

THE

MASTER

COPY

Newsletter of the Wellington Masters Athletics Inc.

Volume 6 Issue 2

May 2007



Daphne Jones takes over from Kevin Watson in the walk at the Classic Relay held on Sunday 13 May at Trentham Memorial Park.

WELLINGTON MASTERS ATHLETICS INC.

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COMMITTEE MEETINGS 2nd MONDAY OF MONTH AT SCOTTISH HARRIERS CLUBROOMS, PRINCE
OF WALES PARK COMMENCING AT 5:30pm.

CLUB REPRESENTATIVES AND MEMBERS ARE ALWAYS WELCOME

EDITORIAL

13 May 2007

Where do I start? Or should I start with the end? I've only been President for Wellington Masters for what is likely to be the shortest stint in history and I've never had to write an AGM report or even an editorial. And here I am trying to do both – the proverbial killing two birds with one stone – so hopefully I don't make a hash of it.

It's been a reasonably good year for Wellington Masters – performance-wise. Our membership has slipped a little but perhaps not as much as in other Centres. What is good to see is the number of new recruits at the younger end of our membership. In my 6 years with Masters I've seen some small to very non-existent fields at the various competitions around the country, but at this year's NZ Masters T&F Championships, there were full or near to full fields in the 35-45 age groups – no longer is a gold medal a guaranteed thing. Some of us had to work damn hard to get them!

Unfortunately, our own Centre events are not attracting the same numbers as they used to. My records don't extend too far back but a trend is apparent with declining numbers in all events. With the number of current financial members standing at 106, you'd think 90 finishers in the 2007 Classic Relay was pretty good. But most of those competing were non-members. One club fronted 3 running teams – 15 athletes – but only one of those 15 was a paid up member. I wish I knew the answer but I don't. The committee is also at a loss to understand why our events – some of which have been around for 20 years or more – are not attracting the numbers. The only conclusion we can come to at the moment is that there are too many other events on the calendar within the region and some obviously will have to lose out. If that is not the case, then please – use your voice (figuratively or literally) to tell us. If we're doing something wrong then we'll do our utmost to fix it.

On the brighter side though are the fantastic results that our members are achieving. At this year's National T&F Champs we had 10 Centre records broken; in all 35 records have been broken during the season some more than once. Summer was late starting, but once it did things really got rolling – 28 of the 35 records were achieved in the latter two months of the season. And it's not only been our track (and field!) athletes that have been stealing all the glory. We've also had athletes doing well at road events around the country.

I have to make special mention of Peter Baillie – this year's recipient of the Wellington Masters Athlete of the Year award. He's walked just about every event possible, and then some, and he continues to amaze us with his ability to just keep going and going. No event is too small or too large – from a mere 3km on the track to a 24-hour event - he's done them all. And when he's finished competing he also helps out with officiating at the track. Well done, and thanks, Peter.

As mentioned at the top of this report, my stint as President is likely to be the shortest in history. For those that haven't yet heard, Rodney and I have decided to head south – early semi-retirement – and will have left Wellington for Timaru by the time you read this. I will no longer have to fear the jibes when I don the red and black – some say my eye patch is almost visible at times – and now it will be Rodney who is the 'odd one' in his yellow and black.

So my first, and last, report/editorial is also one of farewell. It is with some sadness that I leave Wellington and everyone here but I assure you – you haven't seen the last of me. I hope that Wellington Masters continues to be strong for a long time to come.

Kathryn Fraser
President
Wellington Masters Athletics

A QUESTION OF BALANCE

Pilates, t'ai chi, yoga . . . new age mysticism or the perfect exercise for you?

Planning to embark on a new fitness regime?

Congratulations! There are more choices than ever before. As well as favourites such as going to the gym, walking or jogging, there are plenty of other mind/body activities on the menu: Pilates, t'ai chi, yoga, and the Alexander Technique, to name but a few. They might sound a little mystical to some of us, but they're becoming increasingly mainstream. Do they suit everyone? Is there a compulsory spiritual component, or can you do them just for the physical benefits? Do they take the place of the gym or supplement it? Read on for the lowdown on the more "alternative" ways of toning your body . . . and your mind.

Body, Mind and Spirit Exercise

Stress is a modern-day pandemic. The feelings of irritability, pressure, tension and depression that result from chronic stress can rapidly sap the happiness from life. While feeling stressed is unpleasant enough, of even greater concern are the possible long-term health consequences of stress: an increased risk of cardiovascular disease, immune suppression, fatigue, digestive problems, muscular-skeletal pain, disturbed sleep, and a greater risk of anxiety and depression.

Regular aerobic activity is a vital part of any plan for minimizing the detrimental health effects of chronic stress. Regular gym workouts, running, walking, swimming or cycling can all help control stress levels; so too can many of the mind/body exercise disciplines such as t'ai chi, Pilates and yoga. They have each stood the test of time, with histories ranging back as far as 3000 BC. These three practices originate from the east and they have spiritual components when practiced in their original forms. T'ai chi (with its origins in China) evolved as part of the Taoist philosophy, and most forms of yoga (there are many) developed within the Hindu tradition. Each of these practices can be studied without subscribing to its spiritual principles. People from all walks of spirituality and religion are benefiting from their time-tested health benefits.

Pilates

Originally made popular by dancers looking to develop their strength, Pilates is suitable for a wide range of ages and fitness levels. Pilates is designed to develop the body's core muscles in the abdomen and trunk through balancing, stretching and breathing exercises and makes a great addition to an exercise programme already comprising an aerobic and resistance component. It can be practiced either as a gentle

form of exercise, or in a highly athletic form more dynamic and taxing than many forms of yoga. It is ideal for athletes recovering from injury, older people who cannot do strenuous exercise, and even pregnant women. While Pilates will undoubtedly result in stronger, more flexible muscles, a fully rounded exercise programme will require the addition of resistance and aerobic training. Pilates fans include Sharon Stone, Courtney Cox, Madonna, Julia Roberts, Hugh Grant and Rod Stewart.

T'ai Chi

If you've ever visited China and been up with the larks, you will have seen people of all ages practicing this beautiful, ancient art in parks. Because age is no barrier, devotees range from the very young to the elderly. Loosely translated, "t'ai chi" means "harmony" or "balance". T'ai chi is a martial art, but is more usually practiced simply as a moving meditation that bestows health benefits. The three basic components of t'ai chi are gentle movement, mental concentration and breathing. T'ai chi works every muscle group in balance, and can be performed in a style to suit every fitness ability. When the moves are practiced quickly or in a lower stance, it is seriously aerobic and has real cardiovascular benefits. Research from the Shanghai Medical Academy shows that t'ai chi stimulates the central nervous system, lowers blood pressure, relieves stress, gently tones muscles, enhances digestion, and improves elimination of wastes and the circulation of blood.

But it's not just good for the body. According to the writer Chen Tin Hung, t'ai chi can change one's very disposition: "After practicing over a period of time, a hot-tempered man will change into a gentle man." One t'ai chi teacher puts it another way: "It brings out the beauty in a person. With time, you see the change in someone's face."

Yoga

As with t'ai chi, yoga comes in a multitude of styles, with a form to meet the individual requirements of just about everyone. Some practices such as Ashtanga yoga or the currently popular Bikram yoga (performed in a room heated to at least 30 degrees Celsius) are only for the young, strong, robust and valiant at heart! The infinitely more gentle Hatha yoga, on the other hand, can be performed by the elderly and those restricted by illness or disability.

The practice of yoga involves breathing exercises, relaxation and meditation. Yoga increases the flexibility of muscles and joints, and the lubrication of joints, ligaments and tendons. The asanas (postures) also help to massage internal organs, improving blood circulation to all parts of the body. As well as toning and strengthening muscles, yoga helps increase your awareness of posture, alignment and patterns of movement.

Continued on next page

A Question of Balance continued

It also improves cardiovascular efficiency, energy and sleep quality and decreases feelings of stress, anxiety or depression. Yoga has been around for about 500 years, and evolved within the spiritual background of Hinduism. Today, however, many people from different spiritual and religious traditions practice the physical and breathing aspects of yoga without cultivating its spiritual aspects.

Alexander Technique

The Alexander Technique is not an exercise system per se; rather, it is a system for restoring alignment and poise to the body, which then allows you to get increased benefit from everything else that you do.

The Alexander Technique was the brainchild of Shakespearean actor Frederick Matthias Alexander, who, in the late 19th century, developed problems with his voice. Doctors told him there was nothing physically wrong with him, but FM (as he is called in the Alexander community) noticed that he was needlessly stiffening his whole body in preparation to recite or speak. After more than eight years of self-observation, with multiple mirrors, he successfully worked out a way of solving his voice and performance issues.

His technique is now used around the world by musicians, singers and dancers seeking to improve their performance, but everyone can enjoy its numerous benefits. It is especially useful for anyone suffering from chronic back pain. The Alexander Technique involves being guided through simple movements to become aware of proper physical function, helping to fine-tune awareness and co-ordination, and improving balance and alignment. Poor alignment of your body during any form of exercise can prevent you attaining its benefits.

Each of these body/mind exercises provides a useful addition to a more traditional programme of aerobic and resistance training. Their practice is safe for most people when taught by well-qualified and experienced teachers.

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Six reasons not to mess with children

A little girl was talking to her teacher about whales. The teacher said it was physically impossible for a whale to swallow a human because even though it was a very large mammal its throat was very small.

The little girl stated that Jonah was swallowed by a whale. Irritated, the teacher reiterated that a whale could not swallow a human; it was physically impossible.

The little girl said, "When I get to heaven I will ask Jonah". The teacher asked, "What if Jonah went to hell?" The little girl replied, "Then you ask him".

A Kindergarten teacher was observing her classroom of children while they were drawing. She would occasionally walk around to see each child's work.

As she got to one little girl who was working diligently, she asked what the drawing was.

The girl replied, "I'm drawing God."

The teacher paused and said, "But no one knows what God looks like."

Without missing a beat, or looking up from her drawing, the girl replied, "They will in a minute."

A Sunday school teacher was discussing the Ten Commandments with her five and six year olds.

After explaining the commandment to "honor" thy Father and thy Mother, she asked, "Is there a commandment that teaches us how to treat our brothers and sisters?" Without missing a beat one little boy (the oldest of a family) answered, "Thou shall not kill."

One day a little girl was sitting and watching her mother do the dishes at the kitchen sink. She suddenly noticed that her mother had several strands of white hair sticking out in contrast on her brunette head.

She looked at her mother and inquisitively asked, "Why are some of your hairs white, Mom?"

Her mother replied, "Well, every time that you do something wrong and make me cry or unhappy, one of my hairs turns white."

The little girl thought about this revelation for a while and then said, "Momma, how come ALL of grandma's hairs are white?"

The children had all been photographed, and the teacher was trying to persuade them each to buy a copy of the group picture.

"Just think how nice it will be to look at it when you are all grown up and say, 'There's Jennifer, she's a lawyer,' or 'that's Michael, He's a doctor.'

A small voice at the back of the room rang out, "And there's the teacher, she's dead."

The children were lined up in the cafeteria of a Catholic elementary school for lunch. At the head of the table was a large pile of apples. The nun made a note, and posted on the apple tray: "Take only ONE. God is watching."

Moving further along the lunch line, at the other end of the table was a large pile of chocolate chip cookies.

A child had written a note, "Take all you want. God is watching the apples."

* * * *

Handicaps

Whenever we doubt our own ability to achieve, it is worthwhile to ponder the obstacles others have had to overcome. Abraham Lincoln failed in business aged 22, lost a legislative race at 23., again failed in business aged 25, had his sweetheart die when he was 26, had a nervous breakdown at 27, lost congressional races aged 34, 37 and 39, lost a senatorial race aged 46, failed in his efforts to become vice-president of the USA aged 47 and lost a further senatorial contest at 49. At 52 years of age he was elected President of the United States of America and is now remembered as one of the great leaders in world history.

BITS and PIECES

Membership

Since the last newsletter there has been only two new members join up. The current membership still stands at 106 members. Welcome to Beryl Rogers (WMC) and Robin Curry (Trentham).

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Round Rarotonga Road Race and Week of Running 4th - 11th October 2007

Dates have now been confirmed and the actual Round Rarotonga Road Race (approx. 31km) will be held on Saturday 6th October. This is a really great week of fun, runs, relaxation and pure joy, so why not make plans now to be a part of it. Take your family or friends with you and as far as the main run goes, it is a fantastic circuit of Rarotonga on good roads and virtually flat all the way.

Of course besides the main event there are many other activities planned such as fun runs, relays, across the island run etc., and lots of social activities besides the swimming, sunbathing, walks and shopping.

If you are quick you may be able to get a return airfare Auckland/Rarotonga for as low as NZ\$689 per person.

For more information contact:

Andy Galloway Marathon Tours

29 Arcus Street, St. Andrews, Hamilton, New Zealand

Tel: 07 849 1782: Fax: 07 849 1789

Email: marathontours@xtra.co.nz

Website: www.marathontours.co.nz

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QUICK QUIZ

1. Name the one sport in which neither the spectators nor the participants know the score or the leader until the contest ends.
2. What famous North American landmark is constantly moving backward?
3. Of all vegetables, only two can live to produce on their own for several growing seasons. All other vegetables must be replanted every year. What are the only two perennial vegetables?
4. What fruit has its seeds on the outside?
5. In many liquor stores, you can buy pear brandy, with a real pear inside the bottle. The pear is whole

and ripe, and the bottle is genuine; it hasn't been cut in any way. How did the pear get inside the bottle?

6. Only three words in standard English begin with the letters "dw" and they are all common words. Name two of them.

7. There are 14 punctuation marks in English grammar. Can you name at least half of them?

8. Name the only vegetable or fruit that is never sold frozen, canned, processed, cooked, or in any other form except fresh.

9. Name 6 or more things that you can wear on your feet beginning with the letter "S."

Answers on page 17

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Note from Jim & Colleena Blair

We no longer have PO Box 47 078 at Silverstream.

All mail should be sent to our home address:

43 Elmslie Road
Pinehaven
Upper Hutt 5371

Our phone number is still 04 528 2992 but we no longer have the fax.

Email is still jimblair@xtra.co.nz

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Date Change

Please note that owing to the Race Director being out of the country at the time of the proposed event, the Committee has decided to change the Lower Hutt 10km Run and Walk from Sunday 4th November to **Sunday 28th October** 2007. Venue and start times remain the same.

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How about emissions?

A recent survey revealed that the average New Zealander walks 900 miles per year.

Another revealed that the average New Zealander consumes 20 gallons of beer per year.

Conclusion: The average New Zealander gets 45 miles per gallon.

FITNESS & RUNNING FOR MASTERS

Daily and even twice-a-day workouts are fine for younger runners seeking to maintain their competitive edge. But is the middle-aged and older runner better off cutting back to every other day? In my own case it seems so.

The importance of rest in running is stressed by JE Welch and EC Frederick in their article "After Working the Rest is Easy" published some years back in an issue of "Runners World".

Interval work, quarters, speed work, always deplete athletes, as do races. "We need to take a closer look at the functions of rest in a running programme," the authors said, citing examples of outstanding performances by runners who were forced to cut back on training before major races.

The article notes that conditioning is a process of destruction and regeneration - "And the two can never be separated if a conditioning is to proceed in a positive direction."

The authors point out that the body must be given time to rebuild. ". . . glycogen depletion, mitochondrial destruction and extensive muscle tissue damage takes about 48 hours to be completely reversed," they wrote. "Eating properly, getting plenty of rest and little exercise seem to promote regeneration. Still the time period needed to completely return to the status quo is well over 40 hours."

After several minutes of this activity you are 'warmed up' and ready to go. Once you are on your way, however, the rate of oxygen intake begins to rise as breathing becomes deeper and more rapid. For each of us there is a steady state of exercise that is reached depending upon our size, conditioning, and other factors. During the run, blood glucose continues to supply the energy for muscle cell metabolism. If the run is extremely long, the body eventually exhausts its available glucose and then draws on its supply of glycogen stored in the liver and muscles.

At some point when you are breathing hard, oxygen intake is not sufficient to continue the complete breakdown of glucose. As a result, the muscles must once again obtain energy anaerobically. When cells are working in the absence of oxygen, glucose is only partially broken down, and only a small amount of ATP* is formed. Accordingly, one begins to run out of an available energy source for muscle cell contradiction. To make matters worse, anaerobic metabolism produces lactic acid which enters the bloodstream and is then transported to the liver. Ordinarily, the liver can

convert lactic acid into glucose and store it as glycogen, but the conversion process requires ATP as an energy source.

When you are running, however, ATP has a more important function in supplying energy for muscle contraction. The result is that some of the lactic acid accumulates in the body, leading to muscle fatigue and, if the run is quite strenuous, a slight increase in the acidity of the blood. This latter factor, however, is rarely of any serious consequence.

When the run is over, metabolism continues at a high rate for several minutes. You continue to breathe heavily, which supplies needed oxygen to the cells. This allows for the conversion of lactic acid into glucose and the gradual buildup of ATP. Additional oxygen required to convert lactic acid and form ATP called *oxygen debt*. As every runner knows, this is one debt that must be paid.

The importance of glucose as an energy source is highlighted by the fact that it can be formed in the body from fats and proteins. This usually occurs when the body's supply of carbohydrates drops below normal levels. Excess carbohydrates are stored in the form of fats that can be used if one's carbohydrate reserves are depleted. This may happen, for instance, during a marathon. Use of proteins as an energy source usually occurs under conditions of starvation.

The essential danger in allowing the blood glucose to fall too low is impairment of the central nervous system (brain and spinal cord). The individual so affected becomes exhausted and soon collapses. The brain in particular is absolutely dependent upon a correct and constant blood glucose concentration. The reason for this is that glucose is the only significant nutrient that the brain cells can use for energy.

In metabolic activities performed by a myriad of plants and animals, glucose plays a central role in providing a constant and life-sustaining source of energy. Truly, it is well-deserving of its role, not only as the runner's fuel, but as the fuel of life itself.

* ATP - The abbreviation for the chemical compound called adenosine triphosphate. It is used by the body to provide energy for many physiological functions. It is found in all muscle tissue, being produced by the muscle cells themselves.

The Value of a Drink

Sometimes when I reflect back on all the wine I drink I feel shame. Then I look into the glass and think about the workers in the vineyards and all of their hopes and dreams. If I didn't drink this wine, they might be out of work and their dreams would be shattered. Then I say to myself, "It is better that I drink this wine and let their dreams come true than be selfish and worry about my liver."

Relay For Life 2007

Once again I was a member of a team called the Scotties and Notties that took part in the Cancer Society Relay for Life held at Frank Kitts Park over the weekend 17-18 March.

In the most number of laps completed over the 21 hour period (yes daylight saving had a hand in this - the relay was meant to be for 20 hours), our team managed to finish 3rd overall with a total of 448 laps. After a couple of hours into the event we were in 9th place and then slowly crept up to 7th place. About 3am on Sunday morning we had gained 4th place but were in a close tussle with two other teams. It was then that the competitive side of our team sprung into action and we managed to increase our number of laps over the other two teams and eventually finished 20 laps ahead of the 4th placed team. The 1st and 2nd placed teams were too far ahead in number of laps completed for us to catch.

For the legs that I had been rostered on to do, I managed to run 55 laps all up, for a total running time of 2 hours and 27 minutes and a total distance covered of 27.5kms.

The weather on Saturday afternoon for the start of the relay was raining so the Opening Ceremony was cancelled. The rain eventually stopped and we were lucky to go through the night up to 8.30am on Sunday morning when it started to rain again - this lasted for about an hour but was enough to make conditions a little unpleasant. Though it wasn't raining during the night, conditions were quite warm and it was very muggy running with plenty of extra running gear needed to change into for your later laps - there being nothing worse than putting on damp, smelly running gear.

This is the 5th year that I have been involved and told myself that this will probably be my last year but no doubt when the Team Captain sends out the email later in the year looking for team members for the 2008 Relay For Life, I will probably put up my hand again and take part in this worthwhile cause.

The final amount raised for the Wellington Region amounted to \$450,000 which is up on last year but slightly down on the \$500,000 target that was set. Our team managed to raise \$3,300 towards this total.
- John Palmer.

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WALKING

How 'walk-shuffle' breaks can keep the legs going on long walks

With your feet next to the ground, use a short stride with minimal movement. You're still moving forward, but not having to spend much energy doing so. When

you insert 30-60 seconds of shuffling into a regular walk, every 1-5 minutes, your walking muscles relax and rest. This lowers the chance of aches and pains due to the constant use of the muscles, tendons, etc.

- From Walking The Complete Guide by Jeff Galloway.

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RUNNING UNTIL YOU'RE 100

Research says that running doesn't destroy your joints

During a clinic on his research finding, Dr. Ralph Paffenbarger stated that "For every hour you exercise, you should receive two hours added to your lifespan."

It's my opinion, and that of many medical experts, that most people will maintain their cardiovascular system better and suffer less joint damage by regularly and gently running and walking.

But those that choose to push into speed work and run too much or too fast for their current ability can cause orthopedic problems.

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SUSTAIN SPEED THROUGH AN INCREASE IN THE NUMBER OF REPETITIONS

The maximum benefit from speed sessions is at the end of the program. As you increase the number of speed repetitions from 4 to 6, 8 and beyond, you teach yourself how to keep going at your assigned pace, even when tired. To maintain speed when tired - is the mission. The only way to prepare for the "race reality" situation is to do this during speed training. Speed work teaches you and your legs that you can keep performing even when very tired. The result is that you won't slow down as you would before speed work.

From Running A Year Round Plan by Jeff Galloway.

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If you have any results, articles or stories you would like included in "The Master Copy", please post to:

**The Editor, The Master Copy,
122 Onslow Road, Khandallah,
Wellington 6035, or email to
palmer.palace@xtra.co.nz**

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Bills travel through the mail at twice the speed of cheques.

HEALTH

Addicted to Water

For some, the health message has been diluted.

Are you an aquaholic? If you drink over five litres of water a day and feel irritable when you can't get a glass of H₂O, you may have a problem. "Aquaholics do exist," says dietitian Catherine Collins. "There's a very real psychiatric condition called psychogenic polydipsia. For most, it's sparked when a lifestyle change like cutting out caffeine is made."

Collins explains that typically someone will up their intake of water in the belief that they're "cleansing" their body. "With time, an obsession with drinking water to 'purify' or offset hunger creates potential for harm, especially if combined with a low-salt diet and excessive exercise."

But surely you can't drink too much water? Well, in fact you can. "Over-hydration coupled with a low-salt diet can gradually deplete blood salt levels, initially causing fatigue," she says. "But eventually, low salt levels will impair normal cell function, causing confusion, disorientation and even coma."

Aim to drink around two litres of liquid daily, she says. "The goal is to pass urine three or four times a day. If you're going to the toilet every hour, you're probably drinking too much."

* * * *

What are Antioxidants and Why do I Need Them?

What are Antioxidants?

Antioxidants help the body to neutralise the potentially damaging effects of excess free radicals.

Free radical reactions involve the creation of unstable atoms which have an incomplete outer shell of electrons. In order to re-stabilise themselves they steal an electron from a neighbouring atom; thus creating another free radical in the process.

This transfer of electrons, if left unchecked, can lead to damage of cellular structures such as DNA, the 'blue-print' for each cell type. Once the DNA has been altered cellular replication can get out of hand.

Antioxidants have the ability to donate an electron to a free radical without becoming a free radical themselves, hence stopping the chain reaction.

Why do I need Antioxidants?

Your health is dependent on maintaining an internal balance between free radicals and antioxidants. The generation of free radicals in the body is nothing new; however exposure to pollution, pesticides, cigarette smoking and radiation in the 21st century is creating more free radicals.

Antioxidants naturally occur in fresh fruit and vegetables. If you are not getting enough variety and volume of fresh, whole food in your diet, then antioxidant supplementation is recommended.

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The Natural Alternative

Manuka Honey - your healthy alternative to sugar

Honey is a great sugar substitute! It contains natural glucose, fructose, vitamins, minerals, enzymes and antioxidants. Honey also contains oligosaccharides, a great 'prebiotic' which stimulates good gut bacteria to aid digestion.

Table sugar is 99% sucrose and requires further processing by your body to release the energy. The glucose and fructose contained in honey are immediately available making honey ideal for a quick long lasting boost.

Manuka Honey is sourced from the nectar of New Zealand's native Manuka flower and is world renowned for its distinctive, rich flavour and unique aroma.

Manuka Honey is ideal for spreading on toast or as a sweetener for coffee or tea. It is also beneficial for the maintenance of digestive health.

Did you know?

You can substitute sugar with honey in your baking: Honey is denser and sweeter than table sugar so 1.25 cups of sugar can be substituted with 1 cup of honey. The moisture content of the remaining ingredients in the recipe should be reduced by 20% and the oven temperature reduced by 25°F to prevent over-browning.

Storing Honey

Store honey at room temperature - your kitchen counter or pantry shelf is ideal.

Help Wanted

With Kathryn Fraser leaving for greener pastures, the Centre is looking for someone who has some computer programming knowledge, is interested in athletics, and who would be willing to run the programmes on the Masters laptop used to record the results for Masters events and the Track & Field competitions. Anyone interested in this important role for the Centre and Masters, please contact Jim Blair on 528 2992.

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New President

Also with Kathryn leaving, there is a vacancy for the position of President to be filled at the AGM that will be held in September. Jim Blair has kindly offered to fill the role as Acting Chairman until the AGM. Please could members give some consideration to this matter or if they think of anyone who would be suitable for President of Masters, to approach them and see if they would be willing to stand. If anyone would like any more information regarding the role, please contact either Jim Blair on 528 2992 or John Palmer on 479 2130.

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Congratulations

To Peter Wrigley who is one of the finalists in the 2007 Wellington Sportsperson of the Year Awards. Peter is a finalist in the BDO Spicers Official of the Year category for athletics.

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Pearls of wisdom

1. A day without sunshine is like night.
2. On the other hand, you have different fingers.
3. 42.7 percent of all statistics are made up on the spot.
4. No man has ever been shot while doing the dishes.
5. Opportunities always look bigger going than coming.
6. He who laughs last, thinks slowest.
7. Depression is merely anger without enthusiasm.
8. The early bird may get the worm, but the second mouse gets the cheese in the trap.
9. Support bacteria. They're the only culture some people have.
10. A clear conscience is usually the sign of a bad memory.
11. Change is inevitable, except from vending machines.
12. If you think nobody cares, try missing a couple of payments.

13. How many of you believe in psycho-kinesis? Raise my hand.
14. OK, so what's the speed of dark?
15. When everything is coming your way, you're in the wrong lane.
16. Hard work pays off in the future. Laziness pays off now.
17. How much deeper would the ocean be without sponges?
18. Eagles may soar, but weasels don't get sucked into jet engines.
19. What happens if you get scared half to death, twice?
20. Why do psychics have to ask you for your name?
21. Inside every older person is a younger person wondering, "What the hell happened?"
22. Just remember - if the world didn't suck, we would all fall off.
23. Light travels faster than sound. That's why some people appear bright until you hear them speak.
24. Life isn't like a box of chocolates . . . it's more like a jar of jalapenos. What you do today, might burn your butt tomorrow.
25. You should not confuse your career with your life.

* * * *

A Time to Stretch - or Not to Bother

In an attempt to prevent injury, most of us probably take the time to stretch before and after exercise. But Dr Jonathan Folland, an exercise expert at Loughborough University in the UK, says if we're doing fairly steady activities (jogging, cycling, walking), stretching will improve our flexibility, but there's not much evidence that it will help us avoid muscle injury.

Instead he advises warming up the body with five minutes of light, gradual exercise. "It's important to increase blood flow to the muscles and heart steadily and not force a sudden change, or your muscles will fatigue more quickly."

Stretching first is more effective if you're doing high-impact exercise where you land forcefully on your feet, or stop and start quickly (sprinting, tennis or competitive team sports).

"But it's probably better to stretch when your body is warmer after exercise," Folland advises.

* * * *

The one thing that unites all human beings, regardless of age, gender, religion, economic status or ethnic background, is that, deep down inside, we ALL believe that we are above average drivers.

THE ATHLETE'S KITCHEN

Copyright: Nancy Clark, MS, RD, CSSD



Organic Foods for Athletes?

Organic foods — are they better, safer, more nutritious? That's what many active people want to know. After all, when you are training hard to enhance your performance, you might as well enhance your health at the same time — and that means eating wisely and well. Questions arise: should eating organic foods be a part of your sports diet? This article addresses some questions athletes commonly ask about whether or not to go organic.

The meaning of organic

To start, what does "organic" actually mean? Organic refers to the way farmers grow and process fruits, vegetables, grains, meat, poultry, eggs and dairy products. Only foods that are grown and processed according to USDA organic standards can be labeled "organic". (Note: The food label terms "natural", "hormone free" or "free-range" do not necessarily mean "organic".) Organic farming practices are designed to conserve soil and water and to reduce pollution. For example, organic farmers do not use chemical fertilizers, insecticides or weed killers on crops. Nor do they use growth hormones, antibiotics and medications to enhance animal growth and prevent disease.

Why go organic?

Organic fruits and vegetables can cost about 30% more than standard produce, if not more. If you are a hungry athlete who requires a lot of food, you might be wondering: Are organic products worth the extra cost? In terms of taste, some athletes claim organic foods taste better. Taste is subjective and may relate to the fact freshly grown foods have more flavor. In terms of nutrition, some research suggests organic foods may have slightly more minerals and antioxidants than conventionally grown counterparts, but the differences are insignificant. You could adjust for the difference by simply eating a larger portion of standard broccoli.

One important reason to buy organic — preferably locally grown organic — is to help sustain the earth and replenish its resources. Buying locally grown foods supports the small farmers and helps them earn a better living from their farmland. Otherwise, farmers can easily be tempted to sell their land for house lots or industrial parks — and there goes more beautiful open green space.

Yet, if you buy organic foods from a large grocery store chain, you should think about the whole picture. Because organic fruits, for example, are in big demand, they may need to be transported for thousands of miles, let's say from California to Massachusetts. This transportation process consumes fuel, pollutes the air — and hinders the establishment of a better environment. Does this really fit the ideal vision of "organic"? The compromise is to buy locally grown produce whenever possible.

A second potential reason to choose organic relates to reducing the pesticide content in your body and the potential risk of cancer and birth defects. The Environmental Protection Agency (www.EPA.gov) has established standards that require a 100- to 1,000-fold margin of safety for pesticide residues. They have set limits based on scientific data that indicates a pesticide will not cause "unreasonable risk to human health." According to Richard Bonanno, PhD, agricultural expert at University of Massachusetts-Amherst and a farmer himself, 65% to 75% of conventionally grown produce has no detectable pesticides. (When used properly and applied at the right times, pesticides degrade and become inert.) Results of testing vegetables from farms in Massachusetts showed no pesticide residues in 100% of the samples. Bonanno reports only 0.5% of conventionally grown foods (but 3-4% of imported foods) are above EPA standards. A 2005 survey of 13,621 food samples revealed pesticide residue exceeding the tolerance was 0.2%. (1) Yet, watchdog groups such as www.beyondpesticides.org and www.foodnews.org wave red flags and remind us, for example, that small amounts of pesticides can accumulate in the body. This may be of particular concern during vulnerable periods of growth, such as with young children.

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Conflicting values

Clearly, whether or not to buy organic foods becomes a matter of personal values. Bonanno sees "organic", in part, as a marketing ploy, with organic foods portrayed as being safer and better. He argues we do not have a two-tier food system in the US — with wealthier people who can afford to buy organic foods being the recipients of safer foods.

Options

So what's a hungry but poor athlete to do?

- Eat a variety of foods, to minimize exposure to a specific pesticide residue.
- Carefully wash and rinse fruits and vegetables under running water; this can remove 99% of any pesticide residue (depending on the food and the pesticide).
- Peel fruits, such as apples, potatoes, carrots and pears (but then, you also peel off important nutrients).
- Remove the tops and outer portions of celery, lettuce and cabbage.
- Buy organic versions of the foods you eat most often, such as organic apples if you are a five-a-day apple eater.
- Sometimes (if not all the time), buy organic versions of the fruits and veggies that are known to have the highest pesticide residue, even after having been washed. According to the Environmental Working Group (www.foodnews.org), the "Dirty Dozen" includes these fruits: apples, cherries, imported grapes, nectarines, peaches, pears, strawberries, red raspberries; and these vegetables: potato, bell peppers/capsicum, celery, spinach.
- Save money by choosing conventionally grown versions of the "Clean Dozen" (with little or no pesticide residue): banana, kiwi, pineapple, mango, papaya (note that foods like papaya, mango and banana have their own protective shell, so this reduces pesticide exposure on the flesh of the fruit); asparagus, avocado, broccoli, cauliflower, onion, sweet corn, and green peas. (For a complete list of 43 fruits and veggies, see www.foodnews.org.)

When all is said and done, whether or not to make the extra shopping trip and pay the higher price is an individual decision. But for athletes who are concerned about the environment, there's no question that buying organic foods help save the small farms — and the future of our planet.

Nancy Clark, MS, RD, CSSD (board Certified Specialist in Sports Dietetics) counsels casual & competitive athletes. Her Sports Nutrition Guidebook, Food Guide for Marathoners and Cyclist's Food Guide are available via www.nancyclarkrd.com.

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1. USDA Pesticide Data Program, Annual Summary for Calendar Year 2005, page 31
www.ams.usda.gov/science/pdp/status.htm (pdf download)

For additional information

Agricultural Marketing Service of the US Department of Agriculture Pesticide Data Program
www.ams.usda.gov/science/pdp

Environmental Protection Agency (EPA)
www.EPA.gov/pesticides

Environmental Working Group
www.ewg.org
www.foodnews.org

Beyond Pesticides (formerly the National Commission Against the Misuse of Pesticides)
www.beyondpesticides.org

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THE ATHLETE'S KITCHEN

Copyright: Nancy Clark, MS, RD, CSSD - May 2007



Carbs: Quick, Slow or Confusing?

Once upon a time, carbohydrates were referred to as simple or complex, sugars or starches. Today, the classification is more complicated; carbs are often ranked as quick or slow in a very complex system called the glycemic index. The glycemic index is theoretically based on how 50-grams of carbohydrates (not counting fiber) in a food will affect blood sugar levels. For example, white bread is a high glycemic index carb and supposedly causes a rapid "spike" in blood sugar, while beans are considered a low glycemic index carb and cause a more gradual increase in blood sugar levels.

The glycemic index was initially developed to help people with diabetes better regulate their blood glucose. But people with diabetes generally eat foods in combinations (for example, a sandwich with bread, turkey and tomato); this alters the glycemic index of the meal. Runners, however, commonly eat foods solo (a banana, a bagel). Hence, exercise scientists became curious about the possibility that quick or slow carbs might impact exercise performance because they affect blood glucose in different ways. Could runners use this ranking system to determine what to eat before, during, and after exercise?

Theory vs science

In theory—

- low glycemic index foods (apples, yogurt, lentils, beans) provide a slow release of glucose into the blood stream. Could they help marathoners by providing sustained energy during long runs?
- high glycemic index foods (sports drinks, jelly beans, bagel) quickly elevate blood sugar. Are they best to consume immediately after a hard run to rapidly refuel the muscles and, thereby, enhance subsequent performance at the next workout, if a runner is doing double workouts or in two events at a track meet?

According to Kathy Beals PhD RD, associate professor of nutrition at the University of Utah, runners can disregard all the hype about the glycemic index and simply enjoy fruits, vegetables and whole grains without fretting about their glycemic effect. Speaking at the yearly conference sponsored by SCAN, the Sports & Cardiovascular Nutrition Dietary Practice Group of the American Dietetic Association (www.SCANdpg.org), Beals claimed too many factors influence a food's glycemic effect, including where the food was grown (Canada, US?), the amount eaten (the glycemic index is based on 50-grams of available carbs (fiber is not digested, hence is not "available"); that's a whole bag of baby carrots, not just one serving), fiber content, added butter, the way the food is prepared (mashed, baked, boiled?), and if the food is eaten hot or cold.

To make the glycemic index even less meaningful, each of us has a differing daily glycemic response that can vary ~43% on any given day. Among a group of subjects, the response can vary by ~18%. (1) Also keep in mind, well trained muscles can readily take up carbohydrates from the blood stream. Hence, runners need less insulin than unfit people. This means runners have a lower blood glucose response to what would otherwise create a high blood glucose response in an unfit person. Exercise is very important to manage blood sugar — and help prevent Type II diabetes.

All things considered, you, as an athlete, have little need to concern yourself with a food's glycemic effect because you don't even know your personal response to the food. Plus, research of exercise scientists fails to clearly support the theories mentioned above. The research does indicate the best way to enhance endurance is to consume carbs before and during exercise — tried-and-true choices that taste good, settle well, and digest easily. Hence, you need not choke down low glycemic index kidney beans thinking they will help you with sustained energy, when they actually might only create digestive distress! Simply plan to consume about 200 to 250 calories of carbs each hour of endurance exercise and you'll enhance your performance.

Recovery carbs

For runners who do double workouts or compete more than once a day, choosing a high glycemic index food for recovery might seem a smart choice. Theoretically, it provides glucose quickly, more rapidly refuels depleted glycogen stores, and enhances subsequent performance. But, research does not show performance benefits. According to Beals, the more important task is to eat enough carbs (or carbs+a little protein) as soon as tolerable post-exercise. What's enough? 0.5 g carb per pound of body weight — about 300 calories for a 150 lb person, in repeated doses every two hours.

Insulin and "fattening carbs"

What about the popular notion that high glycemic index foods are fattening because they create a rapid rise in blood sugar, stimulate the body to secrete more insulin, and thereby (supposedly) promote fat storage? Wrong. Excess calories are fattening, not excess insulin. Dieters who lose weight because they stop eating high glycemic index foods lose weight because they eat fewer calories. A year-long study with dieters who ate high or low glycemic index meals indicates no difference in weight loss. (2)

Sugar highs and lows

Some runners claim to be sugar sensitive; that is, after they eat sugar they report an energy "crash." If that sounds familiar, the trick is to combine carbs with protein or fat, such as bread+peanut butter, or apple+(lowfat) cheese. This changes the glycemic index of the carb. By experimenting with different types of snacks, you might notice you perform better after having eaten 100 calories of yogurt (a low glycemic index food) as compared to 100 calories of high glycemic index rice cakes. Honor your personal response when choosing foods to support a winning edge for your body.

Nancy Clark, MS, RD, CSSD (board Certified Specialist in Sports Dietetics) counsels casual & competitive athletes. Her popular Sports Nutrition Guidebook, new 2007 Food Guide for Marathoners and Cyclist's Food Guide are available via www.nancyclarkrd.com. Also see www.sportsnutritionworkshop.com for information about her online workshop.

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WANGANUI MASTERS GAMES

Further to the results published in the February issue of the Master Copy, the following Wellington Masters also competed at the Games:

5km Run

Place	Name	Time	Grade
1	Ellis Goodyear	25.03	M75

5km Walk

Place	Name	Time	Grade
5	Peter Thomas	42.04	M60
1	Peter Tearle	37.01	M80
35	Anna Jones	52.56	W55

10km Run

Place	Name	Time	Grade
1	Ellis Goodyear	50.29	M75
1	Kathy Young	47.17	W50

10km Walk

Place	Name	Time	Grade
1	Peter Tearle	76.13	M80

Half Marathon Run

Place	Name	Time	Grade
1	Richard Hood	1.36.52	M60
1	Ellis Goodyear	50.29	M75
1	Kathy Young	1.45.22	W50

Half Marathon Run

Place	Name	Time	Grade
1	Peter Tearle	2.48.15	M80

* * * *

Want to try something a little different . . .

2007 Scorching Duathlon Series

Due to popular demand they're back to motivate and encourage you throughout the dark depths of winter! Embrace the cold and wet! Scorching Duathlons will be happening on the below dates (with the usual bunch of wonderful themes):

- June 3rd - Queens Birthday
- July 1st - Independence Day
- September 2nd - Fathers Day Special
- October 7th - A Dawn Breaker

For more information go to: www.scorching.co.nz

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Peter Wrigley Appointed to Olympic Race Walking Judging Panel

Following his trip to judge in China last month the IAAF advised Peter Wrigley that he is selected on the Race Walking Judging Panel for the Beijing Olympics next August/September. Peter has been judging in Wellington for quite a few years, and

over the last couple of years has made great advances, with help from Don Chadderton and Bruce Perry. Congratulations to Peter, and now let's get our walkers selected!

Peter is to be the Chief Judge for the Scottish Ekiden Relay to be held on Sunday 27 May at Trentham.

* * * *

CHEMISTRY

The following is an actual question given on a University of Washington chemistry mid term.

The answer by one student was so "profound" that the professor shared it with colleagues, via the Internet, which is, of course, why we now have the pleasure of enjoying it as well:

Bonus Question: Is Hell exothermic (gives off heat) or endothermic (absorbs heat)?

Most of the students wrote proofs of their beliefs using Boyle's Law (gas cools when it expands and heats when it is compressed) or some variant.

One student, however, wrote the following:

First, we need to know how the mass of Hell is changing in time. So we need to know the rate at which souls are moving into Hell and the rate at which they are leaving I think that we can safely assume that once a soul gets to Hell, it will not leave. Therefore, no souls are leaving. As for how many souls are entering Hell, let's look at the different religions that exist in the world today.

Most of these religions state that if you are not a member of their religion, you will go to Hell. Since there is more than one of these religions and since people do not belong to more than one religion, we can project that all souls go to Hell. With birth and death rates as they are, we can expect the number of souls in Hell to increase exponentially. Now, we look at the rate of change of the volume in Hell because Boyle's Law states that in order for the temperature and pressure in Hell to stay the same, the volume of Hell has to expand proportionately as souls are added.

This gives two possibilities:

1. If Hell is expanding at a slower rate than the rate at which souls enter Hell, then the temperature and pressure in Hell will increase until all Hell breaks loose.

2. If Hell is expanding at a rate faster than the increase of souls in Hell, then the temperature and pressure will drop until Hell freezes over.

So which is it?

If we accept the postulate given to me by Teresa during my Freshman year that, "It will be a cold day in Hell before I sleep with you," and take into account the fact that I slept with her last night, then number two must be true, and thus I am sure that Hell is exothermic and has already frozen over. The corollary of this theory is that since Hell has frozen over, it follows that it is not accepting any more souls and is therefore, extinct.....leaving only Heaven, thereby proving the existence of a divine being which explains why, last night, Teresa kept shouting "Oh my God."

This Student received an A+

HEALTH

NUTRITION

Why your sports drink should contain protein

Carbohydrate is usually considered to be the most important nutrient for endurance athletes. Protein, on the other hand, is associated with strength and power sports such as football and weightlifting.

It's true that endurance athletes do not require especially large amounts of protein in their regular meals. However, exciting new research from leading sports science laboratories is reshaping our conception of the ideal sports drink. This research has shown that, when consumed during aerobic exercise, a sports drink containing carbohydrate and protein in a 4:1 ratio provides four benefits compared to a conventional carbohydrate-only sports drink:

- 1) better hydration;
- 2) greater endurance;
- 3) less muscle damage; and
- 4) faster muscle recovery.

1. Better hydration. In a study conducted at St. Cloud State University and published in the International Journal of Sports Nutrition and Exercise Metabolism, researchers compared the rehydration effects of a sports drink containing carbohydrate and protein in a 4:1 ratio (Accelerade®), a conventional carbohydrate sports drink (Gatorade®), and water. The carb-protein sports drink was found to rehydrate athletes 15 percent better than the conventional carbohydrate sports drink and 46 percent better than water.

2. Greater Endurance. In a study conducted at the University of Texas and published in the International Journal of Sports Nutrition and Exercise Metabolism, researchers found that a carbohydrate-protein sports drink increased endurance by 29% in cyclists compared to a conventional, carbohydrate-only sports drink. Consuming protein during exercise may increase endurance by providing an additional energy source to the muscles and by improving the efficiency of carbohydrate usage during exercise.

3. Less muscle damage. A study published in Medicine and Science in Sports and Exercise found that a carbohydrate-protein sports drink reduced muscle damage in an exhaustive workout by 83% compared

to a conventional sports drink. Consuming protein during exercise may reduce muscle damage by reducing cortisol levels. During hard workouts, cortisol, a stress hormone, is normally released in large amounts and subsequently breaks down muscle proteins, causing muscle damage.

4. Faster recovery. When athletes experience less muscle damage during a workout, they recover faster and perform better in the next workout. This was demonstrated in the above-mentioned study in which a carb-protein sports drink was found to reduce muscle damage compared to a conventional sports drink. As part of this study, athletes returned to the testing site the next day for a follow-up workout. On average, the athletes had 40% greater endurance in the follow-up workout when they consumed a carb-protein drink in the first workout than they did when they drank a conventional carbohydrate sports drink.

Research You Can Use: All of the latest research on the benefits of consuming protein during aerobic exercise adds up to one conclusion: If you're serious about your performance, you should consume a sports drink containing a 4:1 ratio of carbohydrate and protein in every workout.

* * * *

Just a Spoonful of Olive Oil

More nutrition nous in the fight against cancer: four teaspoons of olive oil a day. Researchers at Copenhagen University have completed a study of 182 European men. They found that a diet rich in olive oil reduced levels of chemicals in the blood that can trigger cancer.

The scientists measured levels of 8-oxodG - a substance that indicates damage to cells - in men's urine. After taking olive oil, the men had around 13% less. Scientists found that those who consumed 25ml of olive oil daily reduced their levels of 8-oxodG. Study participants added virgin, common or refined olive oil to their diets over two weeks.

* * * *

FAST FACT:

People are happiest in their 50s, thanks to safe areas to live and regular contact with family and friends.

HOW MANY DAYS PER WEEK?

Research has shown that you need at least three days of running per week for sustained improvement. One or two days do comparatively little for you. At three days the improvement curve rises dramatically. Each day thereafter, improvement continues, but at a decreasing rate.

Those who run three days a week almost never get injured. When you consider the virtual certainty of injury from the six- or seven-day running week, even those with time goals should calculate the risks carefully before running more than five days.

Most runners can reach most of their goals by running 3-4 days a week. If you want more mileage, you can break up the mileage into two sessions on your running days.

From *Galloway's Book on Running*

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POTENTIALLY and REALISTICALLY

A young boy went up to his father and asked him, "Dad, what is the difference between potentially and realistically?" The father thought for a moment, then answered, "Go ask your mother if she would sleep with Brad Pitt for a million dollars. Then ask your sister if she would sleep with Brad Pitt for a million dollars, and then, ask your brother if he'd sleep with Brad Pitt for a million dollars. Come back and tell me what you learn from that."

So the boy went to his mother and asked, "Would you sleep with Brad Pitt for a million dollars?" The mother replied, "Of course I would! We could really use that money to fix up the house and send you kids to a great University!"

The boy then went to his sister and asked, "Would you sleep with Brad Pitt for a million dollars?" The girl replied, "Oh my God! I LOVE Brad Pitt I would sleep with him in a heartbeat!!!!"

The boy then went to his brother and asked, "Would you sleep with Brad Pitt for a million dollars?" "Of course," the brother replied. "Do you know how much a million bucks would buy?"

The boy pondered the answers for a few days and then went back to his dad. His father asked him, "Did you find out the difference between potentially and realistically?"

The boy replied, "Yes. Potentially, you and I are sitting on three million dollars, but realistically, we're living with two hookers and a homosexual."

WE NEED MORE WALK JUDGES

We need more judges. That cry has been heard many times. This sometimes comes from people who have little idea of just what is involved.

Who in their right mind would relish the prospect of standing around all lonely for 6 or more hours to judge a 50km race? This wouldn't be so bad in the big international races where there are plenty of competitors and the races are over much sooner. Not so in our races, where there can be long gaps and the races take a couple of hours longer.

The people who offer themselves to do this job are providing a very necessary service, and we have to be grateful that they are prepared to offer themselves for what must be the most boring job in athletics.

Some walkers make a point of thanking the judges, and the judges are pleased when this happens. Other walkers may be reluctant, thinking (wrongly) that they would be thanking the judge for not disqualifying them, with the thought that this isn't the done thing.

May judges would rather be doing other things. If they are current race walkers, they might prefer to be in the race. If they have no particular interest in race walking, they might prefer to be out fishing. They might all prefer to be doing a job where they were working in the company of others, or at least had a job where something was happening fairly frequently.

Solitary confinement at the side of the road on a long wet windy day is no holiday. A day in jail might go quicker! We do need more judges, but we also need to appreciate just what we are asking of them.

Reproduced from the Nov/Dec 2006 No 2006/7 issue of "Contact", official newsletter of the NZ Race Walking Association

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TIPS FOR WHEN CONFRONTED BY AN UNFRIENDLY DOG

- If threatened by a dog, stop and remain still. A dog's natural instinct is to chase a moving target.
- Avoid eye contact, threatening gestures and yelling. Speak gently. A piece of clothing can be carefully removed and used as protection if a dog lunges.
- If the dog relaxes, back away slowly. Most people are bitten when they turn and run.
- If it is a full-on attack, throw stones or whatever is handy. If that fails, offer a bag, briefcase, or clothing to the dog, keeping it away from your body. Do not let the object go when the dog bites.
- If you are knocked to the ground, curl up in the foetal position, protecting your face and neck.



CURRIED RICE and TOMATO CASSEROLE

Ingredients:

- For 4-6 servings:*
 1 cup long grain rice
 2 medium sized onions, finely chopped
 1 tsp salt
 1 tsp curry powder
 1 cup tomato puree
 1½ cups water
 25-50g butter or 3 tbsp oil
 2 firm tomatoes, cubed
 1 green pepper, if available
 1 red pepper, if available

Method:

Put the first six ingredients in a medium-sized casserole. Cube the butter, using the smaller amount if you think 50g is too much, and add it, or the oil. Leave until required. Bake, tightly covered, at 180C for 45 minutes, or until the rice is tender and all liquid is absorbed, stirring once after about 20 minutes if possible. Add the tomato and cubed peppers and fold through the hot rice. Bake for 5 minutes longer, then leave to stand for 10 minutes, before sprinkling with parsley and serving with a selection of vegetables and/or salads.

Variation: Replace white rice with brown rice, add an extra ½ cup of water and cook for 1½ hours or until rice is tender, making sure the mixture does not dry out.

* * * *

PERSIMMONS STARS OF THE FRUIT AWARDS

Gleaming golden globes add a touch of Hollywood glamour to a variety of dishes.

Originally from China, the persimmon is a crisp and crunchy fruit full of natural sweetness and high in vitamins A and C.

Depending on the time of the season and the variety, the skin can range in colour from pale to deep orange, and the shape can also vary from round to elongated and heart-shaped.

When choosing persimmons, make sure the green flower-shaped cap (the calyx) is in place and the fruit is brightly coloured, glossy and firm. They are delicate and can bruise, so handle with care. Persimmons can be eaten peeled or unpeeled, and go well in sweet or savoury dishes. They'll keep at room temperature – not in the

fridge – for up to five days. Cut the fruit while on its side to reveal a star pattern.

Great ways to serve it

- Wrap prosciutto around wedges of persimmon for a finger food.
- Add chunks of persimmon to a curry to give it a fruity flavour.
- Include slices of persimmon on a cheese platter.
- Add to a lunchbox instead of an apple.
- Dip wedges of persimmon into low-fat yoghurt with a little honey and cinnamon.
- Add slices to your breakfast cereal or a fruit salad.

* * * *

Answers to Quiz:

1. The one sport in which neither the spectators nor the participants know the score or the leader until the contest ends - Boxing.
2. North American landmark constantly moving backward - Niagara Falls (The rim is worn down about two and a half feet each year because of the millions of gallons of water that rush over it every minute.)
3. Only two vegetables that can live to produce on their own for several growing seasons - asparagus and rhubarb.
4. The fruit with its seeds on the outside - strawberry.
5. How did the pear get inside the brandy bottle? - It grew inside the bottle. (The bottles are placed over pear buds when they are small, and are wired in place on the tree. The bottle is left in place for the entire growing season. When the pears are ripe, they are snipped off at the stems.)
6. Three English words beginning with dw - dwarf, dwell and dwindle.
7. Fourteen punctuation marks in English grammar - Full point, comma, colon, semicolon, dash, hyphen, apostrophe, question mark, exclamation mark, quotation marks, brackets, parenthesis, braces, and ellipses.
8. The only vegetable or fruit never sold frozen, canned, processed, cooked, or in any other form but fresh - lettuce.
9. Six or more things you can wear on your feet beginning with "s" - Shoes, socks, sandals, sneakers, slippers, skis, skates, snowshoes, stockings, stilts.

* * * *

Don't be envious of athletes who have natural talent. Be grateful for the things they have but you don't – tendonitis; heel spurs; stress fractures; groin strains.

- Andy Galloway

Wellington Masters Athletics - Classic Relay

Trentham Memorial Park, Sunday 13 May 2007

21 teams from just four clubs turned out on a beautiful Mother's Day morning for a pleasant relay in the park. The continuing low attendance is probably the result of a crowded events calendar at this time of the year (plus Mother's Day).

It was also the last event in the area for which Kathryn Fraser will do the results.

Olympic put up a women's team and have temporarily taken the women's cup from Scottish with an impressive five-minute margin. The Scottish men's team retained the open men's cup with a 2:50 gap over Olympic. Paul Brydges anchored the team and clawed back a 70m lead.

Hutt Valley Harriers won both the men's 250+ and 300+ grades.

In the walk relay, Scottish A was 6:46 in front of Scottish B.

Fastest run laps of the day were 14:43 (Richard Brent) and 16:29 (Janet Crawford). The fastest walking lap was 21:35 (Peter Baillie) and 30:35 (Daphne Jones).

250+

Hutt Valley C

Paul Coles	15:15
Mike Lynskey	16:28
Stu Henderson	16:31
Murray Corles	16:33
Colin Sasse	16:48
Total	1:21:35

Placing 1

Kapiti A

Grant Maud	16:09
John Hammond	20:20
Bryn Kempthorne	19:42
Roger Childs	19:11
Steve Brady	16:28
Total	1:31:50

Placing 2

300+

Hutt Valley D

John Wood	17:05
Don Brodie	21:13
Dave Moore	23:49
Albert van Veen	20:09
Graeme Burr	16:50
Total	1:39:06

Placing 1

Olympic B

Ken Ritchie	20:04
Rob James	21:28
Peter Hanson	21:16
Janet Hulbert	23:09
Brian Watson	20:59
Total	1:46:56

Placing 2

Scottish C

Bob Stephens	17:30
Peter Pohl	22:00
Gordon Walker	26:08
Michael Browne	23:55
Ray Marten	18:32
Total	1:48:05

Placing 3

Men

Scottish A

Richard Brent	14:43
Jonathon Harper	17:09
John Skinnon	16:28

Adrian Shields	17:02
Paul Brydges	15:54
Total	1:21:16

Placing 1

Olympic A

Juan McDonald	15:43
Steve Tait	15:39
Miles Coverdale	19:18
Dave Murgatroyd	17:42
Rob McCrudden	15:44
Total	1:24:06

Placing 2

Hutt Valley A

Steve Malanchak	14:49
Shaun McCarthy	17:22
Tony McKone	17:47
Bill Trompetter	16:04
John Smeith	19:29
Total	1:25:31

Placing 3

Mixed

Trentham B

John Marlow	16:24
Nic Cross	19:59
Janet Crawford	16:29
Sue van der Jagt	18:23
Kevin Burney	16:41
Total	1:27:56

Placing 1

Kapiti B

Christine Coulter	18:54
Sally Ashley	22:37
Bart Henderson	18:01
Jane Sclater	18:02
Alan McCauley	16:01
Total	1:33:35

Placing 2

Trentham A

Robin Curry	18:16
Peter Thomas	22:48
Diane Rogers	22:00
Roy Rogers	24:41
Paul Homan	16:07
Total	1:43:52

Placing 3

Women

Olympic A

Michelle van Looy	18:17
Sheryne Beeby	20:15
Annie van Herck	19:20
Geraldine Smith	19:45
Tineke Hooft	21:48
Total	1:39:25

Placing 1

Scottish B

Brenda Burke	21:44
Robyn Blackford	19:49
Diane Morgan	21:06
Andrena Patterson	22:16
Loretta Desourdy	19:47
Total	1:44:42

Placing 2

Walk

Scottish A

Peter Baillie	21:35
John Hines	26:57
Murray Gowans	30:34
Total	1:19:06

Placing 1

Scottish D

Ian Andrews	28:42
John Leonard	28:53
Andrew Bell	28:17
Total	1:25:52

Placing 2

Scottish B

Kevin Watson	27:34
Daphne Jones	30:35
Bart Jones	28:54
Total	1:27:03

Placing 3

Scottish C

Peter Tearle	32:42
Robert Bennett	32:30
Kristeene Parkes	31:50
Total	1:37:02

Placing 4

Olympic A

Mike Bolt	28:07
Colleen Singleton	34:24
Dorothy Nisbet	35:32
Total	1:38:03

Placing 5

WELLINGTON MASTERS ATHLETICS

23rd 8km ROAD RACE & RACE WALK

SUNDAY, 22nd JULY, 2007

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

Note: Due to traffic the start and finish will now be in Kipling Street. The roads will **NOT** be closed to traffic

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

Prizes: Prizes will be awarded to the first place runner in each age group plus additional prizes where warranted. Four to a team with at least one woman. Prizes for the first 2 Club teams. Pre-masters are welcome.

Prizes for first two men and women in race walk plus additional prizes where warranted. A number of Spot Prizes will be drawn on the day. A light lunch will be provided.

Entries: Entry Fee: \$10.00 Non-members: \$15.00
Entries received after 18th July: Late Fee: \$5.00

Cheques made payable to Wellington Masters Athletics

Send entries to: Brian Watson, 58 Bannister Avenue, Johnsonville, Wellington 6037 - Telephone 04 478 6232



Wellington Masters 8km Road Race and Walk

NAME: TELEPHONE No.

ADDRESS:

EMAIL:

CLUB: DATE OF BIRTH:/...../.....

RUNNER or WALKER (Please delete or circle one)

DECLARATION AND AGREEMENT TO BE SIGNED BY ALL PARTICIPANTS

I agree to abide by the following race rules.

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

Signed.....

COMING EVENTS

2007

May

13	Masters Classic Relay	Trentham Memorial Park
26	Vosseler Shield - Interclub	Mt Victoria

June

9	Dorne Cup - Interclub	Trentham Memorial Park
24	Harbour Capital Full & Half Marathon	Westpac Stadium
30	Taupo Cross Country Races (NI Championships)	Spa Park, Taupo

July

1	Gold Coast Airport Full & Half Marathon	Gold Coast, Brisbane
14	Wellington Cross Country Championships	Waikanae
22	Johnsonville 8km Road Race & Walk	Johnsonville

Aug

11	Bays Relay - Interclub	Island Bay
18	Wellington Road Championships	CIT Trentham

Sept

4-15	World Masters Athletic Championships	Riccione, Italy
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Oct

6	NZ Road Relay Championships	Timaru
28	Lower Hutt 10km Road Race & Walk	Lower Hutt

Nov

6	ING New York Marathon	New York
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Note: While every attempt is made to provide correct dates of events, intended dates and venues can change. It is advisable to check the information from official entry forms, websites or event organisers.

UNIFORMS

A RANGE OF VARIOUS SIZES OF THE NEW LOOK WELLINGTON MASTERS SINGLET AND TEE SHIRT ARE NOW AVAILABLE. THE SINGLETS ARE \$30 AND THE TEE SHIRTS \$50 AND MADE FROM DRI FIT MATERIAL. THESE CAN BE ORDERED THROUGH VERONICA GOULD - TELEPHONE 973 6741.

MASTERS RECORDS

If any member sets a record at the track or any of the various races around the region, can they please fill in the appropriate form, obtain all the necessary signatures to verify the record, and send to Kathryn Fraser. Kathryn has taken over maintaining the records for the Centre and has now posted our Masters records on the Athletics Wellington website - for details see <http://www.athletics.org.nz/well/Article.aspx?ID=1330>.

At some stage she would like to expand on the details recorded to include places and dates; that will require a massive amount of digging through bits of paper so it's not likely to happen for a while. Details of how to claim a record for Wellington Masters are also posted within the realms of the Records/Ranking area of the site.

CHANGE OF ADDRESS

If any member changes their address, it would be appreciated if they could notify the Subscription Secretary. This enables us to keep records that are accurate and up to date and ensures that you continue to receive your newsletter. It is also important that Club Co-ordinators notify the Secretary of any change of address to enable the information to keep getting out to the clubs in the Centre.

Please detach and give to any prospective new member or to anyone you know who has not renewed their subscription

WELLINGTON MASTERS ATHLETICS INC.

SUBSCRIPTION FOR THE 2006/2007 YEAR

(1 September 2006 to 31 August 2007)

\$45 = NZMA

NAME(S): _____

ADDRESS: _____

BIRTH DATE(S): _____ **EMAIL:** _____

CONTACT PHONE No. _____ **CLUB (if any)** _____

\$45 (Couple \$90) Enclosed. Cheques made out to Wellington Masters Athletics – WMA

SEND TO: VERONICA GOULD, 95A ELLICE STREET, MT VICTORIA, WELLINGTON

Please advise any change of address as soon as possible

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WELLINGTON MASTERS ATHLETICS

If unclaimed please return to:-

122 Onslow Road, Khandallah, Wellington 6035