker than her amazing performance in Chicago six months earlier. The rest of the women's field had been left in tatters. Romania's Constantina Dita and Susan Chepkememi of Kenya tried to maintain contact with Radcliffe, trailing by just 10 seconds, but the rest of the contenders were a full minute behind at the 10km point.

Relentlessly, Radcliffe continued to smash along, reeling off kilometre after kilometre at 3.15 pace. Later, in an interview with the BBC, Radcliffe was quoted as saying, "In the first mile nobody seemed to want to go with us, and we weren't running that fast. So I just relaxed and followed the two guys (pacemakers). I was just trying to stay relaxed until halfway and then just keep it going."

Considering the halfway split of 68.02 would have, at the time, ranked her 10th fastest of all time, you get some impression of how fast Radcliffe was going while trying to stay relaxed. It was about this time that the trademark Radcliffe nodding started to become evident, indicating the pace was starting to become more difficult. The main bunch of the women's field had been devastated by the fast pace, but there were still five athletes who passed through halfway in close to or under 70 minutes, which two years earlier would have been world-record pace.

Incredibly, after the halfway point Paula increased the tempo and was running close to 3.12 per kilometre. The male pacemakers were even starting to feel the pinch, and one of the two was dropped. Like a metronome, Radcliffe continued to throw down a truly phenomenal pace, rarely sitting directly behind the pacemakers, but instead choosing to run to the side. After 90 minutes of running she was still on target to run sub 2.16, and there was over two minutes back to the next best female. Those who tried to stay close to Radcliffe in the early stages were really beginning to pay the price, as they were passed by the more conservative starters, Kenya's Catherine Ndereba and USA's Denna Drossin.

The final 10km of a marathon is not a place for the faint-hearted, and when you pass through 30km close to two minutes faster than when you set the current world record, you know that danger is not far away. But few seem to be able to hurt themselves the way that Radcliffe can, and she amazingly began to work harder from this point.

The extreme pace of the first half didn't slow Radcliffe; instead she managed to run the last 10km of the 2003 London Marathon as quickly as the first 10km. Running strongly over the final mile, Radcliffe breasted the finish line in 2.15.25, one of the greatest performances ever, stripping close to another two minutes off her recent record-breaking run. The time also put her three minutes and 17 seconds ahead of the next best performance by a female over the distance.

Regardless of your opinion of using male pacemakers, this was without a doubt one of the greatest races of all time.

Race Results:

1. Paula Radcliffe	2.15.25
2. Catherine Ndereba	2.19.55
3. Deena Drossin	2.21.16
4. Susan Chepkememi	2.23.12
5. Ludmila Petrova	2.23.14
6. Constantina Dita	2.23.43
7. Jelena Prokocuka	2.24.01
8. Efenesh Alemu	2.24.56
9. Michaela Botezan	2.25.32
10. Derartu Tulu	2.26.33

RESULTS

Wellington Masters 5km & 10km Road Run and Walk

Lower Hutt – Sunday 20th October 2013

This year the running field was well up on last year with 28 runners taking part (17 in 2012) and 3 walkers (down from 11 in 2012). The 5km this year only attracted 1 competitor (1 also in 2012).

Competitors had to contend with a strong head wind on the way out to the turn-around point but had a nice tail wind on the return journey to the finish. In the 10km walk the fastest male walker was Geoff Iremonger while Daphne Jones was the fastest women. Robin Iremonger was the only competitor in the 5km walk. The fastest male runner in the 10km was Michael Wray, with Michelle Van Looy the fastest woman over the distance.

Thanks to Peter Wrigley for organising this event, the helpers who helped out and a thanks to those competitors who continually turn up and support our events. It was also good to see a lot of new faces taking part in this year's event. Even with the head wind to contend with eight runners managed to break the 40 minute mark.

<u>Name</u>	<u>Club</u>	<u>Time</u>	<u>Age Grade %</u>	<u>Finish Pl.</u>	<u>Grade</u>	<u>Grade Pl.</u>
Walkers - 5km:						
Female:						
Robyn Iremonger	Scottish	46:57	*	1	65-69	1
10km:						
Female:						
Daphne Jones	Scottish	79:49	*	24	70-74	1
Male:						
Geoff Iremonger	Scottish	71:00	*	13	65-69	1
Runners:						
Female:						
Lindsay Barwick	Scottish	44:45	69.79	17	35-39	1
Michelle Van Looy	Olympic	41:07	77.53	11	40-44	1
Karen Gillespie	No club	49:23	64.07	22	40-44	2
Jackie Delaney	No club	53:54	61.36	26	45-49	1
Sharon Wray	Scottish	56:28	60.66	30	45-49	2
Tineke Hooft	Olympic	48:01	74.07	19	50-54	1
Nuala Dunn	Olympic	48:08	76.83	20	55-59	1
Maryanne Palmer	Scottish	56:43	69.85	31	60-64	1
Male:						
Andy Ford	Scottish	37:49	71.83	5	Pre-Master	1
Paul Barwick	Scottish	36:33	76.59	3	35-39	1
Matyas James	Scottish	40:28	69.69	10	35-39	2
Zhihao Cai	Olympic	50:02	56.36	23	35-39	3
Michael Wray	Scottish	36:15	82.04	2	45-49	1
Bill Twiss	Scottish	39:28	75.36	6	45-49	2
Bruce Atmore	Olympic	39:47	75.93	7	45-49	3
Joseph Muollo	Scottish	39:54	73.96	9	45-49	4
Tony Simmers	Olympic	42:20	71.36	14	45-49	5
Glen Wallis	Scottish	42:34	71.54	15	45-49	6
Richard Martin	Olympic	45:21	66.61	18	45-49	7
Brian Dunne	Olympic	44:13	71.14	16	50-54	1
Vaughan New	WHAC	37:28	86.82	4	55-59	1
David Hood	Trentham	39:49	80.83	8	55-59	2
Brian Hayes	WHAC	42:00	83.90	12	65-69	1
Dougal Congalton	WMA	53:38	66.94	25	65-69	2
Albert van Veen	HVH	54:02	65.82	27	65-69	3
John Palmer	Scottish	54:43	66.44	28	65-69	4
Ray Wallis	Aurora	55:36	68.68	29	70-74	1
Michael Browne	Scottish	77:19	59:62	21	80-84	1

*No age grade percentage worked out for the walkers.

SOUTH ISLAND MASTERS GAMES

Nelson 5th to 13th October 2013

The South Island Masters games were held recently in Nelson and a number of Wellington Masters were spotted competing over the week of competition.

The weather for most of the week was wet, cool at times and some events were held in the rain.

Those Wellington members taking part did exceptionally well and some members came away with a good number of medals.

The 2014 Masters Games are to be held in Timaru and in 2015 they are back in Nelson.

Results:

8th October - 5km Cross Country Run:

Name	Race Pl.	Time	Medal
W60-64			
Maryanne Palmer	31	32:05	Bronze
M40-44			
Gavin White	17	27:41	Silver
M65-69			
John Palmer	29	31:17	4 th

9th October - 5km Road Race:

Name	Race Pl.	Time	Medal
W60-64			
Maryanne Palmer	33	26:32	Bronze
M65-69			
John Palmer	32	26:13	4 th

11th October - 4 Person Relay:

Wet & Wild - Team with Maryanne Palmer	Gold
Us Four - Team with John Palmer	Gold

12th October - 20km Time Trial (Cycle):

M6 - W60-65			
Maryanne Palmer		41:21.27	Silver

12th October - Track & Field:

Name	Finish Pl.	Time	Medal
60m - M35 & M40			
Gavin White	1	8:38	Gold 1M40
60m - M60 & M65			
Robert Hannan	4	12:50	Silver 2M60
60m - M75, M80 & M85			
Jim Blair	2	13:02	Gold 1M80
60m - W40+			
Judy Hammond	7	12:51	Gold 1W75
400m - M35 & M40			
Gavin White	3	1:05.30	Gold 1M40

Name	Finish Pl.	Time	Medal
400m - M60 & W70			
Robert Hannan	4	1:42.85	Silver 2M60
100m - M40			
Gavin White	1	13:03	Gold 1M40
100m - M60 & M65			
Robert Hannan	3	20:33	Gold 1M60
800m - M40, M50 & M60			
Gavin White	3	2:43.57	Silver 2M40
800m - M65, W60 & W70			
John Palmer	2	3:29.78	Silver 2M65
200m - Women (all)			
Judy Hammond	5	44:35	Gold 1W75
200m - M35, M40 & M45			
Gavin White	2	27:75	Gold 1M40
200m - M55 & M60			
Robert Hannan	2	46:09	Gold 1M60
3000m - M & W (all)			
John Palmer	6	15:27.31	Gold 1M65

FIELD EVENTS:

Shot Put - Men

Name	Dist.	Grade Pl.	Medal
Robert Hannan	5.42m	1M60	Gold
Jim Blair	7.04m	1M80	Gold

Shot Put - Women

Judy Hammond	6.35m	2W75	Silver
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Discus - Men

Robert Hannan	16.97	1M60	Gold
Jim Blair	20.63	1M80	Gold

Javelin - Men

Robert Hannan	10.56	1M60	Gold
Jim Blair	19.16	1M80	Gold

Javelin - Women

Judy Hammond	12.67	1W75	Gold
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Hammer - Men

Robert Hannan	14.27	1M60	Gold
Jim Blair	22.23	1M80	Gold

Long Jump - Men

Robert Hannan	2.26m	1M60	Gold
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Long Jump - Women

Judy Hammond	2.62	1W75	Gold
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High Jump - Men

Jim Blair	1.10m	1M80	Gold
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High Jump - Women

Judy Hammond	1.20m	1W75	Gold
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- COMING EVENTS -

2013

Oct

5-13	South Island Masters Games	Nelson
13	Wairarapa Marathon, Half Marathon & 10km	Masterton
20	Masters 10km Road Race & Walk	Huia Pool, Lower Hutt

Nov

3	Auckland Marathon, Half Marathon & 10km Martinborough Charity Fun Ride	Devonport, Auckland Martinborough
8-9	Stelformers Around the Mountain Relay	Taranaki
9	Rimutaka Trail Run & Walk - 7km, 14km & 21km options	Kaitoke
10	Scorching Triathlon (with Duathlon option)	Scorching Bay, Wellington
17	AvantiPlus Tour of Wairarapa Cycle Race	Masterton
30	Contact Lake Taupo Cycle Challenge	Taupo

Dec

1	Scorching Triathlon (with Duathlon option)	Scorching Bay, Wellington
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2014:

Jan

19	Scorching Triathlon (with Duathlon option)	Scorching Bay, Wellington
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Feb

8	Buller Gorge Full & Half Marathons	Westport
16	Scorching Triathlon (with Duathlon option)	Scorching Bay, Wellington

Mar

23	Scorching Triathlon - Teams Event	Scorching Bay, Wellington
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April

13	London Marathon	
21	Boston Marathon	

May

3	50 th Rotorua Marathon	Rotorua
4	Nelson Half, $\frac{1}{4}$ marathon and 5km run and walk Masters Classic Relay	Stoke, Nelson Trentham Memorial Park

Nov

2	New York Marathon	
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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.

CENTRE RECORD:

If you feel that you have set/broken a Centre record, please send the appropriate paper work, completed and signed-off to Peter Hanson at phanson@xtra.co.nz for ratification by the committee. His postal address is Apt 206, Summerset Village, 15 Aotea Drive, Porirua 5024, and telephone number is 04 237 0958.

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 2013/2014 YEAR
(1st September 2013 to 31st August 2014) = \$50.00**

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 send 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 a completed form to Veronica Gould at the above or email to:
gvgould@xtra.co.nz

NOTE: Wellington Masters Athletics singlets and T 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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