

THE

MASTER

COPY

Newsletter of the Wellington Masters Athletics Inc.

Volume 12 Issue 5

December 2013



*Wishing all members a
Merry Christmas
and a
Happy New Year*

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 |

IN THIS ISSUE . . .

| | |
|---|-----|
| Committee & Club Coordinators | 2 |
| Editorial | 3 |
| Collapsing Arches; Magnesium & Grapefruit | 4 |
| Bits and Pieces | 5 |
| Training Tip – Hit Your Stride | 6 |
| Book Release & Importance of Walking | 7 |
| Recipe & Avocados | 8 |
| We Need You – Request for Officials | 9 |
| Stress Less | 10 |
| Let's be SunSmart this Summer | 11 |
| Double Down | 12 |
| Keeping Cool when Racing in the Heat | 13 |
| Results World Masters Champs & Heart Health | 14 |
| California Track & Field Tour 2014 | 15 |
| Greatest Races of all Time | 16 |
| Summer Hydration & Motivation | 17 |
| Athlete of the Year | 18 |
| Coming Events | IBC |

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 |
| 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: | 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 |
| TRENTHAM 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: | Jim 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.

EDITORIAL

The 2013 Year in Reflection

It is difficult to grasp the fact that it is almost Christmas time once again and one has to wonder where the year has gone. It only seems a short time ago that I was rushing around organising the 2013 NZ Masters Track and Field Championships that were held at Newtown Park with Wellington Masters the Host Centre. Unfortunately, a prior engagement set in place for some time, meant that I was unable to attend the Championships and see the end result – which I believe went off very well by the good positive feedback that was received after the event. Although there were many people that were involved over the weekend of the championships, I would like to thank Graham and Veronica Gould and Mark Harris for the many, many hours they put in to ensure that the flagship event for NZ Masters was a great success. Thanks also to all the officials from the Wellington Centre who gave up their time again to assist in the success of the weekend.

The Masters Classic Relay held in May at Trentham Memorial Park again struggled to attract teams with numbers slightly down on the previous year. The weather conditions for this event were perfect with clear skies, no wind and the temperatures warm and the conditions underfoot firm. Other events on the Saturday and on the same day as the relay did play a part in the number of teams being down and I am not sure what the answer is to increase the numbers to take part in this event.

In contrast, the weather for the Johnsonville 8km Road Race and 6.4km Walk was probably the worst conditions experienced for many years – cold, wet and windy - which kept some of the regulars away. Twenty runners and only two walkers took part this year and with the miserable weather, the hot lunch provided, was much appreciated. A special thanks to Brian Watson for organising this event for the 29th year and to the marshals and timekeepers who had to preserve in atrocious conditions. Next year is the 30th running of this event so maybe something special should be held to mark this occasion and maybe attract a few more competitors.

The 10km run and walk held in October (which is the Masters Championships) was well attended this year with the number of runners up from 17 in 2012 to 28 this year. Unfortunately the number of walkers taking part was down on the previous year with some walkers over competing at the World Masters Championships in Brazil. Thanks to Peter Wrigley for again organising this event and to the helpers who assisted on the day.

It is with great sadness that over the year we saw the passing of our Patron Heather May in July. Heather was a Life member of Wellington Masters and Heather and her late husband Arthur had a long association with the Wellington Centre. Then we were notified of the passing of Jennie Hardie, a well-known and respected Centre official. Jennie was also an active member of the Pencarrow Lions Club. Then in September came the passing of Noeleen Perry who had failing health for some time. Noeleen was a respected official of the Wellington Centre and served at all events around the region and throughout the country. Noeleen was a Life Member of Wellington Masters and had been a member of the Wellington Marathon Clinic and Wellington Scottish Harriers.

At the AGM in September new officers were elected - Bruce Perry as Patron, Michael Wray as President and Annie van Herck and Sharon Wray as committee members.

The annual subscription was maintained at \$50 for the new financial year.

Over the past year many Masters' members have taken part in all types of events, in all parts of the country, some even traveling overseas and some great results were recorded by some members – congratulations to you all and especially Jackie Wilson and Tony Price for their bronze medals at the World Masters Championships in Brazil.

Finally, I would like to wish all members a very Merry Christmas and a Happy and prosperous New Year. The first event for 2014 is the Centre track and field championships set down for the weekend of 8-9 March followed by the Classic relay on Sunday 4th May.

John Palmer, Editor

HEALTH

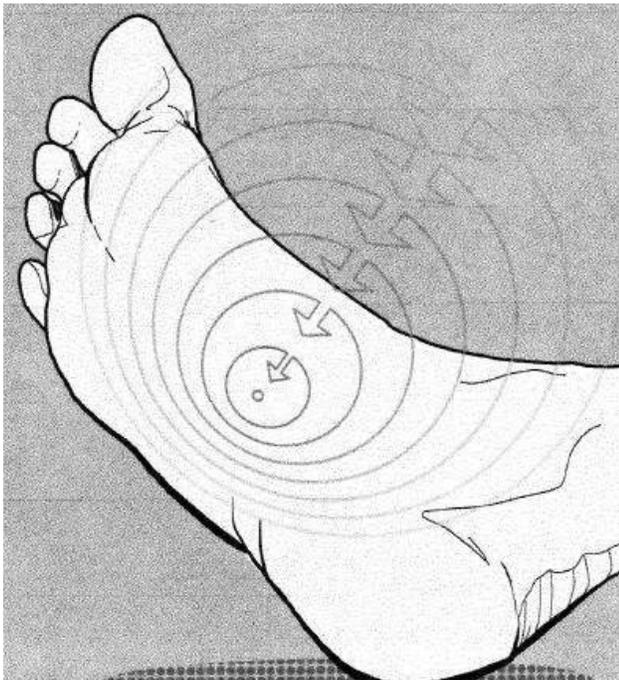
COLLAPSING ARCHES

FLAT FEET CAN FLAT-LINE YOUR SPEED AND ENDURANCE

FLAT FEET, or pes planus, refers to the collapsing of the foot's arch so that it is no longer curved properly or adequately supportive. The condition can cause foot pain, fatigue and affect gait, which can create strain on the knees, ankles legs and hips.

Fallen arches can occur naturally from birth, due to the rolling in of the foot and ankle while running (overpronation) or as a result of other conditions such as overuse, stretching or tearing of the posterior tibial tendon (attaches to a bone in the foot and runs up the calf of the lower leg at a tension which pulls up the arch) which reduces its ability to maintain tension in the tendon.

Whether or not the condition is caused by overpronation, this is the likely outcome for runners, whose arches are no longer strong enough to take the constant strain of bearing the body's weight on impact, causing joint, postural and muscular problems.



Fallen arches can lead to foot pain and wider problems

Four ways to help stop your arches crumbling

1. Orthotic inserts, either prescribed or bought over the counter, can help keep the arches fixed into position, but always wear them as although they support, they do little to strengthen.
2. Gait analysis at a run specialist can help to diagnose overpronation and flat feet. Most brands produce shoes that will give support and help to limit the negative effects of a poor gait.

3. Barefoot exercises, such as standing on a towel and making fists with the toes, can help to strengthen the arches. Start easy and build up the reps to avoid cramping.

4. Short barefoot running sessions can help take pressure off the arches by using the natural elasticity of the foot's tendons to take impact and build strength to help prevent flat feet.

* * * *

Magnificent Magnesium

With all the attention the media has given to osteoporosis and the importance of getting enough calcium, they've overlooked its relationship to magnesium. The body keeps these two minerals in balance. When you increase one without the other, your body simply disposes of the excess.

Experts at the Cornell Medical Centre observe that 60-70 per cent of American women are magnesium deficient. However, they warn that it is important that calcium/magnesium levels don't get too high. Elevated levels can lead to uncomfortable gastrointestinal issues.

Whole-grain breads, fortified cereals, leafy vegetables, kale, broccoli, tofu, soybeans, low-fat cheese, milk and yogurt are good choices when trying to achieve a proper balance.

In addition to maintaining healthy teeth and bones, calcium has a number of other functions. One of them is the transmission of nerve impulses, muscle contraction and relaxation, which are all functions that directly relate to the effectiveness of your chiropractic care.

* * * *

GRAPEFRUIT

Good for You

Half a grapefruit packs 75 per cent of your daily need for vitamin C. Research shows marathoners who ingest 200mg or more of vitamin C daily cut their risk of catching a cold by half. Pink and red varieties contain vitamin A and the cancer-fighting antioxidant lycopene.

Get the Best

Choose firm, heavy fruit that is round or slightly flattened at each end. Early season grapefruit are tarter and get sweeter as the season goes on, whether the flesh is white, pink or red. All varieties have yellow skin sometimes tinged pink. Avoid green skin, which indicates the fruit is unripe.

Kitchen Simple

Roast grapefruit and pair it with Greek yoghurt for dessert. Peel and section grapefruit, removing the white membrane. Place fruit on a parchment-lined tray. Sprinkle with sugar and grill until caramelised (three minutes). Place fruit over Greek yoghurt mixed with honey.

MEMBERSHIP

Our current membership stands at 68 members. A warm welcome to returning member Renae Creser (Olympic).

* * * *

Guidelines for using the track, equipment and facilities

The Newtown Park Athletics Track has very high occupancy and usage, particularly when college squads are training. If we work together and practise some basic track courtesy we shouldn't need to have to roster training times, which always seem to cause difficulty for someone. Please observe these guidelines so that everyone can use the track and its facilities safely and successfully.

Please report any damage to the buildings to the City council by phone to 499 4444.

- The Wellington City Council has declared the track and its surroundings smoke free.
- No dogs
- No rugby/soccer or any other balls can be used on site while the ground is under the control of Athletics Wellington.
- On weekdays, there is "key access" subject to bookings by other users. There are a lot of school and college bookings. If you are contemplating a lunchtime or daytime session, check with WCC Parks and Gardens first. We try to put known bookings in our season programme, but can't guarantee that it is complete
- Always **LOOK** before you step out to cross the track.

Equipment and security

1. All equipment belonging to Athletics Wellington must stay on the site unless specifically authorised by the Track and Field Committee or its officers.
2. Security keys to the gear shed, the high jump, the long jumps and the pole vault have been issued to coaches from Clubs and Colleges in the bulk fee system.
3. When equipment is taken out of the gear shed it must be returned to its proper place unless agreement is reached with others to put it back.
4. Equipment for general use is housed in the first area of the gear shed. Use of equipment in the rest of the shed is usually for competition only.
5. When the gear shed is open it is the responsibility of the person who opened it to close it again, or arrange for another key holder to ensure that it is locked and secure before leaving the track. Other users must put their gear away when the key holder leaves.

Track training

1. The track and field is reserved for training in the afternoons and evenings from Monday to Thursday and all day on Sunday.
2. There can be no training during any competition (including "Black" and "Gold" programmes).
3. On Saturdays there is an AWD group from 10.00 am. There are not many athletes, but they may be inclined to wander and will certainly not understand or even hear cries of "track"! While we don't want to restrict track use for this

small group, its members **MUST** be given priority at this time.

4. From 11.30 am on Saturdays, the track is booked for children's athletics until 1.00 pm. On Club days, there will be 200+ children and at Inter-Clubs as many as 500 or more. There is no room for seniors to train at those times on Saturdays or when a children's "interclub" is scheduled on a Sunday. (They usually finish mid-afternoon).
5. Warm-ups are best practised on the grass. The top field is usually available on Saturday afternoons. Warm-ups certainly shouldn't occupy multiple lanes!
6. Lanes 1, 2 and 3 should generally be used for walks, distance and multi-lap running, so please leave them clear (of both athletes and starting blocks).
7. Sprint groups must share the remaining lanes: and don't forget that while you're working in the straight, there may be others starting from the 200m or 300m points.
8. For sprint and start training in the 100m start area: use the blue painted line. This is to preserve the track surface around the 100m and 110m start lines for competition.
9. The 80m, 100m and 110m start lines may be used for hurdles training in lanes 8 and 9, or for timed full length reps.
10. All athletes must keep clear of the lanes when not actually running. Return to your starting points over the Astroturf on the outside of the track.
11. If you are running round the field on the grass, keep well clear of the throwing areas. You can run around the back of the cages and the javelin runways.
12. When returning from the finish to the 200m start point, go around the outside of the track. You might otherwise be in danger from the throwers!

Throwing and jumping

Shot put training is available at the circle at the Russell Terrace end. You can also use the circle at the zoo end, putting across the Pole Vault runway only. Under no circumstances is shot training from the zoo circle to impact on the soccer pitch. This is reserved for competition only. If you use the zoo end, you must ensure that you don't use light-weight implements which might go onto the track.

Hammer should be practiced at the new Sinclair Park training pad. Please remember to take up a fork and lift your "impact holes"!

Javelin and discus throwers are entitled to train on the runways or cages, but must watch for errant athletes crossing the throwing zone. Ask an official for warning signs if you see any risk!

The 2 long/triple jump pits must be shared. There are only 2 and there are often several groups wanting to use them.

Key holders can open the high jump and pole vault "hangars" but must ensure that they are closed again after use. There are practice cross bars as well as bungees. Please don't use new competition bars for training!

* * * *

Did you know?

Oldest and newest NZ National records:

Peter Snell holds the oldest Men's NZ national record for his 800m in 1:43.3 on 3 Feb 1962, while **Quentin Rew** holds the newest record for 20km walk in 1:22:16 set on 28 April 2013.

TRAINING TIP

HIT YOUR STRIDE

There may not be a universal "perfect form", but one thing's for sure: you should stop over-striding

FOOT STRIKE is dominating the discussion about running form. Some researchers say that if we run as our ancestors did (barefoot or close to it), it would be impossible to land on the heel, therefore heel striking - and the cushioned shoes that encourage it - is the reason so many runners get injured. Dr. Peter Larson, an associate professor of biology at Saint Anselm College in New Hampshire, doesn't see foot strike as the main issue.

After plowing through hundreds of years of research for his upcoming book *Tread Lightly*, Larson, who's also behind the innovative running site *Runblogger.com*, discovered that there's not one perfect shoe for everyone (some people need more support) nor are there form rules that everyone should follow. "We all have different backgrounds, different bodies, different fitness levels and different histories of shoe use that will have some impact on what we do when we run," Larson says. However, he did come to one universal conclusion: "If you can do one thing that's most beneficial for your running, it's to avoid over-striding," he says. "If you correct that, you can fix a lot of other problems."

WHY IS OVER-STRIDING BAD?

Because it's less efficient and can cause injury. "Generally when people run with a longer stride it increases the load on the knees and the hips. If you shorten the stride, it reduces the amount of work that the knee and hip have to do while you run," Larson says. "A longer stride also tends to be associated with greater up-and-down movement, which requires more effort from the legs to cushion the fall." And just because you're a forefoot striker doesn't mean you're exempt - you can be a heel striker and not over-stride or be a forefoot striker and over-stride.

HOW CAN I TELL IF I'M OVERSTRIDING?

- Have a friend film you running at a track, then watch the video in slow motion to see if your ankle lands far in front of your knee.
- Measure your cadence. If it's down in the 150-160 steps per minute range, there's a pretty good chance you're over-striding (aim for 170-190).

SOME TIPS:

- Do barefoot strides. These short bouts of speed (around 20-30 seconds) will help you understand what shortening your stride feels like. The harder the surface, the easier it is to feel your stride.
- Run in a more minimal shoe. The less cushioning you have, the more you'll tend to shorten your stride and use your legs for cushioning.
- Get to a track. Speedwork can help. Use lightweight shoes and stay conscious of your form.

- Pick up your cadence. Use a metronome or an iPhone app to hit 170-190 steps per minute. Falling outside of this range isn't necessarily bad, but can indicate over-striding on the low end or a short, choppy stride on the high end (unless you're running at top speed, in which case increased stride rate is typical).
- Allow the foot to swing back under your body before striking the ground - don't skid the foot forward.
- Work on hip extension. A powerful stride comes from strong propulsion at the hips. Tight hip flexors and weak glutes and hamstrings can limit your hip extension.

* * * *

PORIRUA 5km SERIES

Just a friendly Reminder:

The Porirua 5km Series will be starting **Wednesday the 20th November**.

Sponsored again by **Shoe Clinic – Porirua**.

Now - Supporting **Running 4 Research** who raise funds for cutting edge Cancer Research provided by the **Malaghan Institute**.

For more information on **Running 4 Research** go to www.running4research.com

Hope your running/walking is going well and that we will see you at this Summers Series.

Peter Wrigley
Race Manager
Porirua 5km Series

<http://www.sportsground.co.nz/auroraharriers>

* * * *

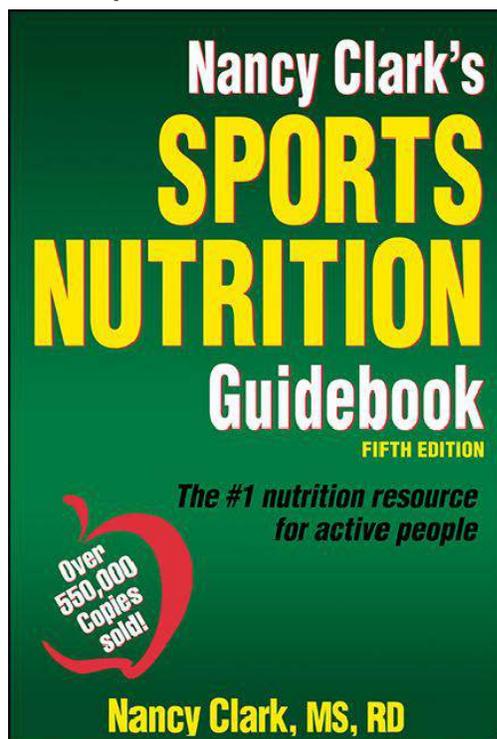
Senshu Marathon 2014

Congratulations to Wellington Masters member Grant McLean - selected to represent Wellington at the Senshu International Marathon 2014.

Grant McLean has been a competitive distance athlete since 1996, competing for Wellington Scottish as well as representing Wellington at New Zealand Championships. A long-time experienced marathon runner who has completed 37 marathons, he is the New Zealand Masters Marathon, Half Marathon and Mountain-Running Champion as well as having been the Wellington Marathon Champion five times. He appreciates that just as important as being able to complete the distance, is the ability and commitment to being a Wellington ambassador. Grant works for Sport New Zealand and is one of those Wellingtonians that absolutely love the city and what it represents (its history, arts, culture, geography). He has applied for the honour to run this prestigious marathon on behalf of the people of Wellington for many years, and we are delighted it is time for him to be drawn out of the hat! We are confident he will do Wellington proud.

BOOK RELEASE

Hot off the press:



Nancy Clark's Sports Nutrition Guidebook, *Fifth Edition*

Nancy Clark's best-selling *Sports Nutrition Guidebook* is now available in a **new Fifth Edition!!!** The mission of the new edition is to create clear and simple solutions to your food challenges.

The *Fifth Edition* offers the cumulative wisdom gained during 35 years of being an effective "food and weight coach" for both casual exercisers and competitive athletes. Just maybe the information in this book will help you resolve the barriers that block you from getting what you want from your current diet and teach you how to enjoy more energy, lose undesired body fat, and have more fun. The E in Eating, after all, should stand for Energy and Enjoyment!

Clark's Sports Nutrition Guidebook is fast-reading, entertaining, and filled with real-life stories. If you are not a "reader" (or have "no time" to read), that's no excuse to overlook this book. It is well indexed so you can simply look up a specific topic and find practical tips and food information that resolves your food and fueling questions. Simply leave the book on your kitchen counter and use it as a resource!

Clark's Sports Nutrition Guidebook has four sections:

1. Day-to-Day Eating on the Run
2. Sports Nutrition: Fueling for Success
3. Weight Management Tactics/Tips to Resolve Diets Gone Awry
4. Simple Recipes for non-chefs and active families.

In the information-packed pages, you'll get the tools you need to solve your food, weight, and energy problems — as well as take your performance to the next level. When ordering, add a few extra copies for your active family members, friends and teammates. What better gift than practical solutions to the challenges of our daily food environment? Plus, everyone loves the quick-and-easy recipes that are family-friendly and yummy!

Nancy Clark MS RD CSSD

Available at: www.nancyclarkrd.com

* * * *

The Importance of Walking

Walking can add minutes to your life.

This enables you at 85 years old to spend an additional 5 months in a nursing home at \$7000 per month.

My grandpa started walking five miles a day when he was 60.

Now he's 97 years old and we don't know where he is.

I like long walks, especially when they are taken by people who annoy me.

The only reason I would take up walking is so that I could hear heavy breathing again.

I have to walk early in the morning, before my brain figures out what I'm doing.

I joined a health club last year, spent about \$400. Haven't lost a pound. Apparently you have to go there.

Every time I hear the dirty word "exercise", I wash my mouth out with chocolate.

The advantage of exercising every day is so when you die, they'll say, "Well, she looks good doesn't she."

If you are going to try cross-country skiing, start with a small country.

We all get heavier as we get older, because there's a lot more information in our heads. That's my story and I'm sticking to it.

AND

Every time I start thinking too much about how I look, I just find a Happy Hour and by the time I leave, I look just fine.

* * * *

Did you know?

Wilson Kipsang from Kenya won the recent Berlin Marathon in a new world record time of 2:03:23. That meant that he averaged 4:42 for each mile, 2:55 for each kilometre and 70 seconds for each 400 metres. He ran the equivalent of 105 400m laps at that pace!

The men's world record for the marathon has come down 22 minutes in the past 61 years. How long will it be before the first sub two hour marathon is run, if ever?



RECIPE

Roast Chicken and Potato Gratin

Aid your recovery with this tasty, protein-packed dinner you'll want to make again and again.



Ingredients:

- 1.2kg free-range chicken
- 1 tsp olive oil
- Salt and pepper
- 1 garlic clove
- 1 tsp fresh thyme, chopped
- 150 ml skim milk
- 1 bay leaf
- 500g potatoes, thinly sliced
- 1 onion, sliced
- 200g spinach, wilted
- 1 garlic clove, crushed

Method:

1. Preheat the oven to 200 degrees Celsius/180 degrees Celsius fan-forced oven. Rub the chicken with olive oil, salt, pepper, garlic and thyme. Place in a roasting tin and roast in the oven for one hour, then leave to rest before removing the breasts and legs.
2. Pour the milk into a large pan, add the bay leaf, potatoes and onion slices, and cook for 15 minutes, then remove the bay leaf. Pour into a greased baking dish, making sure the potatoes are tightly pressed together and there is enough liquid to cover them. Cover with foil and place in the oven for 20 minutes to cook. Five minutes before the end of cooking time, place under a preheated grill to brown.
3. In a separate pan, add the garlic and wilt the spinach in 50ml water.
4. Serve the roasted chicken with the potato gratin and wilted spinach on the side.

Running benefits:

Packed with lean protein, and delivering plenty of iron, zinc and vitamin A, this filling meal will assist recovery while satisfying your appetite after a challenging race.

Per person:

1895 kilojoules
50.15g protein
36.23g carbohydrate
15.32g fat (2.84 polyunsaturated, 6.28g monounsaturated, 6.2g saturated)
2.85g fibre

Preparation: 15 minutes.

Cooking: 1 hour, plus resting time.

Serves 4.

* * * *

Five Reasons to Eat Avocados

These green machines are loaded with tasty, runner-friendly benefits

HEALTH POWERHOUSE

Fruits by definition, avocados provide more than 20 key nutrients, including B vitamins, vitamin E, and brain-boosting choline. They also contain copper and zinc and antioxidant pigments that fight inflammation. All this nutritional might does come at a cost: One avocado packs about 100 kilojoules (230 calories) and 21 grams of monounsaturated fats.

HEART PROTECTOR

Some runners avoid avocados because of the fat content, but according to several studies, the fruit helps lower levels of artery-clogging LDL ("bad" cholesterol) and increase levels of HDL ("good" cholesterol). The monounsaturated fats, vitamin E and polyphenols all seem to work together to boost heart health.

WAIST TRIMMER

Researchers have found that those who routinely eat avocados have a smaller waist size and lower body mass index than abstainers. Avocado eaters also have a lower risk for metabolic syndrome, characterised by high cholesterol, high blood pressure, and high levels of circulating fats – all of which increase the risk of heart disease.

INFLAMMATION FIGHTER

Eating avocado with a fatty meal may protect blood vessels from inflammatory damage and constriction. A recent study showed that eating a fatty burger topped with half an avocado lessened markers of inflammation and blood vessel constriction compared with eating a burger without it. Researchers theorise that the phenolic compounds in avocado (similar to those in red wine) provide the protection.

NUTRIENT BOOSTER

Many polyphenols and all carotenes are fat-soluble – meaning they need to be paired with a bit of fat to be absorbed. Studies show that adding avocado to salad, spreading it on whole-grain bread, and using guacamole as a dip help with the absorption of beneficial compounds in these phytonutrient-rich foods.

WE NEED YOU!

Athletics Officiating - Right Now we need Measurers, Checkers, Result Recorders and more becoming an official means:

- **The best seat in the house to watch and support Runners, Walkers, Jumpers and Throwers**
- **Opportunities to travel and meet new friends, and enjoy the camaraderie of the athletics culture**
- **To experience and share the pleasure of seeing athletes compete, and improve their best performances**
- **To help perform an interesting variety of tasks for our athletes, who also enjoy their sport**
- **Come and join our team of Wellington Centre volunteers**
- **You can become a track, road, cross country, walks, jumps or throws judge and see it all from close up**
- **Come on, Give it a Go! You will be made MOST WELCOME!**
- **You will ENJOY THE CHALLENGE!**

Come and Join the Wellington Centre Athletics Officials

***For more information contact Jim McIlroy on
Telephone 04 577 0722***

The Wellington Centre is short of officials at the present time owing to retirements, officials moving away from the area and others moving on to other interests. To successfully hold a big meeting at Newtown Park the Centre needs 80 officials to run the meeting successfully. Please give serious consideration to becoming an official of the Wellington Centre.

Stress Less

Eating more protein will not only make you feel fuller and avoid snacking, but it can help your body manage the stress we feel each day.

Despite sometimes being able to juggle lots of tasks at once, your body isn't well adapted to the stressors it experiences each day. Evolution has programmed you to be able to deal with acute stress, such as a life-threatening attack from a predator, enabling you to make a 'fight or flight' response. But since the rise of civilisation, you are no longer in fear of predators. This is obviously good news! However, acute stress has been replaced by low-grade chronic stress, and in order to keep yourself going, you might rely on stimulants, such as caffeine and sugary foods, to give you a short-term feeling of elation. (Stress itself can act as a stimulant – adrenaline and cortisol can produce a 'high', which some people thrive on.) Unfortunately this compounds the problem, as the body will inevitably experience a subsequent slump. Balancing blood sugar levels through diet is essential, as your body operates optimally within a certain blood sugar range. Protein is one way to help regulate blood sugar levels, by slowing the rate of digestion and absorption of foods. In addition, protein – when converted into constituent amino acids – provides the body with hormones to help fight stress, and support your mood and behaviour.

SNACK ATTACK

So, why do you reach for that packet of biscuits in times of stress? If you're under pressure – for example, working full time while raising a family – you have a lack of free time. Because of this, erratic eating behaviour, such as skipping meals – especially breakfast – is common. Missing breakfast is a big mistake, as your body needs food to kick-start your metabolism. Without it, you'll be starving by mid-morning and craving sugar – time for that chocolate bar? You can see how the pattern begins: a day of continual pressure equals no time to eat a proper meal, which leaves you hungry and craving sweet, carbohydrate-based foods. If days like these are the norm for you, your adrenal glands will begin to suffer, unable to supply the demand of hormones required to keep you going. Instead, your body will simply crave more stimulants and simple sugars to provide the 'high'. From here it's a downward spiral, unless you take back control and rebalance your body.

RESCUE REMEDY

When it comes to relieving stress through your diet, protein could be your saviour. Protein consists of amino acids, which have many functions, one of which is helping your body combat stress. There are three main ways they do this:

1. **They create stress-fighting hormones.** Adrenaline and noradrenaline are metabolised from the amino acids phenylalanine and tyrosine.
2. **They create mood-enhancing/ inhibiting hormones.** These are chemical messengers that help to regulate mood and behaviour. Examples of these are serotonin, glycaemic acid, phosphatidylserine and GABA, which are metabolised from the amino acids tryptophan, aspartic acid and serine.

3. **They balance blood sugar.** The amino acid glutamine is good at metabolizing quickly to provide glucose if required.

NUMBER CRUNCHING

But how much protein should you be eating to help you cope with stressful situations? The United Nations minimum guideline for the average adult is 0.75g protein/kg bodyweight a day (equating to 37.5g of protein for a 50kg woman). But stress and exercise place an increased demand on protein supply, as your body needs to regulate hormone provision and repair damaged tissues. So, if you exercise regularly, you'll need more protein – a minimum of 1.4g to 1.8g protein/kg bodyweight. And those with stressful lifestyles would be advised to aim above the minimum UN guideline as well.

SOURCE MATTERS

There are two sources of protein – animal and plant. Vegetarians will need to opt for plant proteins, including nuts, seeds, beans, lentils, pulses and quinoa, while carnivores will be able to choose from a variety of meat and plant proteins. Plant proteins tend to lack one or more amino acids (tryptophan, lysine and methionine), unlike animal proteins. Combining plant proteins with grains is a way to solve this.

The Biological Value (BV) measures the quality of the protein of a particular food type. The BV of whey protein is far superior to any other solid animal or plant food, hence its popularity as a post-training supplement to help repair and strengthen muscle tissue. Other foods with high BV levels are eggs, chicken, cottage cheese, quinoa, tuna, milk and beef. It's recommended that the majority of your protein intake comes from solid foods, with protein supplementation, including bars and drinks, added to your diet when necessary.

BANISH STRESS!

Regulate your blood sugar and stress levels with these protein-packed foods:

- Cottage cheese
- Meat
- Poultry
- Fish
- Shellfish
- Milk
- Cheddar cheese
- Eggs
- Pumpkin seeds
- Sesame seeds.

* * * *

If the entire world is a stage, where is the audience sitting?

Why do you press harder on the buttons of a remote control when you know the batteries are dead?

Why do we put suits in garment bags and garments in a suitcase?

Why doesn't glue stick to the inside of the bottle?

Why do they call it a TV set when you only have one?

Christmas is weird. What other time of the year do you sit in front of a dead tree and eat candy out of your socks?

Let's be SunSmart this Summer

1. Sunscreen

A quick reminder - sunscreen should be applied 15 minutes before going into the sun ... keep an eye on the time and sun. It might just be time for you to re-apply it. Be SunSmart - slop on loads of SPF 30+ sunscreen.

Or

Lay it on thick

If you are outdoors between the danger hours of 11am and 4pm, or as advertised by the weather people on TV, make sure you wear plenty of sunscreen – apply it thickly, evenly and often.

Or

Size does count

The numbers on your sunscreen tell you how much protection the sunscreen gives you from sun damage. The **bigger** the number, the more protection. The Cancer Society recommends SPF 30+.

2. Use your head – wear a hat

Don't be a hard head when you're outside. Wear a hat with a big brim ... don't forget your neck gets burned too.

There's nothing like a great hat to help protect you from the sun. Be SunSmart - slap on a hat.

3. Shady behaviour is encouraged

Remember to protect yourself from the harsh sun. If you think you've been in the sun a bit long - make the most of the shade provided. Be SunSmart - slip into some shade.

4. Sunnies

A good pair of sunnies complements any outfit

Too much sunlight can damage both the eyes themselves and the skin around them. A close-fitting, preferably wrap-around style of sunglasses is best.

Or

One way of making sure you don't miss anything is to have a decent pair of sunglasses on. A good pair of sunnies will help protect your eyes - and help you catch all the action. Be SunSmart - wrap on some sunnies.

5. Unique conditions

Keep an eye on the sun.

The last thing needed is for your day to be ruined by sunburn. New Zealand's unique conditions mean we have to be careful about protecting ourselves. We're exposed to a lot of harmful UV rays - so we're vulnerable to skin damage. Be SunSmart - slip, slop, slap, and wrap.

Or

UV and you are not so hot

Ultraviolet radiation is what makes our skin burn and it's especially harsh in New Zealand. We need some protection.

6. Cloud

Don't cloud the issue

Even on a cloudy day, UV radiation is all around and you can still burn. Light cloud in a blue sky can make sunburn worse as the UV radiation reflects off the clouds. Still protect yourself against the sun on a cloudy day.

Or

The weather in this country can be pretty changeable. Sunshine one minute - cloud the next.

Don't be fooled by the cloud - because even when there's cloud around you can still get sunburned.

That's because Ultraviolet Rays are still around even on cloudy days, and they're what do the damage. This summer be SunSmart - slip, slop, slap and wrap ... even when it's a bit cloudy.

7. General message

Be SunSmart! Sunburn can increase the risk of melanoma and skin cancer later in life. Take care to slip, slop, slap, and wrap:

- Slip into a shirt, and some shade
- Slop on loads of sunscreen
- Slap on a hat
- Wrap on some sunnies.

Background Information:

Context:

Sun safety is a very important issue for Kiwis. SunSmart is a brand used by the Health Sponsorship Council, the Cancer Society of NZ and other health promoters, to promote sun safety to New Zealanders.

SunSmart Facts:

- New Zealand has one of the highest rates of skin cancer in the world.
- There are nearly 50,000 new skin cancers a year, including 1800 new cases of melanoma.
- You are most likely to be burnt on your face, neck, shoulder and lower arm.
- The face and neck are the most common places for skin cancers.
- New Zealanders are particularly at risk of skin cancer because of our clear skies, our outdoor lifestyle, and our country's closeness to the sun.

Skin Facts:

- Skin is the largest and one of the hardest working organs in the body.
- Skin covers an average area of about 1.8 metres and makes up 1/6 of your body weight.
- Skin continually renews itself. Old skin cells are gradually shed and replaced by new ones every 28 days.
- Skin cells grow and rejuvenate faster than any other organ.
- You have 19 million skin cells every square inch of your body.
- Skin's biggest job is protection. It is a tough, elastic, flexible and waterproof covering and maintains the body's correct temperature.
- It is believed that over 90% of all damage done to the skin is done by the sun.
- Skin contains a chemical called melanin. Melanin reacts to UV A rays when sunlight comes into contact with the skin, helping the body reflect and absorb the UV light. The skin begins to tan as melanin levels rise.
- A tan is the first sign of skin damage. In the skin's attempt to protect itself it increases in melanin.

* * * *

Did you know?

Oldest and newest NZ National records:

Alison Wright (1000m 2:38.57 on 17 August 1979) holds the oldest women's national record and the newest belongs to **Julia Ratcliffe** (Hammer 68.80) set on 19 April 2013.

DOUBLE DOWN

By Lisa Marshall

Run twice in one day? You don't have to be an elite athlete to divide and conquer

HEADING OUT for two runs in a single day – logging “doubles” or “two-a-days” – is standard practice among elites. But most mortals wouldn't dream of it: not enough time and too much injury risk. “There is a misconception that doubles are something only high-mileage, elite runners do” says exercise physiologist and cross-country coach Steve Magness. “But a lot of runners can benefit from them.” Including time-crunched folks trying to squeeze in kilometres and veterans looking to step things up. For good reason: studies suggest doubling up and running in a depleted state can boost fat-burning, train the body to use glycogen more efficiently, and stimulate mitochondria production (more mitochondria can delay fatigue). “By shortening the time between runs, you're challenging your body to recover faster,” says Greg McMillan, author of *Zap! You're a Runner*. And a faster recovery is a good thing.” But bad things can happen if you overdo it. Here's when it makes sense to double up - and how to do it safely.

LITTLE TIME, BIG DREAMS

“Cumulative mileage matters – no matter how you do it,” says Brad Hudson of Hudson Elite Marathon Performance. You can boost your total kilometres by doubling once a week – and still keep a rest day. Four to 10 hours after a key workout like an interval session or a tempo run, go for an easy 20 to 45 minute run and don't fret about pace. This will boost mileage and aid recovery from the first workout by increasing blood flow to the muscles and flushing out lactic acid and other metabolic waste products. The result? Fresher legs for your next run. “The best massage you can get is from a second run,” says Hudson. On days you can't bear the thought of lacing up again, try pool-running, cycling, or the elliptical. Such options offer similar recovery benefits without the pounding, says Hudson.

MIDWEEK MILEAGE CRUNCH

No doubt, it can be tough to run 10 to 15 kilometres on a Wednesday. Divide the run in two, and you can reap a surprising number of benefits. For example, logging 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,” says Hudson. 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, say Magness.

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,” says Magness. 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, following 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 5km or 10km, do your usual speedwork in the morning and add a shorter, faster hill repeats or intervals in the afternoon, says Hudson. For example 4 x 2 repeats at 10km pace with three minutes recovery followed by 4 x 400m at 3km pace with one minute recovery. “Most workouts, you come in pretty fresh,” says Magness. “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,” says Hudson.

But Don't Overdo It!

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.

Say alert

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

RUN BETTER

Going for a midday walk as a second workout boosts your mood, blood flow, and kilojoule burn, and doesn't require a change of clothing.

* * * *

READY TO ROLL

Why you should add a foam roller to your warm-up

By now we all know that pre-run static stretches aren't much benefit – but according to new research published in the *International Journal of Sports Physical Therapy*, a foam roller might give you the benefits of said stretches without the drawbacks. Researchers say that padded massage tools boost hamstring flexibility without limiting muscular strength or power in the way traditional static poses do. Roll a little self-massage into your mix of dynamic stretches and gentle jogging for your smoothest warm-up yet.

Keeping cool when racing in the heat

Caryn Zinn (PhD) Dietitian, Sports Nutritionist, AUT lecturer

Racing performance can be influenced greatly by changes in environmental conditions, and in particular by heat and humidity. The human body is able to maintain its core temperature at a relatively constant state in a variety of temperature changes, and it does this by losing or gaining heat by the skin and the tissues beneath it. When exercising in the heat you will need to take extra care to ensure that you manage your cooling strategies to prevent the body from overheating. While there are many things to do in general to avoid heat stress (i.e. such as appropriate dress and training during the cooler parts of the day) my five tips below will focus on fluid consumption in the heat.

1. Weigh yourself before and after your training sessions in a variety of conditions (temperature). This will tell you how much fluid you are losing in your session. Aim for a body weight loss of LESS THAN 2%. 1kg = 1 litre. Example: If you weigh 65kg, any body weight loss greater than 1.3kg will mean that your performance is starting to deteriorate. This weight loss should not be misinterpreted as fat loss (and be a cause for celebration) it's merely water loss (and a little glycogen from your muscles) and it needs to be replaced. You can also drink too much during your exercise sessions, which can cause harm as well – another good reason to monitor your fluid status and work out your own personalised fluid requirements.

2. Begin each exercise session in a well-hydrated state. This means that you have to pay attention to your fluid consumption outside of training sessions too. It would be a good idea to have a drink with all meals and snacks, making sure that you drink the most appropriate fluid to suit your needs. If it is more carbohydrate you are after then choose a carbohydrate-containing beverage; if it is more protein and carbohydrate you are after, then a milk-based beverage would be useful. If you are just after hydration, then water is your best bet.

3. Recover your fluid losses immediately after exercise. Drink more than you need to replace 100% of your losses. After exercise your fluid losses continue (sweating continues and your metabolic rate is raised). Having a drink with some electrolytes in it (i.e. sodium) or having some food containing salt with your fluid can help you rehydrate quickly.

4. Control your caffeine intake. Contrary to popular belief caffeine does not worsen dehydration during exercise, however it is wise to control the amount of caffeine you consume outside of training times to avoid any risk of fluid losses in an environment in which you already have challenges with fluid consumption.

5. Practice your race-day plan. Training is important for several reasons, one of those reasons is to practice your fluid (and general nutrition and hydration) strategies. Simulate the time of your race day in your training sessions to see how your body will tolerate what you have in store for it (from a nutritional point of view). Practice makes perfect! So my parting messages to you all are to make sure you work out a fluid strategy for you that will optimise your performance on race day ... and practice makes perfect!

* * * *

DEAR CATS AND DOGS

1. The dishes with the paw prints are yours and contain your food. The other dishes are mine and contain my food. Placing a paw print in the middle of my plate and food does not stake a claim for it becoming your food and dish, nor do I find that aesthetically pleasing in the slightest.

2. The stairway was not designed by NASCAR and is not a racetrack. Racing me to the bottom is not the object. Tripping me doesn't help because I fall faster than you can run.

3. I cannot buy anything bigger than a king sized bed. I am very sorry about this. Do not think I will continue sleeping on the couch to ensure your comfort. Dogs and cats can actually curl up in a ball when they sleep. It is not necessary to sleep perpendicular to each other, stretched out to the fullest extent possible. I also know that sticking tails straight out and having tongues hanging out on the other end to maximize space is nothing but sarcasm.

4. For the last time, there is no secret exit from the bathroom! If, by some miracle, I beat you there and manage to get the door shut, it is not necessary to claw, whine, meow, and try to turn the knob or get your paw under the edge in an attempt to open the door. I must exit through the same door I entered. Also, I have been using the bathroom for years - canine/feline attendance is not required.

5. The proper order for kissing is: Kiss me first, and then go smell the other dog or cat's butt. I cannot stress this enough.

Finally, in fairness, dear pets, I have posted the following message on the front door:

TO ALL NON-PET OWNERS WHO VISIT AND LIKE TO COMPLAIN ABOUT OUR PETS:

- (1) They live here. You don't.
- (2) If you don't want their hair on your clothes, stay off the furniture. That's why they call it 'fur'-niture.
- (3) I like my pets a lot better than I like most people.
- (4) To you, they are animals. To me, they are adopted sons/daughters who are short, hairy, walk on all fours and don't speak clearly.

Remember, dogs and cats are better than kids because they:

- (1) Eat less;
- (2) Don't ask for money all the time;
- (3) Are easier to train;
- (4) Normally come when called;
- (5) Never ask to drive the car;
- (6) Don't hang out with drug-using people;
- (7) Don't smoke or drink;
- (8) Don't want to wear your clothes;
- (9) Don't have to buy the latest fashions;
- (10) Don't need a gazillion dollars for college; and
- (11) If they get pregnant, you can sell their children.

20th WORLD MASTERS ATHLETICS CHAMPIONSHIPS

Porto Alegre, Brazil

16th to 27th October 2013

The following are Wellington Masters members who competed at the World Masters Championships and their results.

My apologies if I have omitted anyone as I had to search thru a large number of results pages to obtain the results listed. (Ed.)

| Grade | Name | Place | Time/Dist. |
|--------------------------------------|-------------------|-------|------------|
| Shot Put: | | | |
| M75 | Peter Hanson | 4 | 8.48m |
| 100m Preliminaries (Heat 2): | | | |
| W35 | Vanessa Story | 4 | 14.05 |
| 100m Finals: | | | |
| W35 | Vanessa Story | 8 | 15.24 |
| 400m Preliminaries (Heat 2): | | | |
| W35 | Vanessa Story | 5 | 1:05.69 |
| 5000m Race Walk: | | | |
| W65 | Jacqueline Wilson | 3 | 32:44.97 |
| 10km Race Walk: | | | |
| W65 | Jacqueline Wilson | 4 | 1:09:18 |
| 20km Race Walk: | | | |
| W65 | Jacqueline Wilson | 4 | 2:23:23 |
| 1500m Preliminaries (Heat 3): | | | |
| M55 | Tony Price | 5 | 5:00.21 |
| 5000m: | | | |
| W55 | Jane Flowerday | 21 | 29:17.18 |
| 5000m: | | | |
| M55 | Tony Price | 11 | 18:14.91 |
| 8000m: | | | |
| W55 | Jane Flowerday | 23 | 47:13.00 |
| 8km Cross Country Run: | | | |
| M55 | Tony Price | 3 | 29:01.00 |
| 10,000m: | | | |
| W55 | Jane Flowerday | 9= | 1:00:32 |
| Half Marathon: | | | |
| W55 | Jane Flowerday | 10 | 2:09:21 |

* * * *



Heart Health

Regular aerobic exercise is critical for the health of your heart.

You've heard it a million times – exercise is essential for good health, for weight loss or maintenance and for optimal mental health. An inactive lifestyle is one of the main reasons why people develop heart disease in the first place, so exercise is a critical component to maintaining a healthy heart! Regular aerobic exercise has many benefits in addition to maintaining a healthy cardiovascular system.

The risk for heart disease increases with age, with men at greater risk than women. The risk for men typically begins around the age of 45, while women seem to be protected up to the age of 55 due to the hormonal benefits associated with menopause.

When considering a heart-healthy exercise routine, it is important to keep in mind the following:

- Thirty minutes of moderate exercise is recommended every day or at least most days of the week. This can be broken down into three 10-minute intervals.
- Exercising with a friend helps you to maintain a regular schedule, makes exercise more “social” and can help sustain motivation.
- Varying your routine keeps your interest level elevated.
- You do not need to join a gym or invest in expensive equipment. Brisk walking, biking, swimming, skating, skiing, rowing, tennis and jogging all count as aerobic exercise.
- Remember to include a five-minute warm-up, (e.g. stretching exercises) before any aerobic activity and a five to 10 minute cool down period following any aerobic exercise.
- Choose an activity that you enjoy, or learn a new one, to maintain interest in your heart-healthy program.
- Keep in mind that the best exercise is the one that makes you feel good – and is one that you are willing to repeat again and again on a regular basis.

Cardiovascular disease can be controlled through a healthy diet and regular exercise. It's up to you to make the commitment and stick to it.

* * * *

MILK THE BENEFITS

Like death, taxes and dodgy running shorts, age-related muscle loss is an unfortunate fact of life. Scientists say we start losing bulk at around 30 – and this accelerates when we hit old age. But have protein right before or after strength training, and you could help slow the process. Young runners who combined protein with exercise gained, on average an extra 995 grams of muscle, according to a study from Maastricht University, Netherlands. Older runners fared even better, with a 38 per cent boost – even those who already had enough in their daily diet.

Protein Tip – Help your intake along with chocolate milk in the half-hour after a run.

CALIFORNIA TRACK & FIELD TOUR 2014

An opportunity for New Zealand athletes to experience international competition over several meets and in a climate that has consistently produced personal bests

Departure:

April 1 from Auckland to San Francisco

Return:

April 19 from L.A., - arrive Auckland April 21
(Dates are approximate at this point, depending on air travel. But we will be competing over the weekends of April 5, April 12, and April 19)

Likely Meets

Stanford Invitational Track and Field Meet
American River College Invitational
Arcadia Invitational (High School)
Pomona/Pfizer Invitational
Brian Clay Invitational
Mount Sac Relays

Fun

Fisherman's Wharf
Alcatraz Island
Disneyland
Hollywood
Pro Sports
Malibu

Costs:

Approximately \$3800*

Includes air travel (Auckland to SF/LA), hotel, local excursions and local transport
*More or less, depending on airline cost

Information:

Greg Lautenslager
Coach/Director

National Academy of Distance Running
Telephone: 03 923-2321

E-mail: coach@nzrunningacademy.co.nz

Last years group at Disney World



MOUNT SAC RELAYS



ARCADIA INVITATIONAL



STANFORD INVITATIONAL



Greatest Races of All Time:

1984 Olympic 1500m Final – Britain's Best

The series of event leading up to the 1984 Olympic 800m and 1500m finals are made for books rather than magazine articles, but let us try to relive some of the magic for you. Sebastian Coe had burst onto the international athletics stage in 1979 (aged 22 years) when he set three world records in just over a month. Coe obliterated the 800m world record by over one second, lowered the mile record by four 10ths of a second and wiped one 10th off the 1500m record.

At the 1980 Olympics, Coe was the strong favourite for the 800m, while his compatriot Steve Ovett, who had recently equalled the 1500m world record and taken the mile record, was favoured to take out the 1500m. In a strange series of events, Coe was beaten in a slow, tactical 800m final by Ovett, the 1500m specialist, only to later extract his revenge by taking Olympic gold in the 1500m.

The drama continued in the intervening years between the Moscow and Los Angeles Olympics. In 1981, Coe went on to lower his own 800m record to 1.41.72 (a record which stood for 26 years) and was still the only man to have ever run under 1.43. One month later, Coe reclaimed the world mile record from Steve Ovett, only to lose it back to Ovett within a week. Not to be outdone, Coe reclaimed the title of world mile record holder just two days later. This phenomenal series of races saw the mile record broken three times in nine days! Certainly 1981 was a significant moment in history for world and, in particular, British middle distance running.

Fast forward to 1984: Sebastian Coe had missed the inaugural world championships due to an illness, which cost him most of the 1983 season, but still held the 800m and mile world records. Ovett was the current 1500m world record holder and a new Briton had emerged onto the scene, Steve Cram, the winner of the World 1500m Championship. Thus, the Brits went into the Los Angeles Olympic games with the defending 800m and 1500m Olympic champions, the World 1500m champion and the World 800m, 1500m, and mile record holders.

In the 800m final, it was again Ovett and Coe who were representing Britain against the rest of the world. However, unlike 1980, Ovett was never a threat and was hospitalised after the race. Coe put up a brave performance attempting to capture his first major title at the event he owned on paper since 1979. But it was Brazil's Joaquim Cruz who ran an Olympic Record and the third-fastest time in history (1.43.00) to take gold. Coe was in contention until Cruz pulled away in the final 80m, leaving Coe in a nail-biting battle with Jones from America. Coe eventually got up to win his second consecutive Olympic 800m silver medal.

So the scene is now set – the last day of the 1984 Olympic Games, and the men's 1500m final. The field was one of the best ever assembled and contained three of the best British athletes of all time. The early pace was controlled by Khalifa from Sudan, who led all of the contenders through the first 400m in 58.8. A storming back straight saw Steve Scott hit the lead and press onwards from the 500m point. With two laps to run, Coe was sitting comfortably on Scott's shoulder, with Cram and Ovett both within the top six and within two metres of Coe. The 800m mark was reached in 1.56.8, and Abascal from Spain flew to the front with 600m to run and kept pressing the pace. The bell was reached in 2.39.0 with Abascal leading a single file train of Coe, Cram and Ovett, in second, third and fourth. With 350m to go, Ovett stepped onto the infield and out of the race looking very distressed, and was later carried from the track on a stretcher. It was heartbreaking for Ovett, who had competed while still ill, and marked a disappointing ending to his 1984 Olympic experience. A 56-second third lap saw the leaders pass through 1200m in 2.53.2, and charging down the back straight for the last time, Cram made a strong move for the lead. However, Coe was able to respond and squeezed between Abascal on the rails and Cram in lane one. From this point, Coe was never really challenged for the lead and opened up the after burners in the home straight to put five metres into Cram and another 10 metres into Abascal. The winning time was 3.32.5 and a new Olympic record, with a final lap of 53 seconds. It was a truly phenomenal race, and marked the first time anyone has ever defended their Olympic title in the 1500m.

| | | |
|--------------------|-------|---------|
| 1. Sebastian Coe | (GBR) | 3.32.53 |
| 2. Steve Cram | (GBR) | 3.33.40 |
| 3. Jose Abascal | (SPA) | 3.34.30 |
| 4. Joseph Cheshire | (KEN) | 3.34.52 |
| 5. Jim Spivey | (USA) | 3.36.07 |
| 6. Peter Wirz | (SWI) | 3.36.97 |
| 7. Andres Vera | (SPA) | 3.37.02 |
| 8. Omer Khalifa | (SUD) | 3.37.11 |

* * * *



Six Ways to Get High on Hydration this Summer!

By Claire Turnbull

The majority of your body is made up of water and keeping well hydrated is absolutely vital to keep your body in good working order and to make sure you look and feel your best.

As you lose water every day through sweating, urine and breathing you need to make sure you are replacing what you lose. As the warmer months arrive, you are likely to lose more fluid each day through sweat than you do during the cooler times, so – that means it is more important than ever to focus on what you are drinking at this time of year!

Here are six things you can do to keep in top of your hydration:

1. **When it comes to staying well hydrated, water is best.** In the summer – flavour water with fresh mint leaves, sliced cucumber, ginger, fresh lemon or lime juice. You can also try sparkling water, herbal teas if you want something warm or make your own chilled iced teas (most of the ones you buy will have lots of added sugar). Having a glass of low fat milk is a great way to get some hydration and a boost of protein and calcium too. Tea and coffee do count towards your fluid intake, but ideally limit them to a couple of cups a day and have most of your fluid as water.
2. **There is no exact amount or guidelines for how much to drink** – it really does vary from person to person and is influenced by the environment where you work (air con or outside), the temperature of your environment and how much you normally sweat. Aiming for 2-3 litres a day as a starting point is a good idea, then drink the amount you need to be passing lots of pale coloured urine (without going to the loo every 5 minutes – that might mean you are overdoing it).
3. **Get into a drinking routine that works for you and that you can keep up.** You could set yourself a goal of having a glass of water when you first wake up then at 11am, 1pm, 3pm, 6pm and 9pm – or if the exact times don't work for you – then go for something else. Another thing you can try is to aim to fill a 750ml water bottle up 3-4 times throughout the day and drink it all.
4. **Aim for you urine to be pale straw coloured throughout the day,** it is likely to be more concentrated first thing in the morning, but after that – once you have started drinking – your goal is pale pee!
5. **Beware of high sugar drinks** – look at the back of the bottles before you buy them, you might be surprised – especially when you look at some fruit drinks, flavoured waters and tonic water. 4g of sugar is equal to 1 teaspoon so you can do a quick check next time you pick up a drink bottle. If you are having fruit juice, dilute it ½ and ½ with chilled still or sparkling water. Coconut water can be a nice refreshing drink for a change too.
6. **As the festive season is here, the wine and beer starts flowing.** To make sure you stay well hydrated and avoid the dehydrating effects of alcohol on your body – have several glasses of water before you have any alcohol and a glass of

still or sparkling water alongside your alcoholic drinks. You can also mix wine with soda to make a spritzer if you like too. There are low alcohol beers and wines on the market now, so you can always look at those as an option to keep your total alcohol intake in check.

Claire Turnbull is a NZ Registered Nutritionist, AUT/Millennium Institute. For more information about Claire, visit her website: www.claireturnbull.co.nz

* * * *

Jump Start Your Motivation

Almost every runner feels better after almost every run. But there are "those" days every year when the subconscious reflex brain is under a higher level of stress/pressure and will divert you away from thoughts about taking a run by sending messages like "too much to do." By taking conscious action, you can over-ride the reflex brain, feel better and get moving.

Each of the simple actions below can improve mental attitude in each workout. Each of these actions stimulates the secretion of the positive attitude hormones that make you feel better physically and emotionally. As you take one step after another, you will gradually increase the flow of the "good attitude" substances and gain control over your attitude. Soon you will have confidence in the system and it becomes easier and easier to get going.

- **Eat a blood sugar boosting snack if needed** - low blood sugar is a major stress on the brain. A simple snack of about 100 calories can often change attitude in 20-30 minutes. Some runners have had a rebound by taking a sip or two of a sugar beverage and spitting it out.
- **Drink a cup of coffee** - Caffeine is a central nervous system stimulant and helps with focus. Even one cup of coffee has been shown to increase the endurance time on a treadmill.
- **Start walking** - the gentle motion of walking will stimulate good secretions of peptides, improving mood and motivation.
- **Smile** - Smiles not only activate endorphins - they also stimulate positive peptides that lock into molecules and result in good emotions.

From *Mental Training for Runners* by Jeff Galloway.

* * * *

Top Mistakes Made When Running Hills

1. Striding too long down a hill.
2. Striding too long up a hill.
3. Increasing the pace when running up a hill.
4. Leaning too far when running up a hill.
5. Leaning back too far when running down a hill.
6. Leaning too far forward when running down a hill.
7. Pumping the arms to get up a hill faster.
8. Trying to "win the hill".
9. Not taking strategic walk breaks when running up or down a hill.

By Jeff Galloway.

Don't forget nominations for

WELLINGTON MASTERS

ATHLETICS INC.

ATHLETE OF THE YEAR



It is time to put forward nominations for the Athlete of the Year Award.

Award:

Known as the Wellington Masters Athlete of the Year Award.

Period Covered:

From 1 January to 31 December.

How Nominated:

Nominations may be made by Clubs, Centre Committees, and individuals or by athletes themselves.

Criteria for Award:

Achieving a medal at the WAVA or (WMA) Championships or World Masters Games.

Achieving a World Record or a World Best Performance.

Achieving a New Zealand Record or New Zealand Best Performance.

Achieving 90% or higher performance on the Age Graded Tables.

Achieving a meritorious performance or performances.

Closing Date:

The 20th January following the year for consideration.

Selection:

This is to be made by the Committee of Wellington Masters Athletics.

Presentation Date:

Either on the second day of the Wellington Masters Athletics Track and Field Championships in February following the year of consideration or at a special presentation dinner.

Form of Award:

A trophy has been donated by Colleena & Jim Blair and this year was awarded to Jim Blair.

- COMING EVENTS -

2014:

Jan

19 Scorching Triathlon (with Duathlon option) Scorching Bay, Wellington
Ironman 70.3 Auckland - 1.9km swim, 90km bike, 21.1km run Viaduct Harbour, Auckland

Feb

8 Buller Gorge Full & Half Marathons Westport
16 Scorching Triathlon (with Duathlon option) Scorching Bay, Wellington
21-22 19th New Balance Great Lake Relay Taupo

Mar

8-9 **Wellington Centre T&F Champs (includes Masters Champs)** **Newtown Park**
23 Scorching Triathlon - Teams Event Scorching Bay, Wellington
Mt Lowry Challenge Williams Park, Days Bay

April

5 Forrest Grape Ride Marlborough - 101km or 42km Blenheim
13 London Marathon London
21 Boston Marathon Boston
25 Anzac Day Races - 5km and 10km run & walk Carterton
27 Gold Coast Bulletin Fun Run - Half Marathon, 10km, 5km & 2.5km Skilled Park, Gold Coast

May

3 50th Rotorua Marathon Rotorua
4 Nelson Half, $\frac{1}{4}$ marathon and 5km run and walk Stoke, Nelson
Masters Classic Relay **Trentham Memorial Park**
10 Saint Clair Vineyard Half Marathon Marlborough
31 ITU Duathlon World Championships Pontevedra, Spain

July

5-6 Gold Coast Marathon - Full & Half Marathon & 10km Gold Coast, Queensland
? **Masters 8km Road Race & Walk** **Olympic Harrier Clubrooms**

Oct

? **Masters 10k Road Race & Walk** **Huia Pool, Lower Hutt**

Nov

2 New York Marathon New York
Auckland Marathon Devonport, Auckland
14 Queenstown International Marathon - Full & Half Marathon & 10km Queenstown

2017

April World Masters Games Auckland

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