

THE

MASTER

COPY

Newsletter of Wellington Masters Athletics Inc.

Volume 17 Issue 3

June 2018

CLASSIC RELAY 2018 – Fastest Runners and Walkers



Brian Garmonsway (Trentham) – 13:31



Peter Baillie (Scottish) – 23:50



Mel MacPhee (Scottish) – 16:29



Jackie Wilson (Trentham) – 27:57

Photos Courtesy Sharon Wray

WELLINGTON MASTERS ATHLETICS INC.

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| | |
|------------------|---|
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Bruce Perry (2008)
John Palmer (2010)

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| | |
|-----------------------|-----------------|
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COMMITTEE MEETINGS 1st THURSDAY OF EACH MONTH
AT 139 HOMEBUSH ROAD, KHANDALLAH,
COMMENCING AT 7:15pm.

CLUB REPRESENTATIVES AND MEMBERS ARE ALWAYS
WELCOME.

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As the Secretary and Treasurer were recently targeted by scammers, the committee are going to look at ways in which we can protect the contact details of committee members and club coordinators.

Until such time as measures are put in place the contact and email details of officers have been deleted from this newsletter.

Should you wish to contact any committee member then please contact our Secretary, Albert van Veen on 04 563 8450 and he will provide the details you are after.

* * * *

The next Wellington Masters event is the Johnsonville 8km run and 6.4km walk.

The entry form for this event can be found on page 13 of this issue of The Master Copy or on our website at:

<http://www.wellingtonmastersathletics.org.nz/files/Entry%20Form%20Johnsonville.pdf>

* * * *

FROM THE PRESIDENT

We held our annual Masters Classic Cross Country Relay a few weeks ago. The event went well. While the heydays of huge turnouts are gone, mainly because the Athletics Wellington cross country relays now provide masters grades, 17 teams is a good number – albeit down a couple on last year's very good 19.

We have received a suggestion for next year and to reduce the size of the running teams from five to four. On reflection, the idea has merit. The race would be consistent with the team sizes now adopted at both the University XC Relays and the Shaw Baton XC Relays. Some of the smaller clubs would find it less challenging to fill teams. Logically we'd end up with more teams in total (assuming the same number of individuals), which would make racing more enjoyable as there would be more teams around you. For the teams with less strength, they'd have a smaller possibility of being isolated. The event would finish some 15 to 25 minutes earlier, which would be good for the volunteers and marshals. To offset that, we would probably need to give the walkers – whose team size would remain at three – a 15 minute earlier start, just as we do at the Johnsonville race, to better coordinate the finishing times between the walk and run.

What are your thoughts? Would you have any objection to us implementing this change?

I see we have a few Wellingtonians entered for the World Masters Athletics Champs later this year, being held in Malaga. That's great news. I've no doubt we'll see a few more enter in the next few weeks. Entries close on 11 July. It's impossible to say whether the deadline will be extended for a period as happened for the last World Masters Athletics Champs. Don't rely on that happening. And don't forget you need your four digit 7-prefix NZMA number for your entry to be accepted. If you don't know your number, contact Veronica Gould and (providing you are either a competitive member of an Athletics Wellington club or a competitive member of Wellington Masters Athletics directly), you will be assigned a number in the database. As it happens I will be the NZ team manager in Malaga so hope to get a chance to see you all in action. Let's hope this championship is as successful for Wellington athletes as the last Worlds in Korea, where we produced a couple of world champions and several medallists.

In the meantime, we are preparing to host the North Island Masters Track and Field Champs in November. The event has just opened for entry. You can enter here: <https://nitf2018.eventdesq.com/>. If you need help entering or don't have access to a computer, or a friend/family member with a computer, to process your entry, please feel free to contact me and I will create your entry for you. We want to use the latest tools available to us but we don't want to deter those who have no interest in the age of the internet, so please do contact me if you need any help at all to put in your entry.

Jim McIlroy is taking a register of officials for the event too, so if you want to be involved but can't compete please consider registering with Jim.

Michael Wray,
President

TRAINING

Five Ways to Stay Ahead of Winter This Year



Do the colder days have you feeling a little under the weather?

Don't let the winter weather get on top of you.

That's not unusual: frequent temperature changes, plus spending most of your day cooped up inside, can take their toll on your immunity. Then add in a tendency to reach for unhealthy comfort food on dreary, grey days.

It's no wonder the winter weather might be starting to catch up with you!

Of course, it doesn't need to be that way. Just a few lifestyle changes can help you to maintain your energy and vitality all winter long. Here are five areas you can focus on to stay ahead of winter.

Sleep well

There's a clear link between sleep and immunity. Not only can regularly going short on sleep leave you feeling fuzzy-headed the next morning, but it can also make you more likely to catch whatever's going around.

Everyone's sleep requirements are different, but most of us need somewhere between 7-9 hours^[1] each night. Make a plan to go to bed earlier, sleep in later, or do whatever you need to do to get the sleep your immune system needs.

Get active outdoors

Outdoor exercise is like a two-for-one gift for your immune system. Firstly, simply being outside in the fresh air can boost your mood and energy levels. Plus, even on cloudy days, you'll still be getting some Vitamin D from the sunlight that makes it through. Secondly, regular exercise also actively helps to support your immunity.

Just remember to wrap up warmly to avoid those rapid temperature changes, and don't overdo it.

Eat smart for the season

Your body needs a wide range of nutrients – including vitamins, minerals, and antioxidants – to maintain wellbeing, regardless of the season. The best way to get those nutrients is through fresh, whole foods: veges, fruit, nuts, seeds, whole grains, lean protein foods and healthy fats.

It might seem easier to get your daily 5 plus fruit-and-veg servings during the "salads and smoothies" season of summer ... but don't forget that you can also make hearty, warming winter soups, stews, casseroles, bakes and other meals with nutritious vegetable bases.

Speaking of nutrients ... top up if you need to

While eating a wide variety of those fresh, whole foods is absolutely the best way to get your nutrients, sometimes we can all use a top up. Some of the most important immunity supporting nutrients include vitamins like A, C, D and E; plus antioxidant minerals like Zinc and Selenium.

Each of these nutrients plays its own important role in supporting your body's immune defences; so you'll want to ensure you're getting enough over winter.

Let Mother Nature give you a hand

There are also a host of natural herbs that can support your immunity when it could do with a little extra help. A few you might want to explore include:

- Garlic;
- Olive leaf;
- Andrographis;
- Echinacea.

Note: these herbs probably won't make a lot of difference unless you're already getting enough sleep, eating well, and exercising regularly. But alongside the smart lifestyle tips we've talked about above, they could help you stay ahead of winter this year.

[1] <http://sleepfoundation.org/how-sleep-works/how-much-sleep-do-we-really-need>

* * * *



Six Rules of Swim Etiquette

Now that the triathlon season is almost over in most parts of New Zealand, athletes and their coaches are starting to plan for the next summer season. Now is the time to work on your weakest disciplines. For a lot of triathletes that is your swimming, but it may be your cycling or running. For single discipline athletes like a cyclist it might be your sprinting or your time trialling.

For those of you that need to work on your swimming and/or have limited experience in the pool this article is for you and is all about the etiquette involved in training at a public pool to enable you to work in effectively with those already training there as well as those that arrive mid-way through your workout.

There are a number of rules that, if applied, will make your time following the black line more enjoyable without getting the ire up of other pool users. Remember they may not be aware of these etiquette rules and you might need to politely advise them.

1. Use common sense when choosing a lane to swim in.

Many pools have regular swimmers that always swim in the same lane, at the same time, on the same day (and often do the same workout as well). Maybe you are that person, the creature of habit. This is the person who is most likely to get annoyed if someone interrupts their session.

Prior to getting in the pool, observe the lanes to see what pace each person is swimming at and get in a lane most similar to your ability. Don't solely go by the slow, medium and fast signs that the lifeguards put up. These signs are all relative. We are all 'slow' compared to an Olympic swimmer and most people reading this would be 'fast' if being compared to a group of ladies from a rest home coming in for their weekly swim.

If there is an empty lane, feel free to use that even if the sign is different from what you think your ability level is. If joining a lane with other swimmers already present, you don't know what workout they may be doing. If it is written at the end of the pool, you can only make assumptions about how far through it they are.

2. **Let other swimmers know you are in their lane.** As a courtesy, get into the water and wait for each swimmer in the lane to return to the end that you are at before commencing your workout. This allows them the chance for them to see you in 'their' lane and be aware that they have another person swimming with them. This will only take a couple of minutes in even the biggest pool and is a good time to mentally read through your workout or do a couple of quick stretches.

3. When resting stand beside the lane rope, avoid blocking the wall.

When standing at the end of a lane, stand against the lane rope leaving the cross on the wall free for people to do their tumble turns (or touch and turns) on. It keeps you out of the way and is very courteous. On a similar note, when finishing your repetitions, make sure you pull into the side rather than finishing on the cross, as that will allow people behind you the opportunity to have some wall space to either turn or finish on.

4. **Swim all the way in to touch the wall.** From a coach's perspective, the thing that irks me the most is swimmers who stop a few metres short of the wall. When I prescribe a set of 100m reps, I want them to be swum as 100m not as 97m (or if it is happening every single length 88m). This decreases not only the physiological conditioning, but also the mental preparation. Over the course of what was a 3km session you would miss out on nearly 400m of swimming! When swimming three times a week that is over a kilometre of swimming, which is a lot of development and improvement you are missing out on just by easing up prior to the wall.

5. Keep left to avoid collisions.

In New Zealand and other countries where we drive on the left hand side, make sure you swim to the left hand side of the black line. The black line doesn't prevent us from contacting or colliding with another swimmer coming the other way. Having space between you and them does. The only way to maintain this space (and leave room for overtaking) is to swim to the left of the lane. In countries that you drive on the right hand side of the road, also swim on the right hand side of the lane.

6. Give yourself some space around other swimmers when you start each rep.

When it comes time for you to commence a rep, have a look around and make sure that a swimmer isn't approaching the wall. Nothing is more annoying than coming in to turn and a swimmer pushes off right in front of you. Allow yourself at least five second prior to another swimmer arriving or wait five seconds after they have left prior to pushing off the wall.

If they are a much faster swimmer than you, allow them to go through first. This keeps them off of your feet or you off their feet. If your coach has got a specific rest interval in your programme, for the sake of 'pool harmony' having a few seconds less or more won't hurt you.

Following these six rules will make your experience swimming more pleasurable and respectful for other users at the pool where you train.

Ed: - This article has been reproduced with the kind permission of Ray Boardman (Coach Ray), PGDipSportMed, PGDipRehab, PGCertSc, BSc, DipSptSt.

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Coach Ray specialises in assisting first timers and recreational athletes to achieve their sporting goals. He can be contacted at www.qwik.kiwi, ray@qwikkiwi.com and 021 348 729. Make sure you sign up to his monthly informative newsletter.

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For those that are interested the results from the Rotorua Marathon and associated events can be found at the link below.

[Full Rotorua Marathon Results](#)

33rd Wellington Masters Classic Cross Country Relay

**Trentham Memorial
Park, Upper Hutt**

**Sunday 27th
May, 2018**

This year the weather was cool with a fresh southerly breeze and the odd brief showers also testing the competitors. The conditions underfoot were surprisingly good considering the amount of rain we have had lately.

This year 17 teams (13 running and 4 walking) took part. Fastest laps for the runners were Brian Garmonsway (Trentham) 13:31 and Mel MacPhee (Scottish) 16:29.

Fastest walkers were Peter Baillie (Scottish) 23:50 and Jackie Wilson (Trentham) 27:57.

A big thank you to those who acted as marshals, timekeepers etc. on the day and to Trentham United Harriers for setting out the course and a big thank you to Trentham for the sausages and Michelle Van Looy and Sharon Wray for the caramel slice and apricot balls - much appreciated.

Open Women:

Olympic

| | |
|-------------------|---------|
| Katie Jenkins | 0:17:17 |
| Nic Hankinson | 0:17:07 |
| Michelle Van Looy | 0:17:23 |
| Deb Platts Fowler | 0:17:29 |
| Jo Doherty | 0:16:35 |
| | 1:25:51 |

1 of 3

Hutt Valley

| | |
|----------------|---------|
| Georgina Cox | 0:18:27 |
| Marian Goodwin | 0:20:17 |
| Brig Murdoch | 0:22:53 |
| Kelly Field | 0:19:57 |
| Anna Mellsop | 0:18:59 |
| | 1:40:34 |

2 of 3

Olympic

| | |
|--------------|---------|
| Jacqui Cope | 0:21:37 |
| Kelly Abbott | 0:21:48 |
| Ruth Humble | 0:21:15 |
| Merryn Jones | 0:22:04 |
| Cathryn Wood | 0:20:20 |
| | 1:47:04 |

3 of 3

Open Men:

Scottish

| | |
|---------------|---------|
| Peter Stevens | 0:15:16 |
| Michael Wray | 0:15:25 |
| James Turner | 0:16:07 |
| Geoff Ferry | 0:15:08 |
| Todd Stevens | 0:15:20 |
| | 1:17:16 |

1 of 2

Trentham

| | |
|------------------|---------|
| Stephen Mair | 0:16:44 |
| Brian Garmonsway | 0:13:31 |
| Josh Campbell | 0:14:38 |
| Gareth Seeds | 0:17:00 |
| Kevin Thompson | 0:16:13 |
| | 1:18:06 |

2 of 2

Mixed

Olympic

| | |
|--------------|---------|
| Simon Wright | 0:16:12 |
| Tineke Hooft | 0:20:14 |
| Graeme Moss | 0:17:17 |
| Liz Eade | 0:18:20 |
| Joe Fowler | 0:14:48 |
| | 1:26:51 |

1 of 3

Scottish

| | |
|----------------|---------|
| Bill Twiss | 0:15:35 |
| Lyn Clark | 0:19:37 |
| Marshall Clark | 0:18:48 |
| Mel MacPhee | 0:16:29 |
| Glen Wallis | 0:18:29 |
| | 1:28:58 |

2 of 3

Hutt Valley

| | |
|--------------------|---------|
| Don McGowan | 0:19:46 |
| Trish Coley | 0:22:13 |
| Isobel Franklin | 0:23:33 |
| Christine Collings | 0:21:01 |
| Georgina Cox | 0:18:39 |
| | 1:45:12 |

3 of 3

250+

Hutt Valley

| | |
|------------------|---------|
| Andy Crosland | 0:14:43 |
| Darren Gordon | 0:15:04 |
| Karl Van Polanen | 0:17:13 |
| Don Coley | 0:19:53 |
| Paul Newsome | 0:17:19 |
| | 1:24:13 |

1 of 4

WHAC

| | |
|----------------|---------|
| Dave Creamer | 0:15:52 |
| Murray Peebles | 0:17:32 |
| Dave Carrigan | 0:17:54 |
| Peter Frawley | 0:18:26 |
| Paul Hewitson | 0:16:07 |
| | 1:25:54 |

2 of 4

Hutt Valley

| | |
|-----------------|---------|
| Tony Plowman | 0:17:41 |
| Paul Strickland | 0:19:25 |
| Martyn Cherry | 0:22:00 |
| Peter Sparks | 0:20:06 |
| Brendon Quirke | 0:20:16 |
| | 1:39:31 |

3 of 4

Scottish

| | |
|-----------------|---------|
| Ange Campbell | 0:25:10 |
| Claire Jennings | 0:25:35 |
| Fiona MacMaster | 0:27:00 |
| Pam Graham | 0:24:00 |
| Sharon Wray | 0:25:20 |
| | 2:07:05 |

4 of 4

300+

Scottish

| | |
|------------------|---------|
| Paul Rodway | 0:20:04 |
| Christine Jones | 0:22:42 |
| Karen Gillespie | 0:18:58 |
| Loretta Desourdy | 0:24:04 |
| Api Williams | 0:19:55 |
| | 1:45:43 |

1 of 1

Open Walkers

Scottish

| | |
|-----------------|---------|
| Terri Grimmett | 0:28:01 |
| Peter Baillie | 0:23:50 |
| Philip Grimmett | 0:30:00 |
| | 1:23:51 |

1 of 2

Olympic

| | |
|------------------|---------|
| Rob McCrudden | 0:28:19 |
| Paula Blinkhorst | 0:35:54 |
| Mike Blinkhorst | 0:31:37 |
| | 1:35:50 |

2 of 2

150+

Trentham A

| | |
|---------------|---------|
| Joe Antcliffe | 0:27:40 |
| Val Buddle | 0:31:43 |
| Jackie Wilson | 0:27:57 |
| | 1:27:21 |

1 of 2

Scottish

| | |
|--------------|---------|
| Ray Marten | 0:33:09 |
| Daphne Jones | 0:34:45 |
| Peter Tearle | 0:46:10 |
| | 1:54:04 |

2 of 2



HEALTH



Ask the majority of Kiwis which nutrients most support energy, and they'll probably say B-vitamins. And while it's true that many B vitamins do play a role in energy production, they're not the only nutrients that do so.

Energy levels are about more than just vitamins

Ask the majority of Kiwis which nutrients most support energy, and they'll probably say B- vitamins. And while it's true that many B vitamins do play a role in energy production, they're not the only nutrients that do so.

The truth is that energy production is a complex process. Once you understand how it works, it's easy to see why your body relies on so many different nutrients to make it happen.

Understanding energy production

On the most basic level, energy production happens in the mitochondria (energy centres) of every cell in your body. These mitochondria take oxygen and glucose, and then transform them into water and carbon dioxide. In the process of doing this, they release energy. Now, for this to happen:

- First, your body needs to break the food you eat down into glucose and other essential nutrients.
- Next, you need to take in enough oxygen for the energy production to happen in literally trillions of cells throughout your body.
- Finally, all that oxygen, glucose and other nutrients need to move from your lungs and digestive system out to the cells that will use them.

Minerals that play a role in energy production

Here are just a few of the important minerals that are involved at various points in your body's energy production process:

- **Chromium:** this trace mineral is best known for supporting blood sugar regulation. Your body uses insulin to help bring glucose from your bloodstream into your cells; and Chromium assists with this process.
- **Copper:** well known for helping to maintain healthy nerve, heart and immune function, Copper also plays a part in metabolising the Iron in your food. Plus, it helps with the process of forming new red blood cells, which transport the oxygen around your body.
- **Iodine:** often thought of as "the thyroid mineral", Iodine helps to form important thyroid hormones. These hormones then help to regulate your metabolism, which is the rate at which all the other cells in your body create energy.
- **Iron:** best known for its role in forming red blood cells (and so helping to get oxygen to the cells that need it), Iron also supports healthy immunity.
- **Manganese:** this trace mineral helps your body to break down carbohydrates and proteins into glucose and amino acids. It also helps to maintain healthy bones, cartilage and other connective tissues.
- **Molybdenum:** another trace mineral, Molybdenum is involved in breaking down proteins into their component amino acids. And while your body prefers glucose as an energy source, if levels are low, it can use these amino acids to create energy instead.
- **Selenium:** well known as an antioxidant mineral that helps to maintain healthy immunity and reproductive health, Selenium also supports thyroid function. That means it (indirectly) affects your metabolism rate.
- **Zinc:** much like Selenium, Zinc is an antioxidant mineral that supports reproductive and immune system health. And while it doesn't play a direct role in cellular energy production, a healthy immune system means you end up FEELING more energetic.

What's the best way to get those minerals into your diet?

In a perfect world, we'd be able to get all the nutrients we need from a balanced diet that's rich in fresh, whole foods. However, the reality we live in is not as perfect as we'd like. For example, both New Zealand and Australian soils are notoriously low in Chromium, Iodine, Selenium and Zinc. So while eating local might be a great ecological choice, it probably won't provide you with enough of those minerals.



RECIPE

Esterhazy Beef Stew

Ingredients:

750 grams rump steak
2 large carrots
2 medium onions
¼ cup coarsely chopped green pepper
½ tsp salt
½ tsp freshly ground black pepper
1 tbsp capers
1 tbsp paprika
2 tbsp flour
1 cup beef stock
1 250gm carton sour cream.

Preparation:

Place the salt, black pepper, paprika and flour in a plastic bag or large dish and mix together. Then place the cubed meat into the dry ingredients and cover the meat in the dry mixture completely.

Place the diced vegetables and capers in a casserole dish and then place the meat mixture on top followed by the beef stock. Mix well.

Place the casserole in the oven at 180 degrees Celsius and bake for 1½ hours.

Once the meat and vegetables are tender, thicken if required and serve with the sour cream placed on the top of either the whole dish or a dollop on each served portion.

This goes well with either mashed potato or a side dish of scalloped potatoes cooked alongside the casserole.

Serves 6.

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Five Reasons to Stay Away from Sugar



Did you know? Sugar often sneaks its way into your diet through drinks like juice or sodas.

Sugar, in its many forms, is an increasingly common ingredient in processed foods. In fact, many of us eat the equivalent of 53 heaping teaspoons of white sugar every day! Many experts now agree that reducing sugar intake is an essential ingredient for natural health.

And in case you needed more convincing, here are five reasons to avoid refined (white) sugar.

1. Sugar causes the body to release more adrenaline, which has been linked to hyperactivity in young children.
2. Ingesting sugar makes the pancreas work harder to produce insulin. Diabetes results when the overworked pancreas can no longer eliminate sugar from the bloodstream.
3. Sugar increases mood swings, irritability and anxiety. If you're already an anxious or stressed person, sugar won't make your life any easier, but a visit to our practice might.
4. Sugar has been known to compromise the immune system because it lowers the efficiency of white blood cells for a minimum of five hours.
5. Eating sugar can decrease helpful high-density cholesterol (HDLs) and result in an increase in harmful cholesterol (LDLs).

Healthier Choices

Need to sweeten your food? Try adding raisins, dates or honey. Alternative sweeteners like Stevia are also a better bet – they're available in several forms, have no calories and won't raise blood sugar levels.

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

THE ATHLETE'S KITCHEN

Copyright: Nancy Clark MS RD CSSD, April 2018



Sports Supplements: Buyer Beware?

Definition of a sports supplement: *A food, food component, nutrient, or non-food compound that is purposefully ingested in addition to the habitually consumed diet with the aim of achieving a specific health and/or performance benefit.*

The global sports nutrition supplement market (including sports foods, drinks and supplements) accounted for \$28+ billion in 2016 and, with the help of rigorous advertising, is expected to almost double by 2022. How many of the products are moneymaking ploys marketed to uninformed runners? Unfortunately too many.

Due to the plethora of products that have infiltrated gyms, fitness centers and professional running teams, I get questioned by joggers and competitive marathoners alike: *Which of these supplements are actually effective?* Hands down, the most effective way to enhance your running pace is via your day-to-day sports diet, coordinated with a consistent training program. Eating the right foods at the right times creates the essential foundation to your success as a runner.

That said, specific sports supplements could make a minor contribution to *small* performance improvements for certain elite athletes. If you are wondering if the grass is greener on the other side of your sports diet's fence, here are some facts from the 2018 *IOC Consensus Statement: Dietary Supplements and the High-Performance Athlete*.

- Supplement use varies across sports. It increases with the athletes' training level and age, is higher in men than women and is strongly influenced by perceived cultural norms. (For example, *"Everyone" on my team takes creatine, so I do, too.*)
- Before making any decisions regarding sports supplements, you want to get a nutritional assessment to be sure your diet supports your performance goals. No amount of supplements will compensate for a lousy diet. To find a local sports dietitian who is a Certified Specialist in Sports Dietetics (CSSD), use the referral network at www.SCANDpg.org.
- Despite the ads you see for a zillion sports supplements; very few have strong proof of directly enhancing performance. These include caffeine, creatine, specific buffering agents, and nitrate.
- Very little research with supplements offers definitive evidence, in part because the research is rarely done with elite athletes under real life conditions. *Real life* includes: (1) multi-day track meets, competitions or events; (2) "stacking" supplements (such as mixing caffeine and nitrates); and (3) determining if, let's say, an elite runner responds the same way to a supplement as does a Division-3 collegiate runner.

Real life also includes your unique microbiome (the bacteria in your gut that influence your overall health and well-being). We do not yet know how much a microbiome — which varies 80% to 90% between individuals — influences the effectiveness of a sports supplement and contributes to different responses.

Supplements are used for many different reasons

Here's a breakdown of supplements by categories.

1. *Supplements used to prevent/treat nutrient deficiency.* Nutrients of concern for runners include iron (to prevent anemia), calcium and vitamin D (for bone health), as well as iodine, folate and B-12 for specific sub-groups of runners, including vegans and women who might become pregnant. The basic supplement question is: If you are deficient, what led to that deficiency and what dietary changes will you make to resolve the issue so that it doesn't happen again?
2. *Supplements used to provide energy.* Sports drinks, energy drinks, gels, electrolyte replacements, protein supplements, energy bars, and liquid meals are often used to help meet energy needs before, during and after exercise. They are a convenient, albeit more expensive, alternative to common foods. They aren't *magical* or *superior* to natural food. They are just easy to carry, standardized and eliminate decisions about which foods would offer, let's say, the "recommended ratio" of carbs, protein and fat.

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3. *Supplements that directly improve performance.* Caffeine, creatine monohydrate, nitrate, sodium bicarbonate, and possibly beta-alanine are the very few performance enhancing supplements that have adequate support to suggest they may offer a marginal performance gain. If you choose to use them, be sure to test them thoroughly during hard training that mimics the competitive event. Choose a brand that is NSF Certified for Sport, to minimize the risk of consuming harmful drugs. Every year, athletes get suspended for failing a drug test after they unknowingly took a supplement with an illegal ingredient.

4. *Supplements that indirectly improve performance.* Some supplements claim to enhance performance indirectly by supporting a runner's health and limiting illness. "Immune support" supplements that have moderate research to support their health claims include probiotics, vitamin D, and vitamin C. Supplements that lack strong support for their immune-enhancing claims include zinc, glutamine, Echinacea, vitamin E, and fish oil. Tart cherry juice and curcumin show promise

A supplement with strong evidence to indirectly improve performance by helping build muscle is creatine monohydrate. Questionable supplements without strong evidence for runners include gelatin and HMB.

Adverse effects

If some supplements are good, would more be better? No, supplements can cause harm. Too much iron can lead to iron overload. Too much caffeine increases anxiety. Supplements have been linked to liver toxicity, heart problems and seizures. In the USA in 2015, dietary supplements contributed to about 23,000 emergency department visits. That's partially because manufacturers are not required to show safety or assure quality of a supplement. Athletes beware — and try to simply eat better to run better?

References:

Maughan R, Burke L, Dvorak J et al. IOC Consensus Statement: Dietary Supplements and the High-Performance Athlete *Int'l J Sports Nutr Exerc Metab* 2018, 28: 104-125.

<https://globenewswire.com/news-release/2017/01/10/904591/0/en/Global-Sports-Nutrition-Market-will-reach-45-27-Billion-by-2022-Zion-Market-Research.html>

Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) counsels both casual and competitive athletes at her office in Newton, MA (617-795-1875). Her best-selling *Sports Nutrition Guidebook* and food guides for marathoners and new runners offer additional information. They are available at www.NancyClarkRD.com. For her popular online workshop, see www.NutritionSportsExerciseCEUs.com.

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Tips for Getting Back into Running after an Injury

Sarah Connors, ASICS PRO Team Physiotherapist, gives her advice for returning to running after an injury.

We all have times – forced or unforced - when we stop running. And whatever the cause of your break, it's crucial that when you get back to running, you do it sensibly and cautiously. The body likes training to be regular and consistent – and it doesn't like being thrown in at the deep end after time off.

When to Return to Running

An absence of pain is one of the most obvious signs – not just on walking and everyday activities, but also when you are stressing the previously injured area. For example, you **should be able to hop pain-free on a rehabilitated sprained ankle.**

Don't be in denial about your recovery. If you still have pain, or limited function, you are not ready to get back to running yet and doing so is foolhardy. Continue with pain-free cross training and treatment from a sports medicine expert.

If you are fully pain free, you are ready to begin your return to running. **As a general rule, it takes two weeks to get back every week of running lost through injury** – so don't expect to go straight back to where you were immediately.

Set Realistic Goals

Don't be impatient, or try to cut corners. You will need to **reassess your goals, put races on hold and accept that you won't be running PBs immediately.** Try running without a watch or heart rate monitor to prevent obsessing over slower times and higher heart rates.

I suggest a **six week build-up program if you have been side-lined with a serious injury for over a month.** This allows the injured area to rehab without being overloaded. It's very easy to do too much and break down again. Increase time of running up to 30 minutes over the first 2-3 weeks then stay at this time and increase the speed of running.

Setting up realistic goals are important, but also don't forget about the proper gear in shoes and clothing.

INJURY PREVENTION

Shin Splints

Nothing threatens to derail a new training program faster than shin splints. If you're increasing mileage, switching from trails to road or adding more high-intensity track workouts, you could be at risk. Women are also more likely to get shin splints than men. Many of those affected are runners, although the condition is also common among new military recruits and dancers. The good news is that shin splints generally clear up in few days to weeks with treatment.



Pain occurs along the inner edge of the tibia, where muscles attach to the bone.

Symptoms of Shin Splints

The American Academy of Orthopaedic Surgeons defines shin splints — officially called medial tibial stress syndrome — as “pain along the inner edge of the shinbone (tibia)”.

Shins hurt during and after a run due to inflammation of tendons, muscles and bone tissue around your tibia. Pain occurs along the inner edge of the tibia, where muscles attach to the bone. Mild swelling may be present. The pain may be sharp, dull or throbbing. Shins may also be sore to the touch.

Causes of Shin Splints

Shin splints are caused by repeated stress and trauma to the muscle and bone tissue around the tibia. Recent studies indicate the trauma isn't caused by the direct contact. Instead it happens from the slight bend that occurs during activity in a stress-loaded bone. As your tibia and muscles strengthen with repeated high-impact activity, the chance of shin splints lessens. This is why shin splints are more common in those just starting a running or training program. Other possible causes could include having flat feet or rigid arches, while others get this ailment from running in worn out or improper shoes.

Treatment for Shin Splints

Luckily, shin splints are one of the easier injuries to heal. Rest, ice and stretching are your best bets.

If overuse is the cause, resting is the first step towards recovery. Switch to lower impact activities such as swimming, pool running and cycling. If your case is on the mild side, you may continue to run, but with less mileage and intensity.

Take it easy and make sure the pain is gone before returning to a normal training schedule.

If you can tolerate non-steroidal anti-inflammatory medicines, taking ibuprofen and aspirin may help to reduce pain and swelling.

When icing, use cold packs for 20 minutes at a time, several times a day, until pain subsides. This usually takes two to three days.

Wearing an elastic compression bandage, compression socks or calf sleeves may help to alleviate discomfort and prevent additional swelling.

As long as it does not cause additional pain, adding flexibility and mobility exercises for your lower leg muscles may make your shins feel better. Strength training will help prevent re-injury as you return to running.

Finally, if you have flat feet or if shin splints are a recurring issue, visit a podiatrist, who may fit you for orthotics. These inserts could help to align and stabilize your foot, taking stress off your lower leg.

Preventing Shin Splints

Wearing the right shoes is crucial to preventing most injuries, especially shin splints. Make sure your running shoes fit properly and are the right type for your foot shape and running style. If you start logging long miles in old gym shoes or hiking boots, chances are your shins won't be pleased. Get fitted at a specialty running store.

Work towards having good mobility and stability, not just throughout your legs, but in your entire body. Strong mobility means the entire kinetic chain can work together for maximum running efficiency. Warm up before a run with a few dynamic stretches. Be sure to roll out and stretch your legs once your workout is over.

Build miles and intensity gradually so that your body can adapt to the increased exercise load. Incorporating cross-training (swimming, cycling, pool running) is another way to increase endurance without overtaxing your body. Running on soft surfaces such as trails or grass will help reduce the impact on your lower legs as well.

Work on increasing leg turnover in your stride. The less time feet spend in contact with the ground, the less impact there is with every step. Studies show a lower incidence of injury in runners with around 180 steps per minute.

Finally, be smart about your training. If shin splints do not improve or worsen, schedule a visit with your doctor to investigate other possible causes or injuries. Left untreated, shin splints can turn into a stress fracture.

* * * *

Heart Health Tip

There is no single cause of cardiovascular disease but the way you live your life really does make a difference to your risk of developing it.

HEALTH

MOODY BLUES

With daylight savings ended, the days getting shorter and darker, and so too, for some of us, are our moods. That might be a coincidence – there could be a reason for it. Sometimes more colloquially referred to as the 'winter blues', Seasonal Affective Disorder (SAD) is a type of depression that is related to change in seasons.

For most people, the aptly named SAD starts rearing its (moody and lethargic) head in late autumn and into the start of the winter months. Less often, it can occur in the spring or early summer, however, it is thought to be related to a lack of natural light or sunlight. Experts believe that a lack of light affects us in a couple of ways. Firstly, it upsets our normal circadian rhythms, which control our sleeping and waking patterns (and, hence, impact on the revitalization and restoration that occur as part of that process while we slumber.) Secondly, it is thought to disrupt serotonin, one of our vital brain chemicals that affects mood.

Obviously, we are all subject to the changing seasons, but not all of us will develop or experience SAD. It tends to be up to four times more common in women, and occurs more frequently in people who have a close relative who is also affected by SAD or depression, suggesting there is some sort of genetic predisposition. It also follows that it is more common in people who live further from the equator, so therefore have very short winter daylight hours, however, it doesn't seem to be as prevalent in places where it snows frequently.

In New Zealand, it is thought that minor symptoms affect up to 20 per cent of the population, with 4-6 per cent of people severely affected.

TREATING SAD

Although it can be debilitating, there are things that you can do to prevent or lessen the effects of the seasons. Try some of these if you're feeling blue.

- Get outside for 20 – 30 minutes each day. Even if it's not super sunny, the natural light helps balance moods and melatonin. Try a morning walk or get out for a wander at lunchtime.
- Include sunny holidays in your mid-winter plans, where possible. Escape to an island and enjoy a few days, even just a long weekend, of lapping up the sun's rays.

- Be sure to eat plenty of omega 3 rich foods or take a supplement. Studies have found that Icelandic people have few, if any, incidences of SAD and that when fish consumption reduces, mood disorders increase.
- Consider a supplement with melatonin. This natural substance is released by the brain in response to darkness and can help to improve your quality of sleep and vitality upon waking.
- Try St John's Wart or vitamin B6, both of which help with serotonin production.
- Dose up on vitamin D. Available in supplement form, this is an excellent way to maintain your levels of the "sunshine vitamin" when the sun's not shining.

SYMPTOMS OF SAD

The symptoms of SAD mirror many of those in general depression, aside from occurring with a seasonal pattern, at particular times of the year. These could include:

- Feeling sad, grumpy, moody, irritable or anxious;
- Low energy and heavy, "leaden" feeling in the arms or legs;
- Tiredness and oversleeping;
- Loss of interest in usual activities and withdrawal from friends and family; and
- Appetite changes, especially a craving for more foods high in carbohydrates.

* * * *

The Irish are always the first ones to come to the aid of their fellow man - passengers, in this case.

Shortly after take-off on an outbound, evening Aer Lingus flight from Dublin to Boston, the lead flight attendant nervously made the following painful announcement in her lovely Irish brogue. "Ladies and Gentlemen, I'm so very sorry, but it appears that there has been a terrible mix-up by our catering service. I don't know how this has happened, but we have 103 passengers on board, and unfortunately, we received only 40 dinner meals. I truly apologize for this mistake and inconvenience." When the muttering of the passengers had died down, she continued, "Anyone who is kind enough to give up their meal so that someone else can eat will receive free and unlimited drinks for the duration of our 10 hour flight.

Her next announcement came about 2 hours later: "If anyone is hungry, we still have 40 dinners available."

WELLINGTON MASTERS ATHLETICS INC.

34th ROAD RACE (8k) & RACE WALK (6.4k)

SUNDAY, 22nd JULY, 2018

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

Road Race: 5 laps = 8 km – Start 11.00 am **Race Walk:** 4 laps = 6.4 km – Start 10.45 am

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

Prizes: Prizes will be awarded to the first place runner in each age group plus additional prizes where warranted. Prizes for first man and women in race walk plus additional prizes where warranted. Prizes for the first 2 Club teams. (1 running team and 1 walking team.)

Teams: Running – Four to a team with at least one woman. A light lunch will be provided.
Walking – Three to a team with at least one woman
A number of Spot Prizes will be drawn on the day.

Entries: Entry Fee for members of Masters and ANZ Clubs: \$15.00 Non-members: \$20.00
No late entry fee payable. Entries can be made on day. Pre-Masters are welcome.

Make cheque payable to Wellington Masters Athletics Inc. or

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

Postal entries to: Graham Gould, PO Box 5887, Lambton Quay, Wellington 6145 or email to vgvould@xtra.co.nz

Entry form also available on the Masters website at www.wellingtonmastersathletics.org.nz



Wellington Masters 8k Road Race and 6.4k Race Walk

NAME: TELEPHONE No.

ADDRESS:

EMAIL:

CLUB: AGE ON RACE DAY:

RUNNER or WALKER (Please delete or circle one)

DECLARATION AND AGREEMENT TO BE SIGNED BY ALL PARTICIPANTS

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

Signed.....

2018**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 6140Telephone: **04 973 6741**

Official Use:

Verified by:

2017 / 2018 NZMA Reg. No:

UPCOMING EVENTS

2018:

June/July

- 30/1 40th Gold Coast Airport Marathon, $\frac{1}{2}$ Marathon, 10km & 5.7km Gold Coast
1 Gazley Volkswagon Full Marathon, $\frac{1}{2}$ marathon & 10km Westpac Stadium
22 Johnsonville 8km Run & 6.4km Race Walk Olympic Clubrooms

Aug

- 4 We Run the Forest, 21km, 11km & 5.5km Rotorua
5 Brisbane Marathon Festival, Full Marathon, $\frac{1}{2}$ Marathon, 10k & 5k Brisbane
12 48th Sun-Herald City2Surf, 14km Fun Run & Walk Sydney
17-19 Sunshine Coast Marathon, Full Marathon, $\frac{1}{2}$ Marathon, 10km & 5km Sunshine Coast

Oct

- 5-7 &
12-14 South Island Masters Games (Various Sports) Timaru
14 Wairarapa Country Marathon, $\frac{1}{2}$ Marathon, 10km & 5km Masterton

Nov

- 4 **Masters 10km Road Race & Walk** Lower Hutt
Nelson Half Marathon, 10km, 5km & 2.5km Saxton Field, Stoke
New York City Marathon New York

2019

Feb

- 9 Buller Gorge Full Marathon, $\frac{1}{2}$ Marathon & Marathon Relay Westport

March

- 10 Hutt News 5km & 10km Fun Run & Walk McEwan Park, Petone

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.
