

# THE

# MASTER

# COPY

Newsletter of Wellington Masters Athletics Inc.

Volume 16 Issue 5

October 2017

## ***NEXT EVENT:***



### ***LOWER HUTT 10km ROAD RACE & WALK (Includes 5km Option)***

***SUNDAY 15<sup>th</sup> OCTOBER***

**START TIMES: Walkers 9.15am – Runners 9.45am**

**START/FINISH: Southern end of Riverside Carpark  
adjacent to Daly Street in Lower Hutt  
(Near Parkrun start)**

**Entry forms available on our website:**

[www.wellingtonmastersathletics.org.nz](http://www.wellingtonmastersathletics.org.nz)

**and on page 15 of this newsletter**

#### **WELLINGTON MASTERS ATHLETICS INC.**

##### **COMMITTEE MEMBERS 2017-18**

##### **EXECUTIVE:**

President:	Michael Wray	027 648 8502
V.President:	Michelle Van Looy	021 244 8645
Secretary:	Albert van Veen	563 8450
Treasurer:	Graham Gould	973 6741

##### **COMMITTEE:**

John Hammond	04 292 8030
Sean Lake	389 5912
Sharon Wray	234 7972
John Palmer	479 2130

##### ***IN THIS ISSUE . . .***

Committee and Club Coordinators	2
President's Report to AGM	3
Stretching: Easy, Relaxing and Free	4
Calcium Supplements & Hill Workout	5
Statement of Receipts and Payments	6
Track & Field Programme 2017-2018	7
Recipe, Get Your Vitamin D& Nutrient Dense	8
The Athletes Kitchen	9
The Athletes Kitchen ctd and Osteoarthritis	10
Are You Drinking Enough Water	11
Athlete Profile – Peter Hanson	12
Health – Best Food for Runners	13
NZMA Database & Bad Posture	14
Entry Form Lower Hutt 10km	15
Registration Form	IBC
Upcoming Events	BC

# WELLINGTON MASTERS ATHLETICS INC.

## COMMITTEE MEMBERS 2017-18

PATRON:	Bruce Perry	Apt 512, 134 Burma Road, Johnsonville, Wellington 6037	473 0877
PRESIDENT:	Michael Wray	7 Navigation Drive, Whitby, Porirua 5024	027 648 8502
IMM. PAST PRES:	Brian Watson	2 Rosewood Park, 78 Queenwood Road, Levin 5510	06 368 7380
VICE PRESIDENT:	Michelle Van Looy	11 Hampton Hill Road, Tawa, Wellington 5028	021 244 8645
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:	John Hammond	148 Wellington Road, Paekakariki, Kapiti 5034	04 292 8030
	Sean Lake	Unit 43, 46 Hiropi Street, Newtown, Wellington 6021	389 5912
	Sharon Wray	7 Navigation Drive, Whitby, Porirua 5024	234 7972
	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 Blair (2004); Bruce Perry (2008) and John Palmer (2010).

-----

## CLUB CO-ORDINATORS

AURORA HARRIERS:	Hadley Bond	84 Moana Road, Porirua 5024	233 2241
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	2 Rosewood Park, 78 Queenwood Road, Levin 5510	06 368 7380
MASTERTON:		PO Box 375, Masterton 5840	021 456 675
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:	Jackie Wilson	1 Bernadette Street, Upper Hutt 5018	526 7439
UNIVERSITY:	Richard Brandon	PO Box 6108, Wellington 6140	476 5758
WAINUIOMATA HARRIERS:	The Secretary	Karen Forsyth, PO Box 43056, Wainuiomata	564 2141
WGTN HARRIERS:	Paul Hewitson	50 Parkvale Road, Karori, Wellington 6012	476 8686
WGTN MARATHON:	The Secretary	PO Box 14-489, Kilbirnie, Wellington 6241	
WGTN MASTERS:	Jim Blair	Flat 4, 39 Kiln Street, Silverstream, Upper Hutt 5019	528 2992
WGTN TRI CLUB:	The Secretary	PO Box 2201, Wellington 6140	

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 TO AGM**

This has been a period of change for New Zealand Masters Athletics. Since September 2016 we are operating within a model of shared membership with Athletics New Zealand. While this gives us a challenge in changed revenue and communication models, the change itself is without doubt for the good of our sport. No longer do masters athletes have to pay two sets of subs to have access to all-year round competition. It reduces barriers to entry and provides more credibility to masters' results and records when they are not reduced to a sub-set of the masters' athletics community.

It means we engage with our members in a different way. We are better placed than some of the other Centres in New Zealand due to our excellent relationship with Athletics Wellington and our ability to communicate by email with all members, whichever path they have taken to joining.

Last year, we closed with 92 members of Wellington Masters Athletics. This year we have to measure membership differently and by two categories. We have direct members, being those that have no interest in participating in competitions put on by Athletics Wellington or Athletics New Zealand. And we also have indirect members, being those who gain membership of Wellington Masters Athletics via a competitive membership of an Athletics Wellington club. For the year just ended, we had 35 direct members and 328 Athletics Wellington members.

With the new membership agreement in place domestically, it was noticeable that the masters representation at the Wellington Track & Field Champs was greatly increased. This doesn't just improve our share of entry fees, which is welcome; it also improves the depth of competition. As one example, when was the previous time the 5000m Champs had enough masters competitors to produce full podiums in all of the M35, M40, M45 and M50 grades? The answer is sometime last century. We are now seeing real improvement in performances too, especially in the M35 grade. This is a level where, to be frank, the records have been embarrassingly soft and generally much lower than the M40 records. Some of this is likely a reflection of the days when men's masters records only began at M40 but it is also related to the older regime where masters athletes, particularly those harriers whose main focus was cross country or road with only the occasional track and field outing, were not aware of the need to pay a second sub to be eligible for records. Having records that reflect the genuine best masters performances by Wellingtonians, as opposed to being claimed by someone who finished, say, fourth provides credibility to our record books.

We held our usual three harrier events during the year. The Hutt 10km last October saw only a small increase on the 2015 numbers and the turnout was somewhat disappointing. It was perhaps too soon after the MOU to expect to see benefits, so it was pleasing to see 19 teams participate in our Classic XC Relay event this year - our highest number for 10 years. For the Johnsonville road race, we went even better and had the most entrants we've had this century.

Some of this increase is due to the shared membership agreement reducing barriers between Athletics Wellington and Wellington Masters. We can also credit a concerted effort on our part to promote an improvement in the quality and range of prizes available – masters seem to respond well to the promise of "quality wine, craft beers, boutique cider and trendy soft drinks!" We have also embraced the social media age, with a Facebook page for Wellington Masters Athletics that allows us to advertise ourselves to the wider community and communicate more directly than we can via the website.

The website itself has been further extended. Our historic archive is second-to-none. We have every back-issue of Master Copy available for download. We also have an extensive set of results. For example, the Wellington XC Results for masters have recently been extended back to 1999. For some national competitions, we have a complete list of masters winners e.g. NZ Road Relays (back to their start in 1977), the NZ Road Champs (back to the first masters competition of 1972) and the NZ Cross Country results (also back to their start of 1970). The NZ Masters Track & Field Champs are in the process of being completed back to 1975, though I do have a gap of 1999 to 2004 that I'm keen to fill if anyone out there is sitting on some old results or copies of Vetline.

On the global stage, a number of Wellington Masters athletes competed at two World Championships in the last twelve months. The 2016 World Champs in Perth saw Wellington's Vanessa Story, Tony Price, Michael Wray, Peter Hanson, John Hines, Jacqueline Wilson, Daphne Jones, Peter Tearle and Sue Hoskin come away with various bronze and silver medals plus a few team golds. In 2017 the World Champs in Daegu was even better; in addition to Andrea Harris and Vanessa Story taking medals, we produced three individual World Champions in Jim Blair, Jacqueline Wilson and Michael Wray.

Though not a championship, we also had some athletes go to Auckland for the World Masters games where medals were secured by Peter Stevens, Michael Wray, Mat Rogers, Adam Steinmetz, Judy Hammond, Richard Sweetman, Jenny Mason, Jacqueline Wilson, Daphne Jones, Jim Blair and David Reade.

*Continued on next page . . .*

Continued from previous page . . .

Not content with standing on podiums, a number of Wellington Masters set NZ National records. These included David Reade, Michael Wray, Alessandro Pinna, Peter Tearle, Mat Rogers, Jim Blair, Tony Price, Daphne Jones, Sue Hoskin, Jacqueline Wilson, Vanessa Story and Andrea Harris.

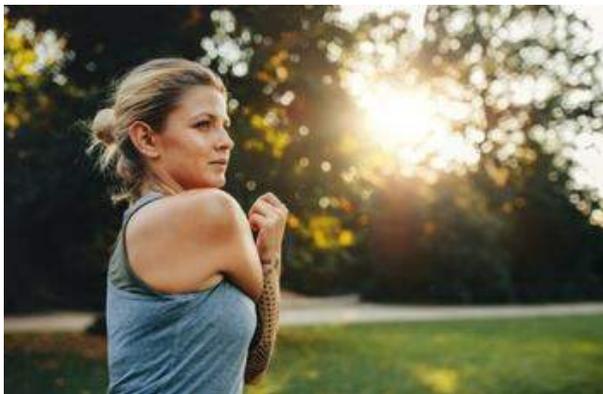
One of the highlights of the last twelve months was outside of competition. The anniversary dinner to celebrate the 40th birthday of Wellington Masters took place at the CQ Hotel. It was well attended, justifying our decision to subsidise ticket costs to make the event accessible to all. Guests were provided with a gift bag of goodies on entry to the function room, which included Roger Robinson's *Spirit of the Marathon*, Shoe Clinic and Hoka vouchers, some Whittakers chocolate and an assortment of other items. Plus we randomly gave away our sponsor spot prizes: ten pairs of Drymax socks from the Shoe Clinic, two pairs of shoes from Hoka and three months of gym membership from Exodus. Dinner was very good, featuring a buffet with options to cater for all tastes and diets, after which the renowned Roger Robinson gave a talk on masters' athletics, full of amusing anecdotes, entertaining tangents and jokes.

It's been a year of change as we adapt to an environment that is very different to that masters encountered in 1976. The spirit of cooperation between us and Athletics New Zealand has greatly improved. There is recognition that we are one sport with the same challenges and issues to resolve. The commitment to provide an environment for people to participate and compete in athletics for life, as the progress from juniors to seniors to masters, is something we can take on together.

*Michael Wray,*  
*President*

\* \* \* \*

## **Stretching: Easy, Relaxing and Free!**



Whether you're in a park or the comfort of your own home, stretching is ideal for people of every age.

It may be the most important and the most beneficial exercise there is. It also happens to be

the cheapest and the simplest, requiring exactly no equipment or floor space and zero special clothes.

It's stretching.

You may have known that stretching increases flexibility, allows for easier movement and better balance. But did you know it relieves low-back pain, reduces muscle soreness, promotes relaxation, improves posture, agility and athletic performance? It also reduces tension, improves circulation, reduces anxiety, stress, and fatigue, improves mental alertness, decreases the risk of injury, makes your work easier, tunes your mind into your body and flat-out makes you feel better naturally!

### **Five Stretching Tips**

Stretching conditions the muscles for exertion and exercise, making every muscle movement more efficient. Sound interesting? Ask us for a list of stretches that can help your spine at your next visit and then apply these simple rules:

1. Always warm up your muscles for at least five minutes prior to stretching – good warm-ups include jogging in place, slow biking and jumping jacks.
2. When you start, never bounce or bob. Not only is this less effective than simply "holding" the stretch, but it can also be very dangerous and lead to injuries.
3. Always perform each stretching exercise in a slow, controlled manner and hold each stretch for 20 to 30 seconds.
4. Stretches should feel slightly uncomfortable to "feel the stretch" in the muscles, not the joints. There should be no acute pain.
5. Always complete each stretch for both sides of your body or limb in the same way.

Wondering what else you can do to improve your health and wellness? Be sure to subscribe to our blog to catch the latest updates.

*Ed* - This article has been reproduced with the kind permission of Dr Louise Bruce-Smith, Back to Living Chiropractic, Level 1, 50 The Terrace, Wellington 6011, phone 04 499 7755 or visit the website [www.chiro.co.nz](http://www.chiro.co.nz)

\* \* \* \*

### **Odd Sayings**

A man who fell into an upholstery machine is now fully recovered.

He often broke into song because he couldn't find the key.

A lot of money is tainted - 'taint yours and 'taint mine.

A boiled egg in the morning is hard to beat.

He had a photographic memory that was never developed.

# Calcium Supplements: Think You Don't Need One?

By Ingrid Pilz, Naturopath

Osteoporosis. It's a big word that many people don't think has much relevance to their lives now. After all, isn't it a disease that only old women get?

## Do you need to think about Osteoporosis?

There are actually a lot of misconceptions about osteoporosis – a bone condition that makes bones weak and brittle. It's true that osteoporosis does affect more than half of New Zealand women over 60. But it also affects one third of men this age too – in fact, it's estimated to cost New Zealand more than \$1 million each year. And although it tends to appear in older people, its roots go right back our lifestyles and eating habits in our teens and 20s.

## How your Calcium intake now affects your bone health in the future

Although your bones appear to be hard, unchanging body parts, they're actually living tissue that's constantly being built up and broken down. Up until your late 20s or early 30s, your bones grow gradually stronger and denser if they get enough Calcium and other minerals.

At this point, though, they reach what's known as "peak bone density" – the maximum strength and density that they'll ever have. After this, even with enough Calcium, your rate of bone breakdown starts to eclipse your rate of bone buildup. This means you can only either maintain or lose bone mass as you age. And that's why it's important to have a good Calcium intake while you're still in your late teens and 20s.

## Low Calcium levels – who's most at risk

How much Calcium your bones get isn't just about the Calcium in the food you eat. It's also about how easily your body can absorb and use the Calcium that you take in. For example, your bones need weight-bearing exercise to really make use of the Calcium. And some kinds of foods can actually interfere with Calcium absorption, e.g:

- The caffeine and tannins in tea, coffee, cola or chocolate drinks;
- Refined sugary or salty foods; and
- Alcohol.

So if you can't do without your daily caffeine hit, drink the odd glass of wine, or don't exercise as often as you'd like? It's probably a very good idea to start thinking about your Calcium levels now.

## How to make sure you get enough Calcium

If you want to keep your bones healthy now and into the future, you need to look at your daily Calcium intake.

Good dietary sources of Calcium include:

- Low fat dairy products like milk, yogurt and cheese;
- Dark green leafy vegetables like broccoli, bok choy and spinach;
- Canned fish like sardines and salmon (if it contains the bones);
- Tofu and almonds; and
- Calcium-fortified foods (e.g. fortified orange juice, soy milk or cereals).

If you don't eat a lot of these foods on a regular basis, you may need to consider supplementing with a quality, high-potency Calcium supplement.

\* \* \* \*

# The Hill Workout

Not all races are flat and fast, so in order to be best prepared for those challenging courses it's essential to include some hill workouts into your running regimen. Done in conjunction with respectable amounts of flat running, hill repeats will build strength, improve speed and use muscle groups that are only mildly challenged on the flat.

The Long Hill – Short Hill Routine requires a hill of about 3-5% gradient and around 400m-500m in length. The session involves long and short repeats coupled together with a jog back recovery for about 20 minutes of work. The long hill repeat should be 90 seconds long. Run up the hill at a solid tempo for the duration and don't limit yourself by a set distance, but rather run for time. Turn around at the end of the interval and jog back to your start point. Once you have returned to your start point, take off again, but this time for a short hill repeat. The short hill repeat should be run at a higher intensity than the long hill repeat and should last for 30 seconds. Attack the repeat trying to utilise your leg strength and power. At the end of the interval, turn around and jog back to the start point for the completion of one set.

This workout will boost your aerobic capacity and build greater leg and climbing strength. Start with four repetitions, but as the winter season progresses build this session up to six repeats. Include a moderately lengthened warm up and cool down and this session could quite easily add plenty of miles to your weekly training log.

With a few Long Hill – Short Hill sessions under your belt and you'll notice improved strength in the quadriceps, hamstrings, glutes, calves and lower back, but ultimately you will be better prepared to take on those challenging race courses.

\* \* \* \*

Don't forget to visit our website at:

[www.wellingtonmastersathletics.org.nz](http://www.wellingtonmastersathletics.org.nz)

# WELLINGTON MASTERS ATHLETICS INC.

## Statement of Receipts and Payments for the period ending 31 August 2017

<u>2016</u>		<u>2017</u>
	<b>RECEIPTS</b>	
3,319.59	Balance of Current Account 31 August 2016	1,738.52
10,000.00	Term Deposit 31 August 2016	10,000.00
8,891.36	Savings Account 31 August 2016	9,415.88
22,210.95		21,154.40
4,450.00	Subscriptions Received	2,560.00
8.96	Interest on Current Account	2.44
198.36	Interest on Term Account	376.02
284.52	Interest on Savings Account	202.00
1,375.00	Race Entry Fees	1,585.00
-	Wellington Track & Field Champs Entry Fees	842.50
210.00	Uniforms Sales	435.00
-	Jubilee Dinner	2,280.00
50.00	Donations	45.00
6,576.84		8,327.96
28,787.79		29,482.36
	<b>PAYMENTS</b>	
4,005.00	Subscriptions to NZMA	2,720.00
181.54	Race Expenses	384.52
945.80	Telephone, Postage & Newsletter Expenses	779.29
-	Wellington Track & Field Champs Expenses	437.00
-	Uniforms Purchased	575.00
560.00	Track and Field Levy to Wellington Centre	560.00
284.95	Athletic Equipment Purchases	608.90
460.15	Presentation & Awards Expenses	405.00
-	Jubilee Dinner	2,802.10
195.95	Website Expenses	195.95
6,633.39		9,467.76
<b>22,154.40</b>	<b>TOTAL FUNDS AT 31 August 2017</b>	<b>20,014.60</b>
	Represented by:-	
1,738.52	ANZ Bank Current Account	1,156.72
10,000.00	ANZ Bank Term Deposit due 07/03/18	10,000.00
9,415.88	ANZ Bank Savings Account	8,857.88
	Prepaid Expense	-
1,000.00	Deposit to QC Hotels for Jubilee Dinner	-
22,154.40		20,014.60

### **Statement of Accounting Policies:**

The above statement is prepared on the basis of Receipts and Payments through the Association's banking accounts. No Provision or Accrual is made for amounts payable or receivable at the 31 August of each year. Except in 2016 the WMA has paid a \$1000.00 deposit to CQ Hotels for the WMA 40<sup>th</sup> Jubilee Dinner. As the Association is not GST registered the amounts in the Statement include GST.



# ATHLETICS WELLINGTON

## TRACK and FIELD PROGRAMME 2017/18

<u>Date</u>	<u>Event</u>	<u>Venue</u>
<b>2017</b>		
7 October	Have a Go Day	Newtown Park
8 October	Masterton Marathon	Masterton
14 October	Melrose Shield - Relay Meeting	Newtown Park
14 October	Course covering the IAAF New Rules effective 1/10/17	Newtown Park
28 October	Regional League 1	Inglewood
4 November	Regional League 2	Whanganui
18 November	Regional League 3	Masterton
<b>24-26 November</b>	<b>North Island Masters Track &amp; Field Championships</b>	<b>Inglewood</b>
25 November	1 <sup>st</sup> Grand Prix (GP)	Newtown Park
4 December	<b>TRACK REPLACEMENT. Newtown Park track unavailable until 19 January</b> <i>(if available earlier we will advise)</i>	
9 December	Lower North Island Championships	Inglewood
9 December	South Island Track & Field Championships	Timaru
16 December	Possibility of a Throws Meet at Sola Power	Sola Power
16 December	Scottish Night of Miles <i>(note new venue)</i>	Basin Reserve
<b>2018</b>		
5-7 January	North Island Colgate Games	Auckland (Mt Smart)
6 January	Lovelock Classic (includes combined events Commonwealth Games Trials)	Timaru
12-14 January	South Island Colgate Games	Timaru
13 January	2 <sup>nd</sup> Grand Prix (GP2)	Masterton
19 January	<b>Capital Classic - Commonwealth Trials</b>	Newtown Park
20-27 January	Oceania Masters	Dunedin
20 January	Solapower Throw Meet?	Sola Power
21 January	Kiwi Throws Meeting	Newtown Park
23 January	Cooks Classic	Cooks Gardens
27 January	Potts Classic	Hastings
2-4 February	<b>Wellington Centre Champs + GP3</b> Friday afternoon/evening through to Sunday	Newtown Park
10 February	Porritt Classic	Hamilton
17 February	Mini Meet A	Newtown Park
15-18 February	Australian Athletics Championships	Gold Coast
18 February	Round the Bays	
24 February	Mini Meet B	Newtown Park
24 February	NZ 10000m Championships	Inglewood
24-25 February	NZ Combined Events	Whanganui
2-4 March	<b>NZ Master Track &amp; Field Championships</b>	Whangarei
3 March	Mini Meet A	Newtown Park
9-11 March	<b>NZ Track &amp; Field Championships</b>	Hamilton
17 March	<b>Wellington 10000m Run &amp; Walk Championships</b>	Newtown Park
24 March	<b>4th GP + Wellington Champs 5000m Run &amp; Walk</b>	Newtown Park
8-15 April	Commonwealth Games	Gold Coast

Grand Prix, Mini Meets, Regional League Meets and Overs and Unders are for college age and above with grades for Under 16, Under 18, Under 20, Seniors (20+) and Masters (35+).

Newtown Park track is being replaced with the track closed from Monday 4 December through till just prior to the Capital Classic. If it is completed earlier we will advise.

The grass area is also being stripped back this year which is long overdue. Wellington City Council started this work in August. There will be no parking outside the Newtown Park grandstand until 15 September. While the grass is growing the inner field will be closed for throws or to walk or train on until mid-November. Shot Put can be used for training and competitions in the shot put areas, but definitely no throwing at all onto the grass. Sinclair Park is available for throws. We will advise immediately via Facebook, clubs and coaches when all throws practices and competitions can resume as normal at Newtown Park.



## **RECIPE**

# Spaghetti Bolognese

This healthy recipe makes for a delicious warming dinner for the entire family.



### ***Ingredients:***

- 1 packet (250g) Spaghetti
- 1 large onion, chopped
- 1 tbsp garlic, chopped or crushed
- 250g lean mince
- 1 tin (400g) crushed tomatoes
- 1 tbsp Italian herbs (dry)
- 50g tomato paste
- 1 large tomato, chopped
- 1 tbsp fresh basil
- Parmesan cheese to garnish
- Pepper to season.

### ***Method:***

1. Cook spaghetti according to directions on back of pack.
2. Heat a drizzle of oil in frying pan and cook onion and garlic for 2 minutes. Add mince and brown, using a wooden spoon to break up the lumps.
3. Add crushed canned tomatoes, dry herbs, tomato paste and cook over medium heat for a further 10 minutes or longer if you want a thicker meat sauce.
4. To serve, place spaghetti in your bowl, layer with tomato mince and top with chopped tomato, basil, a sprinkle of parmesan and season with pepper.

### ***Serving Suggestions:***

Serve with a fresh green salad or steamed vegetables.

### ***Nutritional Information:***

*Average Quantity per Serve*

Energy	2090kJ (500cal)
Protein	26.7g
Fat, Total	8.4g
- Saturated	3.4g
Carbohydrate	75.2g
- Sugars	8.9g
Dietary Fibre	6.4g
Sodium	292mg

\* \* \* \*

## Get Your Dose of Vitamin D

Osteoporosis is when bones become brittle and can fracture easily. As you know, eating calcium rich foods such as dairy and broccoli is important for bone strength, but it is also important to get a daily dose of Vitamin D through exposure to the sun. This is because Vitamin D is essential to helping your body absorb calcium from food.

During summer, being outdoors before 11am and after 4pm should be enough to meet your Vitamin D needs, but during winter 20-30 minutes of sun exposure per day is recommended. You cannot absorb Vitamin D through glass or if you are wearing sunscreen so it's best to expose your face and arms directly to the sun.

If you have concerns about skin cancer, check with your doctor as they will have a better understanding of the relative risks to you and advise you on this.

\* \* \* \*

## Nutrient Dense or Empty Calories?

It may come as a surprise that much of the food we eat does not have the same nutrient density it once contained.

For produce, this can result from over-spraying of pesticides and chemicals to the land. This contributes to a loss of many important soil microbes which assist the plant in growing a strong root system; it is the root system that helps the plant to uptake nutrients from the soil. So while some foods look great, sometimes their nutrient value is missing.

When you eat well but still feel tired all the time, your body will seek high sugar foods for a quick energy hit. However, once you start using this as a method to get quick energy, you can end up with constant cravings for more sugary foods, which tends to push you into bad food habits.

For many of us, busy time schedules lead to fast food convenience, and this can also create nutritional deficiencies that remain with us throughout the year.

When we feed our bodies nutrient-poor foods (or empty calories), elimination organs such as the kidneys or liver don't function effectively. This results in stored toxicity generally placed into fat cells. When the body does not burn those toxic fats, it can down regulate the thyroid gland, and up regulate the adrenal glands, causing the body to stress, and resulting in weight gain.

Consequently, additional adrenaline will be pumped into our bodies, and will eventually leave us with adrenal fatigue. The first sign of this is not wanting to get out of bed in the morning.

# THE ATHLETE'S KITCHEN

Copyright: Nancy Clark MS RD CSSD, August 2017



## Why Am I Not Getting Leaner...?

*"I religiously track my food and exercise. I'm eating 1,300 calories (the number my tracker told me to eat if I want to lose 1 kg a week). I've been following a strict diet and the scale hasn't budged. My friends tell me I am eating too little. I think I must be eating too much because I am not losing weight. I feel so confused... What am I doing wrong?"*

I often hear this complaint from weight conscious runners who don't know if they are eating too much or too little. They believe fat loss is mathematical. Exercising 500 calories more, or eating 500 calories less, per day will result in losing ½ kg (3,500 calories) of fat per week, correct? Not always. Weight reduction is not as mathematical as we would like it to be.

### Is it a diet or a famine?

If you are already running like crazy and are eating far less than you deserve — but the scale doesn't budge — you might wonder if something is wrong with your metabolism? Are you eating the wrong kinds of foods? What's going on...?

When runners have excess body fat to lose, they tend to lose it relatively easily. But when they get close to their race- and/or dream-weight, fat loss can slow to a crawl. That's when frustration sets in. You might think reducing your calorie intake even more would be a good idea. No. You would deprive your body of too many valuable nutrients, to say nothing of lack energy to run well.

When you significantly restrict calories, your brain perceives the lack of food as a famine. Doing extra exercise makes the situation worse, especially when your body is at a low weight. With no excess fat to lose, your body conserves energy and maintains weight at a calorie intake that historically would have resulted in fat loss.

Nature protects the body from losing weight during a (perceived) famine by slowing your calorie-burn: The heart rate slows (not due to fitness but rather to lack of fuel). Blood flow to extremities slows in order to keep your organs warm. Your hands and feet feel cold all the time. The stomach/intestinal tract slows; constipation can become an issue. The hormonal system reverts to pre-adolescence. Women produce less estrogen and stop having regular menstrual periods. Men produce less testosterone. You feel excessively tired. You can muster up energy to run, but then are droopy the rest of the day. Fatigue becomes your middle name.

### Role of genetics

When a runner complains about lack of fat loss despite rigid food restriction, one of my first questions is "How do you look compared to others in your genetic family? Are you leaner — or *far* leaner — than they are? The standard response is *far* leaner. Remember, the apple doesn't fall too far from the tree. Nature's blueprint for your body might differ from your dream physique.

Pay attention to what others say about your body. If your mum or partner says you are too thin, listen up and stop striving to be leaner yet. Rather than struggle to lose those last few kilograms, gently accept your physique and be grateful for what your body does for you. It is strong, healthy, powerful, and able to do what you ask it to do (run a marathon, raise a family, train for and complete an Ironman, etc.). It is a resilient vehicle that carries you through each day. It's *good enough*. Hopefully, you will not have to experience a broken leg or be diagnosed with cancer before you learn to be grateful for your body and how it allows you to walk, run, and live an active lifestyle — regardless of your size or shape.

### Eat more, get fat?

You can stop the diet/famine by eating more; you will not instantly get fat. Rather, your metabolism will quickly return to normal. If your body is too thin, it will strive to restore itself to a genetic weight. This is why runners can have a hard time staying at their "racing weights." Being too thin is very hard to maintain.

If you believe you still have excess flab to lose, yet the scale doesn't budge despite your strict diet, what can you do? I generally recommend eating *more* and exercising *less*. To the shock of many of my calorie-deprived clients, this tends to work better than exercising more and eating less. Sounds counter-intuitive. How can that be true?

Think of your body as being a campfire. When it has three logs to burn, it generates a lot of heat. When it has just one log, it produces just a small flame. The same with your body, the more fuel it has, the bigger the flame and the more calories you will burn.

While adding calories, focus on the benefits: how much better you feel, the power in your workouts, your happier mood, and better quality of life. If you don't trust your body and are fearful that eating more will end up with your regaining the weight you worked so hard to lose, get help. A sports dietitian can guide you through this process. Use the referral network at [SCANdpg.org](http://SCANdpg.org) to find your local expert.

### Are fitness trackers helpful?

Fitness trackers offer information that is interesting but not precise. Something strapped on your wrist can sort of measure what your legs are doing, but many variables impact accuracy. For example, pushing a baby jogger with straight arms gives a different step count than if you were to run with freely swinging arms.<sup>(1)</sup>

*Continued on next page . . .*

Continued from previous page . . . . .

As for energy expenditure, note that some of the calories reported as being burned during your workout include calories you would have burned in that hour regardless of exercise. Knowing calories burned can be dangerous... "Oh, I just burned 500 calories, so now I deserve to eat ice cream!!!" Tracking might not enhance fat loss.<sup>(2)</sup>

Your body is your best calorie counter. Instead of tracking calories to determine if you have eaten the correct amount, try listening to your body. Before you eat, ask yourself: *Am I eating because my body needs fuel — or because I am bored, lonely, or stressed? ... Am I stopping eating because I am satisfied? Or just because I think I should?* By eating mindfully, you will not over eat nor under eat. You'll simply relearn skills from childhood, when you ate when you were hungry, stopped when you were content, maintained a good weight, and never ran out of energy. Life is better when you are free from being in food jail.

**References:**

1. **Nelson et al.** *Validity of Consumer-Based Physical Activity Monitors for Specific Activity Types.* *Med Sci Sports Exercise*, 48(8):1619-28, 2016.

2. **Jakicic et al.** *Effect of Wearable Technology Combined With a Lifestyle Intervention on Long-term Weight loss.* *JAMA* 316(11):1161-71, 2016

Sports nutritionist Nancy Clark MS RD CSSD has a private practice in the Boston-area (Newton; 617-795-1875), where she counsels both fitness exercisers and competitive athletes, teaching them how to eat to win. Her popular **Sports Nutrition Guidebook**, and food guides for marathoners, cyclists and soccer are available at [nancyclarkrd.com](http://nancyclarkrd.com). For workshops, see [www.NutritionSportsExerciseCEUs.com](http://www.NutritionSportsExerciseCEUs.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.

\* \* \* \*

## Could You be at a Risk of Osteoarthritis?

A few pointers you should keep in mind.

Osteoarthritis is a painful condition that affects the bones that help make up a joint. In this condition, the cartilage between two bones wears off and leads to the rubbing of the two bones. This causes a lot of pain, discomfort and swelling in the region and may even cause restriction in movements of the joint. Over time the joint may lose its shape and could even lead to the formation of bone spurs — which causes more pain.

While the condition is thought to be a fairly common one, it is seen most often in women. Apart from that, there are some other risk factors that you should watch out for. The following are the most common ones.

- **Old age:** The risk of osteoarthritis increases with age.

- **Lack of exercise:** A sedentary lifestyle or the lack of exercise can cause your muscles and joints to become weak and stiff.
- **Your gender:** Women are at a higher risk of suffering from this condition as compared to men.
- **Obesity:** Being overweight is a major risk factor for osteoarthritis as the excess weight tends to place added stress on weight-bearing joints, such as your hips and knees.
- **Occupations with the repetitive stress on one joint:** If your job includes tasks that place repetitive stress on a particular joint, that joint may eventually develop osteoarthritis. This basically means a job where you are doing one motion constantly, like slouching over your laptop etc.
- **Genetics:** If someone in your family has had the condition you are quite likely to suffer from it too as your genetic structure might be similar.
- **Certain other diseases:** People with other diseases like diabetes, hypothyroidism and Wilson's disease are more prone to have osteoarthritis.
- **A joint injury:** A single major injury to a joint or several minor injuries can cause cartilage damage over time.

\* \* \* \*

There I was, sitting at the bar staring at my drink when a large, trouble-making biker steps up next to me, grabs my drink, and gulps it down in one swig.

"Well, whatcha gonna do about it?" he says menacingly, as I burst into tears.

"Come on, man," the biker says, "I didn't think you'd CRY. I can't stand to see a man crying."

"This is the worst day of my life," I say. "I'm a complete failure. I was late to an important meeting, and my boss fired me. When I went to the parking lot, I found my brand new BMW had been stolen, and I didn't buy insurance. I left my wallet in the taxi I took home. Then, I found my wife in bed with the plumber. On top of that, my own dog bit me."

"So I came to this bar to work up the courage to put an end to it all. I buy a drink, I drop a capsule in, and I sit here watching the poison dissolve. Then you show up and drink the whole thing! But enough about me, how's your day going?"



Back to Living®

Chiropractic • Natural Health

Let us help you get...Back to Living!

**Back to Living Chiropractic**

**Level 1, 50 The Terrace, Wellington**

**Telephone 499 7755**

**[www.chiro.co.nz](http://www.chiro.co.nz)**

# Are You Drinking Enough Water

## Here Are Some Little Known Symptoms of Dehydration

Every season brings its own health concerns with it, and summer is absolutely no exception. What with the high heat and humidity, heavy sun, and extra time outdoors, there are *plenty* of extra things to keep track of once summer arrives.

One of the most basic concerns, though, is so fundamental it's actually really easy to overlook: staying hydrated! While most of us are relatively good at drinking lots of extra water while we're exercising or spending tons of extra time outdoors, it's actually really, really easy to become dehydrated while just going about our daily lives. It's entirely possible that we're dehydrated right now and don't even know it! So how *can* we tell we need some hydration, STAT, other than debilitating thirst? By paying attention to our bodies and looking out for these common, little-known signs. You might be dehydrated if:

### You have a headache

Before you reach for the pain killers, reach for glass of water. Your brain needs water as much as your other organs – it sits in a protective fluid sack inside your skull, after all – and a lack of water means it's lacking oxygen, blood flow, and protection from bumps. The result of all that deprivation? Pain. So if you get a headache, consider it a first warning from your brain, and drink a glass of water before you try other treatment.

### You feel dizzy

Those issues causing you head pain? They can also make you dizzy. When you're dehydrated, blood and oxygen flow to your brain decrease, causing your vision to blur, the world to spin, and/or you to feel dizzy and/or lightheaded. Plus, dehydration can aggravate a tendency toward [syncope](#), making the likelihood of fainting higher. If you feel a spell of dizziness coming on, **get to safe place where you can sit or lie down without hurting yourself**, preferably with a trusted friend or family member, and drink some water as soon as you can.

### You're tired — all the time

Yes, your sleepiness could very well indicate that you need more sleep – very few of us actually get sufficient rest – but it could also mean you're dehydrated. That decrease in blood and oxygen to the brain we keep mentioning? It not only makes you dizzy and causes headaches; it can make you feel tired and lethargic, too. If you notice your motivation for activity dropping, perk up by increasing your water consumption.

### Your skin is dry

Seems obvious when we point it out, doesn't it? Much like lack of water dries out your mouth; it also dries out your skin. No wonder the first step in skin care advice is always, "Drink enough water!" More specifically, if you typically have oily skin and suddenly notice dry patches, it probably means you've become dehydrated. As [Bustle](#) points out, dehydrated skin lacks moisture, not oil, so that "combination" skin might actually be oily skin not getting enough water. Plus, if you're dehydrated, you're sweating less, meaning your skin isn't flushing out toxins, oils, and excess dirt the way it should,

which leads to psoriasis, acne, eczema, and other skin conditions. Pay attention to your skin – including you lips! – for signs you should up your water intake.

### Your digestion's going haywire

Feeling constipated? Experiencing painful or difficult bowel movements? Have indigestion or acid reflux? You might need to drink a lot more water. Regular, healthy hydration keeps the gastrointestinal track clean and supple, which makes everything work the way it should for regular, healthy digestion. Plus, it makes sure that your stools don't harden and/or become difficult to pass. It's not a pretty subject, but it's important — and easy to fix with water.

### Your urine is infrequent and/or the wrong colour

It's another subject that's not pretty, but your urine is probably THE best way to tell if you're ingesting enough water. You should have to urinate four to seven times a day, and your urine should be clear and/or lightly yellow. Dark yellow or amber-coloured urine indicates dehydration. Anything darker than that or orange? You're **severely dehydrated, and should see a doctor**.

### You have sudden, intense food cravings

In between meals but suddenly feel like you HAVE to have a snack? Hold off and have a glass of water first. While some debate the idea that our bodies mistake thirst for hunger, it is true that hydration is an important part of getting nutrients to our organs *and* making sure we're digesting food properly. Dehydration is, subsequently, linked to both a lack of electrolytes and a difficulty in producing glycogen. How does that make us feel? Like we're craving, respectively, something salty or something sweet! So if you suddenly feel like you need some chips or some chocolate, try drinking water first and see how much your willpower increases.

### You're in pain

We don't just mean headaches; we're talking cramps, joint pain, and [the muscle seizures that wake us up in the middle of the night](#). Our joints and cartilage are about 80 percent water, so a lack of water increases the friction in our joints that causes pain. Plus, a lack of electrolytes, potassium and sodium – all of which hydration helps increase – is linked to cramps. So if you can't make it through your usual workout – or a night's sleep – without pain? Drink some water.

### You're not sweating

Something else to look out for during your workouts? How much you're sweating. We sweat to regulate our body's core temperature, and we can't do that if there's not enough water in our bodies to *make* that sweat. So if you have an intense workout and don't sweat, don't be pleased that you don't need a shower. Get some water IMMEDIATELY.

As always, **consult your doctor** if you experience any unusual, intense, and/or sustained symptoms of dehydration or other health issues. The best thing you can do for your body? Pay attention to it — and drink water, of course.

### Sources:

- [Mayo Clinic](#)
- [Healthy Food House](#)
- [Everyday Health](#)
- [Bustle](#)

# ATHLETE PROFILE – PETER HANSON

## Peter Hanson adds to Impressive Medal Haul in Australian Championships



Peter Hanson doesn't like sitting around for long, and recently came home from the Australian Masters Athletics Championships in Darwin with four medals.

At the age of 80, Peter Hanson is proving difficult to slow down.

He just returned home from Darwin with four medals around his neck from the Australian Masters Athletics Championships to add to his ever-growing collection.

Hanson flew in six hours before his first event, the 60-metre dash, and was ready to hit the ground running.

While he is more of a long-distance runner, he "was quite proud" of crossing the line in second place.

"There were seven in the race, and it was only the world champion that beat me."

Later that day he threw an 8.86m in the 3kg shot put to break a Wellington centre record and claim a Masters bronze medal.

"I had been throwing nine metres before I went away but I was feeling a bit stiff that day."

Not one to slow down, Hanson then placed second in the 100m later that evening.

"It went pretty good. The guy that beat me was the same fellow who finished ahead of me in the 60 metre race."

The next day, the Aotea resident secured gold in his bread and butter event, the 5000m.

"I'm more of a jack of all trades, master of none. That longer race was more of a tactical one. I heard that this guy, who I hadn't come across before, was a good runner.

"So, I thought 'well, I'll just stay behind him and see what happens later on in the race'."

After about four or five laps, Hanson's patience paid off.

"He suddenly stopped; I think he was having trouble with his shoes. Anyway, I went ahead of him and never saw him again until the finish."

Hanson uses his active lifestyle as an outlet following the death of his wife Nola 18 months ago, and to connect with friends who supported him at the time.

He walks 20km three times a week, completes a 5km Park Run every Saturday and sees his personal trainer once a week for strength training.

"The born and bred, and thick in head" Yorkshireman isn't shy of showing off his medals.

You might have read about him in the past - as one of New Zealand's top runners for his age, he has featured several times in the local news over the years.

But his recent achievement only proves one thing - "I have had my fair share of success and I'll make sure it continues," Hanson said.

He has now set his sights on Christchurch's National Road Championships in September, the Oceania Games in January, as well as the New Zealand Championships and Australian Championships again next year.

"There is no fun in just going out for a run. I do it because I like to beat somebody else, when I can."

*This article appeared on Stuff & in Dominion Post, Friday 21 July.*

\* \* \* \*

### Maintaining Your Fitness on the Road

Travel frequently for business and wonder how you'll keep that body buff while you're wining and dining clients? Leaving home, but don't want to miss your daily aerobic or cardio workout?

Travelers who like to work out encounter these scenarios fairly frequently. Yet many have found ways to keep their exercise routines going strong, no matter where they're headed – for business or for pleasure! Keep these helpful tips in mind so travel doesn't interrupt your workout schedule.

1. Pack a swimsuit — if your hotel has a pool, consider changing your routine with water aerobics.
2. Before you book your hotel, try and do research on whether or not they have a gym.
3. Bring comfortable walking shoes — a nice stroll around a new city can double as both an exercise and a learning experience!
4. Check out local fitness classes — some may offer a temporary guest pass or free introductory class.

# HEALTH

## Best Foods for Runners

*A runner's diet is important not for only maintaining good health, but also to promote peak performance. Here are some of the best foods to help runners achieve a healthy diet.*

### 1. Whole Grain Pasta and Bread

**Why it's Good for Runners:** Runners need plenty of carbohydrates to fuel workouts, and breads and pasta are obvious choices. But, let's face it, not all breads and pasta are created equal. Whole grain foods are less processed and therefore contain more of the natural nutrition found in the grain, including more fibre. So, as compared to white pasta and bread, you'll get more nutrients from whole grains and the increased fibre will help you feel fuller longer.

**How to Add it to Your Diet:** Stock-up on whole-grain breads, pasta, rolls, crackers, and cereal. Try to avoid white bread or any baked products made with white flour.

### 2. Eggs

**Why they're Good for Runners:** One egg satisfies about 10 percent of your daily protein needs, and the amino acids in eggs will help with muscle repair and recovery. You'll also get about 30 percent of your recommended amount of vitamin K, which is crucial for bone health.

**How to Add Them to Your Diet:** Whether you like them boiled, scrambled, poached, or fried, eggs can be eaten anytime of the day. Mix up your routine by having an omelette or frittata for dinner.

### 3. Beans

**Why they're Good for Runners:** Cooked dry beans like pinto, lentil, garbanzo, and split pea are high in protein and fibre, a plant source of iron and low in fat.

**How to Add Them to Your Diet:** Beans are a great accompaniment to soups and stews. Rice and beans makes an easy meal that contains both carbs and protein.

### 4. Salmon

**Why it's Good for Runners:** Salmon is an excellent protein source, but it's also one of the best food sources of omega-3 fats, essential for brain development and function. Omega-3s also assist in the prevention of heart disease and high blood pressure. Salmon also has protein, vitamins A, B and D as well as a range of minerals vital to a balanced and healthy diet.

**How to Add it to Your Diet:** Salmon is a very versatile fish – just add some fresh herbs and bake, grill, or poach it. Even canned salmon is good for you and can be used in salads, sandwiches and chowder.

### 5. Sweet Potatoes

**Why they're Good for Runners:** Sweet potatoes contain the always-important carbs and are an excellent source vitamin A, a powerful antioxidant.

They're also a good source of vitamin C, potassium, iron.

**How to Add Them to Your Diet:** As the name says, these potatoes are sweet, so you don't need to do much to make them taste good. Cook them in the microwave, add a pinch of margarine or butter, and you've got a great side for dinner. Or, slice them up into wedges and bake some tasty oven fries.

### 6. Low Fat Yogurt

**Why it's Good for Runners:** Low-fat yogurt is a great source protein and carbs. It also contains calcium, which is important for runners, especially those at risk for stress fractures.

**How to Add it to Your Diet:** Eat a container of low-fat yogurt as a mid-morning or mid-afternoon snack or make tasty smoothies with yogurt, ice, and your favourite fresh or frozen fruits.

### 7. Bananas

**Why they're Good for Runners:** A good source of carbs, bananas also contain potassium, which runners lose through sweating and help regulate muscle contraction and prevent cramping. Bananas are also considered a "safe" pre-run food because they're unlikely to cause gastrointestinal issues.

**How to Add it to Your Diet:** Bananas are convenient to eat as snacks or as part of a meal. Add them to your cereal or make a smoothie with frozen bananas and skim milk.

### 8. Peanut Butter

**Why it's Good for Runners:** Peanut butter is tasty and satisfying, which makes it a great food for runners who are trying to lose weight. The protein and fibre in peanut butter helps you feel full and it's not fattening, unless you overeat total calories that day. For example, eating a whole wheat bagel with peanut butter will make you feel fuller than if you ate a plain white bagel. Peanut butter is also a source of protein, needed to build and repair muscles damaged during training.

**How to Add it to Your Diet:** Get the natural kind with oil on the top and no added ingredients. Though high in fat, it's the good fat and there's no cholesterol. Peanut butter on whole grain or multi-grain bread makes a great breakfast.

### 9. Carrots

**Why they're Good for Runners:** Carrots are an excellent source of vitamin A, which helps promote a strong immune system. They fill you up but are low in calories, making them a great snack for runners who are watching their weight.

**How to Add it to Your Diet:** Snack on baby carrots when you're hungry before dinner, so you can satisfy your hunger pangs and avoid overeating during dinner.



## NZMA Only Database 2017 - 2018

At the last NZMA Board meeting it was decided to do away with allocating new NZMA registration numbers, i.e. the NZMA number members have now, will be their number going forward. As an aside, Athletics NZ would quite like us to use their system to handle registration and have each athlete register themselves, but that is not as simple as it sounds.

I believe the better way for this year is to continue with the system we currently use, i.e. having a local NZMA database people. I would be interested to know if you have used the ANZ on-line system either yourself or as the club registration person. If so, can you please let me know. In the future allowing members to rejoin themselves could be what we do.

### ***How will it work this season for NZMA members?***

1. Use the current Centre database that you have.
2. **Delete** the payment date details from your latest list, including ANZ athletes who purchased a Vetline subscription (I have created a master list of those people).
3. As NZMA members rejoin, **note the date of payment** as per previous years and remind them of their registration number.
4. Any new members are to be allocated a 7000 series number, using the left over cards from last season. If you run out of cards, please contact Stewart Foster.
5. All ANZ club athletes who have purchased Vetline will receive the October 2017 issue, as will all NZMA members. However, to receive the January 2018 issue, ANZ Club athletes are required to purchase a subscription before mid-December either via the local Centre or the NZMA website. We will be activating the on-line payment system ASAP, to make the process easier if ordering via the NZMA website.

Note: The NZMA Board has suggested that there will only be THREE Vetline issues as from 2018. As yet, no-one has spoken against the proposal.

If you have any questions, please contact me.

Andrew Stark  
AWS Publications Ltd  
PO Box 21304  
Edgware  
Christchurch 8143

Tel: 03 338 0516  
[www.awsresources.co.nz](http://www.awsresources.co.nz)

\* \* \* \*

## ***Is Bad Posture Connected To Your Mood?***



Whenever you're sitting at a computer, be conscious of your posture and keep your feet evenly planted on the ground.

As many people are finding themselves spending more time sitting slumped behind a screen or standing on their feet for hours on end without a break, paying attention to your posture is more important than ever.

If you've never thought much about whether you're sitting or standing stance is doing harm to your health, you might want to start before you find yourself in a bad mood.

### ***Here's why:***

- Each time we lean forward 60 degrees, the stress placed on our neck is increased dramatically. This can lead to numbness, pain, pinched nerves and improper breathing — none of which are good for your mood! Stress on your neck can also lead to tense upper back and shoulder muscles, resulting in headaches which can be very frequent for some with poor posture.
- Your body language is closely related to posture. A slumped stance can make us appear sad, afraid or disinterested to peers leading to different treatment that can bring you down without even realising it.
- In a 2015 article, researchers concluded that when facing a high-stress situation, study participants with good posture maintained a higher self-esteem and mood, while those with poor posture experienced heightened stress and used negative words to describe their experience.

### ***Dealing With Poor Posture?***

You can better your posture naturally through chiropractic care, exercise, stretches and avoiding a sedentary lifestyle.

### ***Sources:***

*The Official Journal of the Division of Health Psychology, American Psychological Association.*

**WELLINGTON MASTERS ATHLETICS**

**10KM ROAD RACE AND WALK**

**(Incorporating the Wellington Masters 10km Championships)**

**and**

**5KM ROAD RACE AND WALK**

**(Non-championship event)**

**SUNDAY 15th OCTOBER 2017 at LOWER HUTT**

**START TIMES:** Walkers 9.15am – Runners 9.45am

**START/FINISH:** Southern end of riverside carpark, adjacent to Daly Street in Lower Hutt.

**RACE HEADQUARTERS:** Huia Indoor Swimming Pool, Lower Hutt – Entries will be taken on race day at the start area.

**COURSE:** The race starts just south of the riverside carpark off Daly Street in Lower Hutt and follows the Hutt River stopbanks. From the start, the course goes north for 2.5km to a turnaround and back to the start, proceeding south for 2.5km to another turnaround and back to the start. 5km competitors only complete the north out and back section.

**SHOWERS:** will be available at the pool – free of charge.

**REFRESHMENTS:** Tea and Coffee will be available after the race in a meeting room upstairs at the pool also used by Hutt Valley Marathon Clinic, which has kindly agreed to act as host for the race. Lunch will **NOT** be available. Tea and Coffee with light refreshments will be covered by your race entry fee.

**PRIZEGIVING:** Will take place in the meeting room at the Huia Pool. The fastest 10km male and female master will receive a prize (both walkers and runners). In addition, the master with the highest age-grade percentage scoring (runner and walker) will also be rewarded. Spot prizes will be randomly awarded.

**ENTRIES:** For this event entries (runners & walkers) will be received from both members of New Zealand Masters Athletics and non-members provided that they meet the minimum age requirements:

<b><u>MEN:</u></b>	Pre Master -	30 years of age on 15/10/2017
	Master -	35 years of age on 15/10/2017
<b><u>WOMEN:</u></b>	Pre Master -	30 years of age on 15/10/2017
	Master -	35 years of age on 15/10/2017

**ENTRY FEE:**

Member of WMA/ANZ - \$10

Non-member of WMA/ANZ - \$15

---

**Please turn over for Entry Form**

# ENTRY FORM

**(Please Print Clearly)**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

\_\_\_\_\_

MALE/FEMALE: \_\_\_\_\_ AGE ON RACE DAY: \_\_\_\_\_

EMAIL: \_\_\_\_\_

TELEPHONE: (home) \_\_\_\_\_ (business) \_\_\_\_\_

CLUB: \_\_\_\_\_ RUNNER/WALKER (delete or circle one)

EVENT: 5km  10km

**ENTRY FEE:** \$10 – Members of NZMA/ANZ.  
\$15 – Non-member of NZMA/ANZ

TOTAL AMOUNT ENCLOSED: \$\_\_\_\_\_ Make cheque payable to Wellington Masters Athletics Inc. or

**Direct Credit to:** Wellington Masters Athletics Inc., National Bank, The Terrace: **06 0565 0064415 00**

**A range of WMA singlets (\$30) and Tee Shirts (\$50) will be available for purchase on the day**

**Post Entries to:**

Wellington Masters 10km Road Race,  
C/- John Palmer, 122 Onslow Road, Khandallah, Wellington 6035 – For any enquiries telephone (04) 4792130.

**No postal entries after 8th October – please register on the day at the start area.**

**DECLARATION AND AGREEMENT TO BE SIGNED BY ALL PARTICIPANTS**

I agree to abide by the following race rules.

1. I will follow the directions of race officials.
2. I acknowledge that I compete at my own risk.
3. I acknowledge that the stopbank footpaths are not closed to other users, which may include cyclists and I will take care.
4. Privacy Act: Information concerning this event may be used by Wellington Masters Athletics for promotional purposes.

Signed \_\_\_\_\_

**2017****NZMA / Local Masters Centre Registration Form**

Name:

Address:

Post Code:

E-mail:

Telephone:

Masters Centre:

Date of Birth:

Are you an Athletics NZ club registered athlete (circle one only)? No / Yes (Please complete section below)

Athletics NZ Club:

ANZ Reg. No.

**Fees for 2017 / 2018 year** (Please select the option that better suits your needs):**Option 1:****ANZ Competitive Members** (ANZ club members must be financial for the 2017/ 2018 season)*N.B. All fees are paid to ANZ online or via your club registration process***\$0.00**

NZMA Fee (ANZ club athlete DO NOT pay a fee to NZMA as per the MoU)

**\$0.00**

Local Master's Centre Fee

**\$25.00**

(Circle)

Vetline Subscription (3 issues starting from January 2018)

Please pay this fee to your local Master's Centre

*Note: ANZ Social Members are required to be a Competitive member of either ANZ or NZMA if they intend to compete at local, NI, SI, NZMA, OMA or WMA Championship events.***Option 2:****NZMA Members (non-club members)***N.B. All fees are paid to your Local Masters Centre as per previous years***\$60.00**

(Circle)

**NZMA Competitive Member** (including Vetline subscription)  
(Eligible to compete at local, NI, SI, NZMA, OMA or WMA Championship events.)**\$45.00**

(Circle)

**NZMA Social Member** (including Vetline subscription)  
(Eligible to compete at local club masters events only).**\$0.00**

(Circle)

Local Master's Centre Fee (optional)

**Total Fee to pay = \$****Payment Options:** Post, e-mail or hand completed registration form to **Veronica Gould**.Online Banking: Wellington Masters Athletics Inc., ANZ, The Terrace: 06 0565 0064415 00.  
(Please insert your name in the reference box)Please make cheque payable to **Wellington Masters Athletics**

Postal Address:

Wellington Masters Athletics Inc.  
**PO Box 5887, Lambton Quay**  
**Wellington 6140**Telephone: **04 973 6741**E-mail: **gvgould@xtra.co.nz**

Official Use:

Verified by:

2017 / 2018 NZMA Reg. No:

# UPCOMING EVENTS

## 2017:

### **Oct**

4-8	South Island Masters Games	Nelson
8	Masterton Full Marathon, $\frac{1}{2}$ Marathon, 10km & 5km	Masterton
15	<b>Lower Hutt 10km Road Race &amp; Walk</b>	<b>Lower Hutt</b>
29	Martinborough Charity Fun Ride, 48km, 67km or 115km	Martinborough

### **Nov**

5	New York City Marathon	New York
	Nelson Half Marathon, 10km & 5km Run & Walk (new course)	Stoke, Nelson
12	AvantiPlus Tour of Wairarapa, 50km, 90km or 115km	Masterton
24-26	<b>North Island Masters Track &amp; Field Championships</b>	<b>Taranaki (Inglewood)</b>

## 2018:

### **Jan**

20-27	OMA Stadia Championships	Dunedin
-------	--------------------------	---------

### **Feb**

10	Buller Gorge Full & Half Marathon and Marathon Relay	Westport
18	Round the Bays, Half Marathon, 10km & 6.5km	Frank Kitts Park
19	Senshu Marathon	Japan

### **March**

3	Ironman New Zealand	Taupo
---	---------------------	-------

### **April**

8-15	Commonwealth Games	Gold Coast
------	--------------------	------------

### **May**

5	54 <sup>th</sup> Rotorua Full Marathon, $\frac{1}{2}$ Marathon, 10.5k & 5.5k Fun Run	Rotorua
20	Gold Coast Bulletin $\frac{1}{2}$ Marathon, 10km, 5km & 2.5km	Gold Coast
27	Masters Classic Club Relay	Trentham

### **June/July**

30/1	40 <sup>th</sup> Gold Coast Airport Marathon, $\frac{1}{2}$ Marathon, 10km & 5.7km	Gold Coast
------	--	------------

**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.

---