

THE

MASTER

COPY

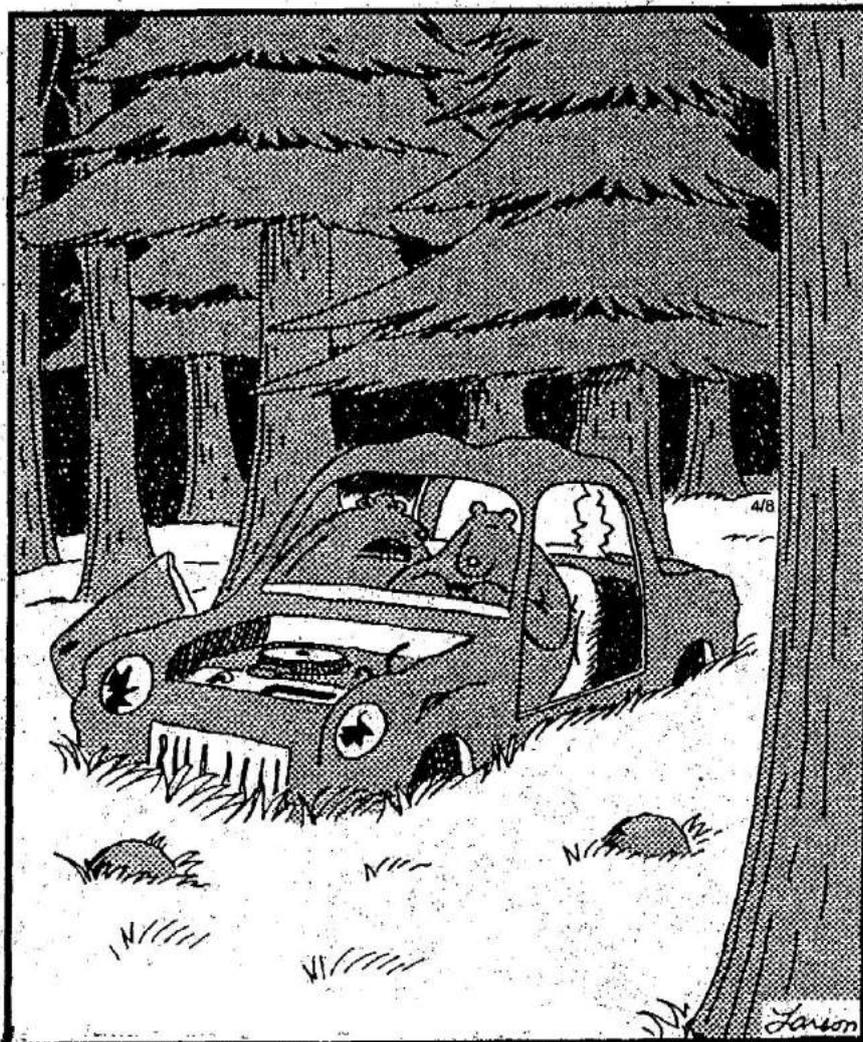
Newsletter of the Wellington Masters Athletics Inc.

Volume 6 Issue 4

September 2007

THE FAR SIDE®

By GARY LARSON



"Think about it, Murray. ...If we could get this baby runnin', we could run over hikers and runners, pick up females, chase down deer - man, we'd be the grizzlies from hell."

WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2007-08

| | | | |
|------------------|----------------------|--|--------------|
| PATRON: | Arthur & Heather May | 24 Motuhara Road, Plimmerton, Porirua 5026 | 233 9412 |
| PRESIDENT: | Jim Blair | 43 Elmslie Road, Pinehaven, Upper Hutt 5371 | 528 2992 |
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| | Michael Browne | 85 Owen Street, Newtown, Wellington 6021 | 973 7404 |
| | Laurence Voight | 17 Tarras Grove, Kelson, Lower Hutt 5010 | 565 0718 |
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| H V MARATHON: | Trevor Knowles | 105 Major Drive, Lower Hutt | 565 0294 |
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| SCOTTISH: | John Hines | Flat 88, Central Park Flats, 20 Nairn St, Wellington | 384 3231 |
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| WGTN MASTERS: | Colleena Blair | 43 Elmslie Road, Pinehaven, Upper Hutt 5371 | 528 2992 |

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

ACTING CHAIRMAN'S REPORT

Attached to this report is the report provided by our former President Kathryn Fraser dated 13 May completed before she moved to Timaru. - *This report was tabled at the AGM and was also published in the May issue of The Master Copy. It hasn't been included in this issue - Ed.*

I wish to acknowledge the excellent work carried out by Kathryn during her short term as our President. She was disappointed that she was unable to complete her term and we wish her well in her move to Timaru.

On Sunday 13 May the Masters Classic Relay was held at Trentham Memorial Park. This event was well attended and the day had the usual fine and warm weather and was concluded with an excellent lunch.

The Wellington Centre Cross Country Championship was held at Waikanae on July 14 and thanks to Peter Wrigley for ensuring that the results for Masters Events were correctly recorded in the normal five year age groups.

July 22 saw the Johnsonville 8k Road Race and Walk conducted in cold and windy conditions. However despite the weather there was a very good attendance and the competitors and spectators were very appreciative of the hot soup and other food available at the conclusion of the event. Thanks again to Brian Watson and his team for a very well conducted event.

On August 18 the Wellington Road Championships for all grades including Masters, were conducted at the old CIT course at Trentham.

This AGM has provided some challenges for our Masters administration with the need to find a new President and a new Secretary for our association. I wish to formally acknowledge the excellent work carried out by our previous President Kathryn Fraser for her work during her short term and also to Veronica Gould for her continued excellent performance as our Secretary. Both will be sorely missed. Also thanks to Veronica for offering to continue to provide ongoing recording of the registration of our subscription list of Masters Athletes.

Finally I wish to acknowledge and thank our hard working committee for their commitment and service carried out over the last twelve months.

Jim Blair
ACTING CHAIRMAN

TO BUSY TO SLEEP?

People talk a lot about life/work balance - fitting in time for home, family and ourselves while still doing a good job at work. We talk about the need for exercise and eating well - and quickly and surely, we fill each day to the brim, with not a lot of time left for sleep.

But does that really work? No time for sleep? Unfortunately, sleep is what keeps the skills we use when we are awake functioning properly. Speech, memory, innovation, concentration and flexible thinking (all brain stuff) are all affected when we don't get enough sleep. So no time for sleep slows everything else up during the day - and by the end of the day we have even less time for sleep. Sounds like a vicious circle!

Often, we become aware that we are short of sleep when we snap at someone for no reason, or give a completely irrational response to a straight forward question. This is part of what sleep deprivation does to us, impacting on our emotional and mental health.

Did you know that 17 hours of continued wakefulness leads to a decrease in performance equivalent to drinking two glasses of wine? And of course if you drink when you are tired, the effect of alcohol is magnified.

And while we are comparing the effects of lack of sleep and alcohol, sleep-deprived people who were tested using a driving simulator performed as badly as or worse than those who are intoxicated. If you have trouble keeping your eyes focused, if you can't stop yawning, or if you can't remember driving the last few kilometres, you are probably too drowsy to drive safely - for the safety of yourself and others on the road.

And just when you thought it couldn't get any worse - recent studies have indicated that lack of sleep may increase the risk of obesity, because chemicals and hormones that play a key role in controlling appetite and weight gain are released during sleep.

Of course, it's not always time availability that prevents people sleeping well. Things like coffee, diet pills, decongestants, antidepressants, heavy smoking and alcohol can all affect the amount or quality of the sleep we get.

So how much sleep do we need? Of course it varies by individual, but an average is 7 - 8 hours for an adult, or 10 - 11 hours for a growing child. Or put another way - the amount of sleep we require is what we need not to be sleepy in the daytime.

As human beings, our species doesn't seem to adapt to getting less sleep than we need. While we may get

used to a sleep-deprived schedule, our judgement, reaction time and other functions are negatively affected, so we just become fat, grumpy and slow!

So, if we want to optimize a whole lot of things that we might be approaching through jamming more into each day, perhaps we should stop and think - maybe good old sleep might be just what's needed, to put everything back in balance.

So if you can't remember when you last woke up feeling refreshed, try a good night's sleep.

The Value of a Drink

as explained by Cliff Clavin, of Cheers.

One afternoon at Cheers, Cliff Clavin was explaining the Buffalo Theory to his buddy Norm. Here's how it went:

"Well ya see, Norm, it's like this... A herd of buffalo can only move as fast as the slowest buffalo. And when the herd is hunted, it is the slowest and weakest ones at the back that are killed first. This natural selection is good for the herd as a whole, because the general speed and health of the whole group keeps improving by the regular killing of the weakest members. In much the same way, the human brain can only operate as fast as the slowest brain cells. Excessive intake of alcohol, as we know, kills brain cells. But naturally, it attacks the slowest and weakest brain cells first. In this way, regular consumption of beer eliminates the weaker brain cells, making the brain a faster and more efficient machine. That's why you always feel smarter after a few beers."

PICNIC-ME-UP

Now's the perfect time to get out in the sunshine with friends and family. Make the day more enjoyable with these suggestions:

- ❖ For non-soggy sandwiches, put the meat or cheese directly next to the bread, then the salad, mustard or mayonnaise in the middle.
- ❖ Invest in a wide-necked vacuum flask; it will keep sausages or boiled potatoes hot for a couple of hours.
- ❖ An offcut of MDF under your rug or cloth means no more wobbly glasses or bottles.
- ❖ Use bubble wrap round chilled bottles of water (or wine!) if you run out of space in the cooler box.
- ❖ Cloth serviettes won't blow away.
- ❖ Take a few cushions for lounging.
- ❖ Don't forget a bag for the rubbish.

BITS and PIECES

Membership

Since the last newsletter and the start of the new financial year our membership stands at 19. Welcome to returning members Alastair Leslie (WHAC), Neil Price (WHAC) and Alastair Duffy (Scottish).

* * * * *

General Notice to Members of the Sport

2008 New Zealand Cross-Country Championships

Last year, Wellington was assigned hosting rights for the 2008 New Zealand Cross-Country Championships and, at our Annual General Meeting earlier this year; we became aware that two Clubs were interested in undertaking this responsibility on our behalf - Kapiti Harrier & Multi-Sport Club, and Trentham United Harriers and Walkers Club.

Both Clubs were subsequently invited to submit proposals to the Cross Country and Road Committee Executive, detailing their vision for the event, and their plans for achieving it.

Their proposals were discussed with some of the athletes who are liable to be representing Wellington at the event, and the two bidders sent delegates to the July meeting of the Executive Committee, where they made formal presentations, and answered questions on their proposals.

Both Clubs showed a keen desire to succeed, and their proposals included detailed and imaginative solutions for accommodation, transport and social activities, as well as a good venue.

After weighing up all of these factors, and taking account of the athletes' views on the two courses that were being offered, The Executive Committee has decided that the venue for the 2008 New Zealand Cross-Country Championships will be Waikanae, hosted by Kapiti Harrier & Multisport Club.

I wish to thank both Kapiti Harrier & Multisport Club and Trentham United Harriers and Walkers Club for the time and effort invested into preparing their respective proposals.

Ian Priest
Chairman
Athletics Wellington Cross Country & Road Committee

FAT GIBBERISH EXPLAINED

Trans Fats

"Bad" fat found in foods such as margarine, biscuits, processed foods and fast foods. It increases the level of "bad" LDL cholesterol in your blood and reduces the level of "good" HDL cholesterol.

Saturated Fats

"Bad" fat found naturally in living matter such as animal and plant products. These include fatty meats, dairy products (cream, cheese) and it can also be found in palm and coconut oils. It increases the level of "bad" LDL cholesterol levels in the blood.

Monounsaturated Fats

"Good" fat found in natural foods like nuts and avocados, and are the main component of olive oil. It decreases the "bad" LDL cholesterol levels and increases the "good" HDL cholesterol e.g. Canola oil - high in "good" (monounsaturated) fats and "low" in bad (saturated) fats.

Polyunsaturated Fats

"Good" fat found in plant oils such as sunflower, safflower, sesame and corn. It decreases the "bad" LDL cholesterol levels.

* * * * *

WOMEN'S GUIDE TO RUNNING

Picking a running companion

Don't run with someone who is faster than you - unless he/she is fully comfortable slowing down to an easy pace - that is comfortable for you. It is motivating to exercise with someone who will go slow enough so that you can talk. Share stories, jokes, problems if you wish, and you'll bond together in a very private way. The friendships formed during the long sessions can be the strongest and longest lasting - if you're not huffing and puffing (or puking) from trying to maintain a pace that is too difficult.

- From *Women's Guide to Running* by Jeff Galloway

* * * * *

CHINESE PROVERBS

Man who run in front of car get tyred.

Man who run behind car get exhausted.

Man with one chopstick go hungry.

WELLINGTON MASTERS ATHLETICS INC.

Statement of Receipts and Payments for the period ending 31 August 2007

| <u>2006</u> | <u>RECEIPTS</u> | <u>2007</u> |
|--------------------|--|--------------------|
| 2,285.64 | Balance of Current Account 31 August 2006 | 1,061.21 |
| 20,953.54 | Total of Term Deposits 31 August 2006 | 20,231.06 |
| <hr/> | | <hr/> |
| 23,239.18 | | 21,292.27 |
| 4,275.00 | Subscriptions Received | 4,540.00 |
| 33.74 | Interest on Current Account | 19.68 |
| 1,323.59 | Interest on Term Deposits | 1,499.80 |
| 2,727.00 | North Island Championship Entry Fees | - |
| 1,187.00 | Race Fees | 1900.00 |
| - | Sale of Laptop | 450.00 |
| - | Uniforms Sold | 790.00 |
| 315.00 | Track and Field Entry Fees | 607.00 |
| 625.00 | Grant from the 4th Games Trust | - |
| <hr/> | | <hr/> |
| 10,486.33 | | 9,806.48 |
| <hr/> | | <hr/> |
| 33,725.51 | | 31,098.75 |
| | <u>PAYMENTS</u> | |
| 3,875.00 | Subscriptions to NZMA | 4,240.00 |
| 1,145.84 | Race Expenses | 763.82 |
| 774.39 | Telephone, Postage and Newsletter expenses | 641.26 |
| 550.00 | North Island Championship Levy to NZMA | - |
| 2,421.76 | North Island Championship Expenses | - |
| 2,466.25 | Athletic Gear Purchased | 286.80 |
| 1,000.00 | Donation to NZMA | - |
| 200.00 | Track & Field Levy to Wellington Centre | 200.00 |
| - | Uniforms Purchased | 1,564.66 |
| - | Track & Field expenses | 390.00 |
| - | Purchase of Computer | 1,808.97 |
| <hr/> | | <hr/> |
| 12,433.24 | | 9,895.51 |
| <hr/> | | <hr/> |
| 21,292.27 | TOTAL FUNDS AT 31st August 2007 | 21,203.24 |
| | Represented by:- | |
| 1,061.21 | National Bank Current Account | 1,203.24 |
| 10,000.00 | National Bank Term Deposit due 18/03/08 | 10,000.00 |
| 10,231.06 | National Bank Term Deposit due 05/11/07 | 10,000.00 |
| <hr/> | | <hr/> |
| 21,292.27 | | 21,203.24 |

Statement of Accounting Policies

The above statement is prepared on the basis of Receipts and Payments through the Associations banking accounts. No provision is made for accruals of any amounts due at the end of the period. As the Association is not GST registered the amounts in the Statement include GST.

Audit Report

To the readers of the financial report of the Wellington Masters Athletics Inc. I have audited the financial report. The financial report provides information about the financial performance of the association and its financial position as at 31st August 2007.

Committee's Responsibilities

The Committee is responsible for the preparation of a financial report which fairly reflects the financial position of the association as at 31st August 2007 and of the results of the operations for the period ended 31st August 2007.

Auditor's Responsibilities

It is my responsibility to express an independent opinion on the financial report presented by the committee and report my opinion to you.

Basis of Opinion

An audit includes examining, on a test basis, evidence relevant to the amounts and disclosures in the financial report. It also includes assessing:

- the significant estimates and judgments made by the committee in the preparation of the financial report, and
- whether accounting policies are appropriate to the association's circumstances, consistently applied and adequately disclosed.

I conducted my audit in accordance with generally accepted auditing standards in New Zealand except that my work was limited as explained below. I planned and performed my audit so as to obtain all the information and explanations which I considered necessary. I obtained sufficient evidence to give reasonable assurance that the financial report is free from material misstatements, either caused by fraud or error. In forming my opinion I also evaluated the overall adequacy of information in the financial report.

Qualified Opinion

Control over the revenues prior to being recorded is limited, and there are no practical audit procedures to determine the effect of this limited control. In this respect alone I have not obtained all the information and explanations that I have required as per all organisations of a similar nature.

In my opinion the financial report fairly reflects the financial position of the organisation as at 31st August 2007.

My audit report was completed on 09/09/2007 and my qualified opinion is expressed at that date.

G. H. Gould, BCA CA



SAUSAGE CASSEROLE

Jazz up the humble sausage in this rich red wine sauce

Ingredients:

1-2 tbsp oil
750 grams quality sausages (beef, pork or venison)
2-4 rashers bacon, diced (optional)
2 onions peeled and diced
1 tsp minced garlic
1 tbsp flour
2 tbsp tomato paste
1 cup of beef stock
½ cup red wine or use beef stock
1 tbsp chopped fresh thyme (or ½ tsp dried)
250 grams mushrooms
Salt and pepper

Method:

1. Heat oil in frying pan and brown sausages slowly, turning regularly to prevent skins from bursting. Set aside.
2. Add the bacon if using, onions and garlic to the pan and cook 1-2 minutes.
3. Sprinkle in the flour and tomato paste, cook until frothy, stirring continuously.
4. Gradually stir in the beef stock and red wine, stirring continuously until the sauce thickens.
5. Return the sausages to the pan with the thyme leaves, cover and simmer gently for 25 to 30 minutes. Add the halved or quartered mushrooms, and add to the sauce. Simmer 3-4 minutes. Season with salt and pepper.
6. Serve with creamy mashed potato and one other favourite vegetable.

Serves 4.

MAKE A MEAL OUT OF IT

Salads don't have to be dull – toss in these items and prove "good for you" foods can taste sensational.

PECAN NUTS

The health benefits of nuts are well known. Just remember only to add a handful, as they can be easy to over-eat, which increases your kilojoule intake.

EGGS

Eggs are a great source of protein and a variety of minerals including iron, zinc and phosphorus, which promotes good bone health. They're also high in B vitamins like folate, niacin and riboflavin A, D, E and other antioxidants.

MANUKA HONEY

To cut kilojoules, replace the dressing or mayonnaise by adding the juice of a lemon mixed with one teaspoon of this honey that's been shown to have high antibacterial properties.

KIDNEY BEANS

Pulses such as beans are low in fat and a good source of soluble fibre, which helps control blood sugar and cholesterol.

KITCHEN TIP

Cooking carrots increases their nutritional value by breaking down the tough cell walls so the body can absorb the betacarotene and convert it into vitamin A.

* * * *

Three Men on a Hike

Three men were hiking through a forest when they came upon a large raging, violent river. Needing to get to the other side, the first man prayed:

"God, please give me the strength to cross the river."

Poof! God gave him big arms and strong legs and he was able to swim across in about 2 hours, having almost drowned twice.

After witnessing that, the second man prayed: "God, please give me strength and the tools to cross the river"

Poof! God gave him a rowboat and strong arms and strong legs and he was able to row across in about an hour after almost Capsizing once.

Seeing what happened to the first two men, the third man prayed: "God, please give me the strength, the tools and the intelligence to cross the river."

Poof! He was turned into a woman. She checked the map, hiked one hundred yards up stream and walked across the bridge.

GO AHEAD - TELL THIS TO A WOMAN WHO NEEDS A GOOD LAUGH AND TO ANY MAN WHO CAN HANDLE IT!

* * * *

RUNNING UNTIL YOU'RE 100

Weight

Even elite runners gain a little weight with age. And non-elite runners have been known to gain a lot! Staying active, in addition to eating quality calories that invest in staying healthy - is your best weight management technique. Stay with your training program, and also stay active throughout the rest of your day. That is, taking the stairs instead of the elevator.

- From *Running Until You're 100* by Jeff Galloway

SHOE TYPOLOGY

One of the most critical decisions you must make with your running is buying the right shoe. If you get the wrong shoe it can be a direct cause of injury and time out of running. Not to mention the risk of missing your major race goal.

The problem for runners is how do you sort through all the different models, the hype of each brands technology and the marketing jargon surrounding each shoe. While the best way to sift through the vast array of choices is to get help and advice of fellow experienced runners, the best method is to shop for your shoes at a reputable shoe store where the staff are experienced and knowledgeable regarding the right shoe for your running style.

Most companies try to separate the models into a few categories based on how much stability or cushioning they offer. We have tried to go that one stride further and put them within the type of support they offer as well as what they will be used for.

The best thing to do when you are choosing shoes is to ignore all the noise you are bombarded with from many sources and let the shoes decide which one is best for you. To make that work you need to run in each model when you try them on. But first you need to narrow it down by picking the right category of shoe to try. It is about matching the needs of your feet with the features each shoe offers.

High Mileage Trainers

These shoes can be either side of the spectrum from stability to neutral control. What differentiates them from other shoes is their durability and cost. They most likely will have all the whistles and bells with the newest technology from each brand usually being launched first in their high end shoes. If you are running over 100km each week or feel you need more support than the average runner then you should consider this category of shoes.

Motion Control

With pronation losing its evil aura this category of shoe is no longer ascendant. There is an optimum amount of control that is needed for each runner. If a little bit of control is good that does not mean that maximum control is better. The type of runner that needs this shoe is either someone with major injury problems caused by biomechanics or someone who just destroys shoes. It is a mistake to think that your injury problems will be fixed by just blocking foot motion. However if that is what your foot needs then these are the shoes to do it.

Moderate Stability

The most popular shoes always come from this category. They suit most runners, who need a bit of stability but generally have no real problems. If you are not really sure what you need it may be best to start here and let your experience in the shoes direct you to the right category next time.

Firm Neutral

A neutral shoe is one that does not push you out to reduce pronation. They are best for stiff feet that have reduced movement or feet that roll out. A firm neutral shoe is required when the foot is moving around a lot, for heavier neutral runners or when you want to reduce the amount of strain on the calves from a too soft shoe.

Flexible Neutral

Flexible neutral shoes allow more torsional movement through the midfoot. They are best for very rigid feet that need to be encouraged to deflect sideways. They also tend to be lighter and softer.

Racer-Trainers

Lightweight trainers have become the racing shoe of choice for many runners. They have the lightness and responsiveness of a racer without sacrificing too much support and cushioning. They range across the continuum of flexibility and stability.

Trail, Kids, Racing, Spikes, XT

Shoes for specialized groups can include all the preceding types of footwear. They usually have extra requirements for fit and function. You need to go through the same exercise to find the right specialized shoe.

* * * *

World Cup

The seven dwarfs went off to work in the mine one day, while Snow White stayed at home to do the housework and cook their lunch.

However when she went to the mine to deliver their lunches, she found there had been a cave-in, and there was no sign of the dwarfs.

Tearfully she yelled in to the mine entrance: "Hello - is anyone there. Can anyone hear me?"

A voice floated up from the bowels of the mine: "The Wallabies will win the Rugby World Cup."

"Thank God" said Snow White "at least Dopey's still alive."

HEALTH

PLENTY TO DIGEST

By Nicola Barnes

The kids will be pleased to hear that even Nana and Grandad have to eat their vegetables too, but some things are different about an older person's diet.

Good nutrition is important at all stages of life, but it's important to remember that as the body ages, it needs change.

Dietetic foodservice and management consultant Julian Jensen says that a lot of the dietary messages aimed at younger people in areas such as fat and sugar intake are not always appropriate for older people.

"A little bit of fat on a 70-year-old can make all the difference if, for example, he or she has to go into hospital. Fat is not always a bad thing and older people should look at readjusting their diet as they grow older. For example, drinking Balance milk is a good idea - it has more calcium and protein than standard milk and more fat than trim."

Fruit and vegetable intake is also important. The good news is that, according to research reported in the Ministry of Health's *NZ People: NZ Food*, older people are ahead of their younger counterparts in meeting the "5-plus a day" quota advocated. Women scored higher than their male counterparts, with an impressive 87 per cent of women aged between 65 and 74 eating three or more servings of vegetables a day and 74 per cent of men of the same age eating three or more servings a day.

However, the same survey reported that 14 per cent of older people were consuming less than one serving of fruit and vegetables a day.

YCalcium (found in dairy products) and folate (found in green, leafy vegetables and whole grains) are important nutrients in late years.

"People tend to associate the need for folate with pregnant women to prevent neural tube defects, but in older people it lowers amino acids associated with cardio vascular disease and there is also a lot of active research into the role it plays in the mental/dementia area," Mrs Jensen says.

Mrs Jensen works in private practice, specializing in nutrition for people in residential care, and is also chair of the New Zealand Nutrition Foundation's Older Persons' Working Group, promoting older persons' health strategies.

One of these areas she'd like to see explored is getting the support of supermarkets in providing individual portions of meat in chillers.

"It can be very off-putting for an older person to be confronted by a 500g pack of meat when they are cooking for one."

One of the biggest issues in nutrition for older people is the fact that for most people eating is a social activity, and that's an important motivation for eating well, Mrs Jensen says.

She says sharing a meal gives both social and nutritional benefits and suggests people "buddy up" with a friend or neighbour.

They can take turns at cooking and sharing what they make, and go to each other's places."

"Reprinted courtesy of The Dominion Post"

HOW TO LEAVE A LIGHTER FOOTPRINT

Conserve Water

- Take a shorter shower
- Turn off water when cleaning teeth

Recycle

- Paper, glass, cans, plastic

Compost your fruit and vegetables

Consider solar panels for energy storage

Use your car less

- Walk, bike, use public transport or car pool

Dry your washing in the sunshine (or on a rack inside)

Choose re-usable cloth bags for your supermarket shopping

Buy energy-efficient appliances

Plant extra trees to offset emissions.

Ath Wgtn Road Championships

CIT Trentham, Saturday 18 August 2007

A gusty north-westerly proved testing for athletes in the Wellington Road Championships held in Trentham on Saturday afternoon. The course has been simplified to full and half loops around a 2k road circuit.

Race walks results

The races were held on the new 2k circuit around the NZIC Campus. The weather was cold with a strong gusty westerly wind which slowed all times. There were a number of fast times by unregistered walkers who paid a one-event entry fee.

Senior Men's 10km Walk

| | | |
|-----------------|----------|-------|
| 1 Peter Baillie | Scottish | 54.50 |
| 2 Kevin Watson | Scottish | 64.49 |

Men's Freestyle 10km Walk

| | | |
|--------------|----------|-------|
| 1 John Hines | Scottish | 67.55 |
|--------------|----------|-------|

Women's Freestyle 10km Walk

| | | |
|---------------------|----------|-------|
| 2 Daphne Jones | Scottish | 77.29 |
| 3 Colleen Singleton | Olympic | 79.56 |

All Comers' 5km Walk

| | | |
|-------------------|-------------|-------|
| 4 Murray Gowans | Scottish | 36.26 |
| 6 Melanie Watson | Scottish | 37.54 |
| 7 Diane Isherwood | Wainuiomata | 39.08 |
| 10 Margaret Bray | Scottish | 47.21 |

Run results

Women 35 and Over - 5km

| | | |
|---------------------|----------|-------|
| 3 Helen Willis | Scottish | 19.53 |
| 10 Pam Graham | Scottish | 21.18 |
| 23 Loretta Desourdy | Scottish | 24.10 |
| 24 Brenda Burke | Scottish | 24.41 |
| 30 Maryanne Palmer | Scottish | 26.25 |
| 33 Diane Rogers | Trentham | 27.00 |

Senior Men - 10km

| | | |
|-----------------|----------|-------|
| 46 Paul Brydges | Scottish | 39.22 |
|-----------------|----------|-------|

Men 40 and Over - 10km

| | | |
|---------------------|-------------|-------|
| 21 Dave Colquhoun | Scottish | 38.17 |
| 26 Peter Wrigley | Scottish | 38.31 |
| 37 John Wood | Hutt Valley | 41.50 |
| 43 Maurice Piper | Kapiti | 42.20 |
| 45 Shaun McCarthy | Hutt Valley | 42.30 |
| 54 Mike Winsborough | WHAC | 43.28 |
| 55 Francis Campkin | WHAC | 43.57 |
| 69 Albert van Veen | Hutt Valley | 49.39 |
| 70 John Barrance | WHAC | 49.49 |
| 78 Michael Browne | Scottish | 59.36 |

* * * *

TEST FOR DEMENTIA

Below are four questions and a bonus question. You have to answer them instantly. You can't take your time, answer all of them immediately. OK?

Let's find out how clever you really are.

Ready? OK.

First question:

You are participating in a race. You overtake the second person. What position are you in?

Answer: If you answered that you are in first place then you are absolutely wrong! If you overtake the second person you take his place, you are second!

Try not to mess up next time. Now answer the second question, but don't take as much time as you took for the first question, OK?

Second question:

If you overtake the last person then you are...?

Answer: If you answered that you are second to last, then you are wrong again. Tell me how can you overtake the LAST person?

You are not very good at this are you?

Third question:

Very tricky arithmetic! Note: This must be done in your head only. DO NOT use paper and pencil or a calculator. Try it.

Take 1000 and add 40 to it. Now add another 1000. Now add 30. Add another 1000. Now add 20. Now add another 1000. Now add 10. What is the total?

Did you get 5000?

The correct answer is actually 4100.

If you don't believe it, check it with a calculator.

Today is definitely not your day is it? Maybe you'll get the last question right... ..maybe.

Fourth question:

Mary's father has five daughters: 1. Nana, 2. Nene, 3. Nini, 4. Nono. What is the name of the fifth daughter?

Did you answer Nunu? NO! Of course it isn't. Her name is Mary - read the question again!

Okay, now the bonus round:

A mute person goes into a shop and wants to buy a toothbrush. By imitating the action of brushing his teeth he successfully expresses himself to the shopkeeper and the purchase is done.

Next, a blind man comes into the shop and he wants to buy a pair of sunglasses; how does he indicate what he wants?

He just opens his mouth and asks...It is really very simple.

THE ATHLETE'S KITCHEN

Copyright: Nancy Clark, MS, RD, CSSD



PROTEIN: The Pros, Cons, and Confusion

Runners who want to build muscles and recover well from workouts often feel confused by ads for protein supplements. They wonder how much and what kinds of protein they should consume — and if egg whites or chicken can do the job. The following information can help you optimize your protein intake — and your peace of mind.

Question: "I want to get stronger. I've started drinking two protein shakes per day between meals. Is this enough or too much?"

Answer: To determine how many protein shakes you need, you should first determine how much protein your body actually can use. You need adequate protein to enhance muscle growth; excess protein is unlikely better.

Most exercise scientists agree 1 gram of protein per kg of body weight is a very generous protein allowance for athletes building muscle mass. (More likely, 0.5 to 0.75 gms protein per kg will do the job if you are eating plenty of calories — but let's be generous.) This means a novice 68 kg runner gets more than enough protein with 150 grams of protein per day. He can easily consume that much with one litre of skim milk, a can of tuna (i.e., a sandwich at lunch), and one hefty (250 gms) piece of chicken, beef or fish at dinner. Consuming protein shakes on top of this simply adds (expensive) calories. You could more wisely get the calories from carbs to fuel your workouts.

Question: Is the protein in designer shakes more effective than egg whites, tuna, chicken and other standard foods?"

Answer: With names like Protein Revolution and N-Large, the commercial protein products can leave you wondering if standard foods are an equal match. Plus, ads that rave "extremely bioavailable", "no cheap protein blends" and "highest quality protein" leave the impression that tuna or milk doesn't quite make the grade. Doubtful.

The protein from natural foods works perfectly fine. Any animal protein is "high quality" and contains all the essential amino acids you need to build muscles. Hence, eating balanced meals and then drinking protein shakes for "high quality protein" is an outrageous concept — and expensive. For the \$32 you spend on a box with 12 MetRx packets, you can buy lots of powdered milk — the least expensive protein power around. You'll get not only high quality protein, but also a complete package of life-sustaining (infants live on milk) nutrition that is perfectly balanced by Nature.

In an overall well-balanced diet, engineered protein offers no advantages over chicken, beef, fish, eggs, milk and other standard protein-rich foods. As long as you are healthy and have a functioning intestinal track, you can stop fretting about your ability to digest or utilize protein. If advertisements lead you to believe "fast acting" whey is best, scientists suggest slowly digested casein (as in milk) offers a sustained release that is preferable for building muscles for the long term.(1)

Question: Should I refuel with a protein shake after my workout?

Answer: No. You should refuel with a carb shake that has a little protein. As a runner, your body needs a foundation of carbohydrates to refuel your muscles. While about 20 to 25 grams protein after a workout optimizes muscle growth (2), consuming excess protein displaces carbs. A hard weight-workout (3 sets of 8 to 10 reps) can reduce glycogen stores by about 35%.(3) If you train hard week after week with a low carb diet, your workouts will suffer.

For well-fueled muscles, you should target 6 to 10 grams carbohydrate per kg of body weight. If you weigh 68 kgs, that's about 150 to 200 grams carb morning, afternoon and evening. When you chug a can of MetRx Ready-To-Drink Meal Replacement Shake with 40 grams of protein (at cost of at least \$3.60), you'll get only 12 grams of carbs. A NesQuik chocolate milk would be a better bet that offers 64 grams carb for fuel and adequate protein to build muscles. If you prefer the convenience of a canned protein shake, be sure to bolster your carb intake with a banana and a wholegrain bagel as well.

Rest assured, natural proteins offer all the amino acids touted by commercial products. Here's how two amino acids stack up:

| Protein source | Isoleucine | Leucine |
|------------------------------|------------|-----------|
| Met-Rx Whey Protein, 1 scoop | 1.4 grams | 2.3 grams |
| Chocolate milk, 500 gms | 1.2 | 1.9 |
| Tuna, 180 gms | 2.0 | 3.5 |
| Cottage cheese, 1 cup | 1.6 | 2.9 |

continued on next page

continued from previous page

In general, engineered foods lack fiber, phytochemicals and other health-protective nutrients. No engineered food can match the complex balance of nutrients designed by Nature. Sure you can grab a meal-in-a-can for "emergency food" on hectic days, but in the long run, real food is better.

Question: What happens if I don't eat right after I exercise?

Answer: A study with Marines during 54 days of basic training reports that those who refueled with 100 calories of a recovery drink with 10 grams protein, 8 grams carb and 3 grams fat not only enhanced muscle protein deposition but also reported 33% fewer total medical visits, 28% fewer visits due to bacterial and viral infections, 37% fewer visits due to muscle and joint problems, and 83% fewer visits due to heat exhaustion compared to those who drank plain water.(4) Seems amazing that just 100 calories of a recovery drink could make such a strong impact on health, muscle soreness and hydration, but the message is clear: proper fueling at the right times is worth the effort. Don't underestimate the value of refueling soon after you exercise. Enjoy cereal with milk, fruit yogurt, turkey sandwich, spaghetti with meat balls. Food works; don't let a good sports diet be your missing link!

Nancy Clark, MS, RD, CSSD (board Certified Specialist in Sports Dietetics) counsels casual & competitive athletes. Her popular *Sports Nutrition Guidebook: Food Guide for Marathoners: Tips for Everyday Champions; and Cyclist's Food Guide* is available via www.nancyclarkrd.com. Also see www.sportsnutritionworkshop.com.

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2. Phillips S, Moore D, and Tang J. A critical examination of dietary protein requirements, benefits and excesses in athletes. *Int'l J Sport Nutr Exerc Metab* 2007; 17:S58-76.
3. Martin, W, Armstrong L, Rodriquez N. Dietary protein intake and renal function. *Nutr Metab (Lond)*. 20(2):25, 2005
4. Flakoll P, T Judy, K Flinn, C Carr, S Flinn. Post exercise protein supplementation improves health and muscle soreness during basic military training in marine recruits. *J Appl Physiol* 2004; 96(3): 951-956. Whether you want to analyse your sports diet, get an answer to your questions about creatine, or find a new recipe for chicken, you can get an amazing amount of high quality food, nutrition and health information on the Web. The trick is what's quality information and what's hokum? Here are some of my favorite websites; perhaps this information will be a helpful resource for you, as well.

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

THINKING OUTSIDE THE SQUARE

At an all girls school the janitor was having difficulty removing lipstick from the mirrors in a toilet block. The girls were starting to experiment with make-up and were pressing their lips against the mirrors, leaving behind lipstick for someone else to clean off, not an easy job.

Well, the poor old janitor was not impressed with this so she complained to the principal. Not knowing who the culprits were the principal got up at assembly and passionately pleaded to the whole school to stop this behaviour. But lipstick continued showing up on the mirrors.

As this problem continued, the teaching staff managed to identify about 15 girls that they believed were involved. So the principal got the suspects together in the toilet block where the lipstick problem was, together with the janitor and said: "Look girls, we believe that one or more of you are putting lipstick on the mirrors and the janitor finds it difficult to clean off. We'd like you to own up and stop this right now". No one owned up, all they got were a few giggles. The principal then said: "Ok, no one will own up, what I'm going to ask is the janitor to demonstrate just how difficult it is to remove the lipstick from the mirrors". With that the janitor got her mop, pushed it down the toilet bowl to get it properly wet, then took it over to the mirrors and started to mop the mirrors down. It took a lot of rubbing and the principal said: "See just how difficult it is", as the girls turned green and felt sick. And the problem disappeared immediately and it's never happened since. Think outside the square!

SAFETY

STAYING OUT OF HARM'S WAY

By Nicola Barnes

The latest report from the Ministry of Justice, the New Zealand Crime and Safety Survey 2006, reveals that people aged 60-plus are the least likely to experience crime.

"Popular perceptions of 'endangered oldies' don't reflect the truth," Age Concern New Zealand spokesman Alistair Stewart says.

Age Concern believes extensive news coverage of crimes against older people is contributing to an unbalanced view of the risk.

"Some of our older people have been affected by horrible crimes recently and the news media give them extensive publicity. We sympathise with the victims, and society's concern is welcome, but their experiences are the exception, not the rule," Mr Stewart says.

Age Concern acknowledges that the senior group could be the safest because they stay out of harm's way.

"Healthy caution is good, but unfortunately it turns to fear for some older people. They become socially isolated because of the fear of crime," Mr Stewart says.

Age concern warns that over-emphasis on senior victims takes support away from other crime victims. The survey shows that young people, the poor and some ethnic groups are most targeted by criminals.

"Let's care for the older people in our communities, but don't disempower them with fears of crime," he says.

While New Zealand Police Wellington City Area commander Peter Cowan agrees that older people shouldn't lock themselves in, and should get out and enjoy life, he suggests a couple of areas where older people can take extra steps to ensure their safety.

The first he mentions is care when using ATM machines.

"Obviously keeping you PIN secure is important. But people should also make sure they stay aware when they take money out of an ATM machine - take note of anyone standing close or who is watching," says Mr Cowan, who adds that criminals have been known to watch older people especially take out cash, then follow them and snatch their bag or wallet.

"People should choose an ATM where they feel comfortable in the surrounding environment."

Another piece of advice Mr Cowan gives is to get to know neighbours.

"It's not a matter of being nosy, but of being concerned. It's more important now than ever before that we have a sense of community and be aware when something's not quite right, such as washing not going out when it usually does, mail piling up or curtains not opening."

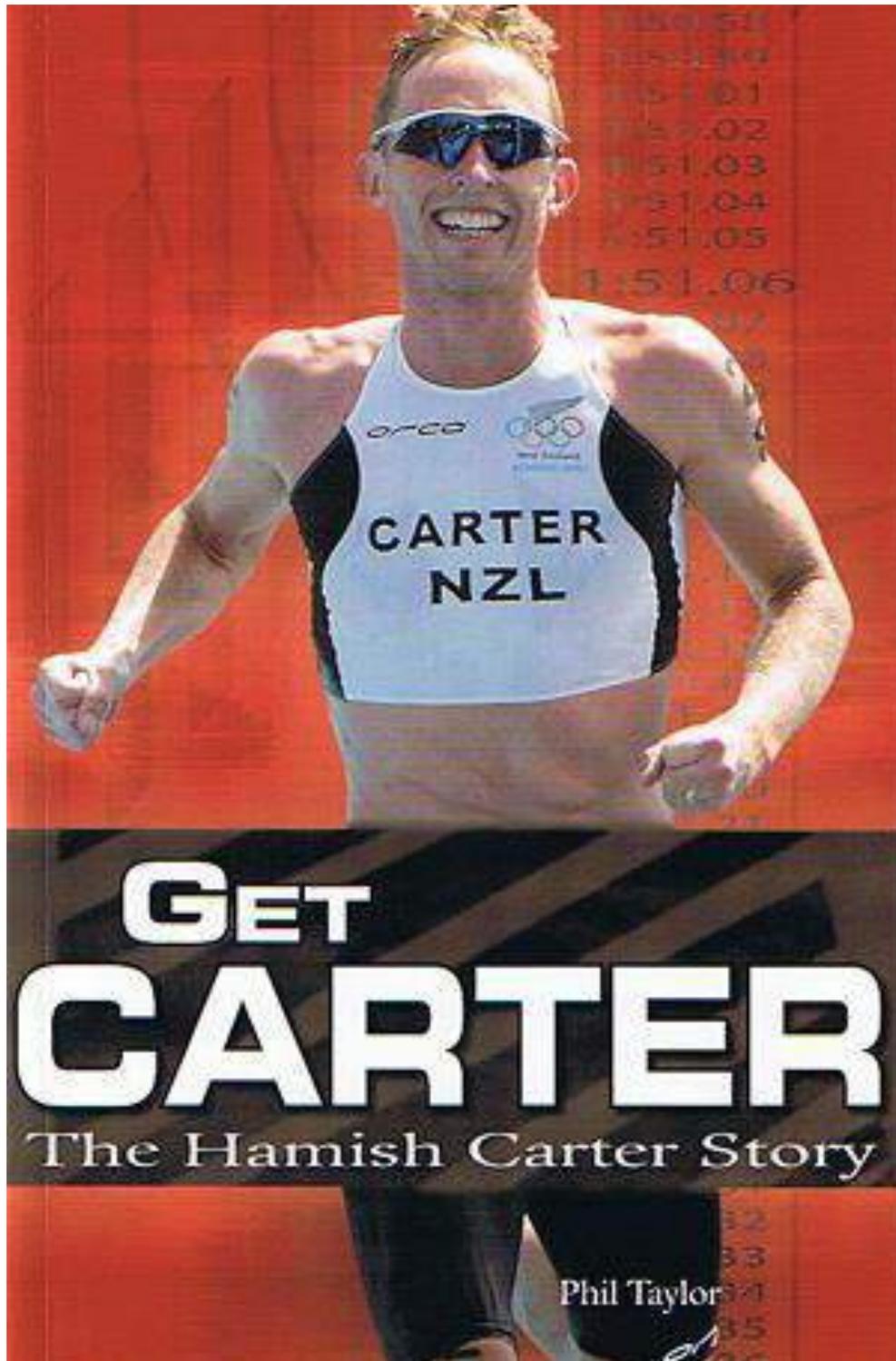
THE POLICE & NEIGHBOURHOOD SUPPORT OFFER THE FOLLOWING TIPS:

- ❖ Make a list of phone numbers to call in an emergency and keep a phone by the bed. If possible, pre-programme these numbers for speed dialing.
- ❖ Arrange with a neighbour to look out for you. For example, arrange for a neighbour to phone or visit if you have not drawn your curtains by 8am.
- ❖ Consider getting a medical or personal alarm that can be activated in an emergency.
- ❖ Don't open the door to strangers. Look through a peephole in the door or through a window, and always ask who it is. If you don't know them, keep the door closed.
- ❖ If someone you don't know asks to use your phone, offer to make the call yourself. They don't need to come inside and you don't need to open the door.
- ❖ Install security chains on the inside of external doors.
- ❖ Don't do business with strangers who come to the door or phone you.
- ❖ Don't discuss your finances with strangers or give out details of bank or credit cards over the phone.
- ❖ Talk to friends and get several quotes before employing tradespeople.
- ❖ If you think someone is trying to cheat you, contact the police. You may prevent someone else from being tricked.
- ❖ Never admit to being alone.
- ❖ Install a wide-angle peephole in the door.
- ❖ If you receive a wrong number phone call, don't chat and never give out your name and address.
- ❖ Ask for a security checklist from your Neighbourhood Support contact.

"Reprinted courtesy of The Dominion Post".

* BOOK REVIEW *

17 Chapters - 206 pages - Published 2007 by Hachette Livre NZ Ltd
An insight into Hamish Carter from his early days starting out, the highs and lows of a professional athlete, to the despair of the Sydney Olympics and finally victory at the Athens Olympics



WELLINGTON MASTERS ATHLETICS

10KM ROAD RACE AND WALK

(Incorporating the Wellington Masters 10km Championships)

SUNDAY 28 OCTOBER 2007 at LOWER HUTT

START TIMES: Walkers 9.30am – Runners 10.00am

START/FINISH: Outside Sacred Heart College in Bellevue Road.

RACE HEADQUARTERS: Huia Indoor Swimming Pool – Lower Hutt – Entries will be taken on race day at the start area outside Sacred Heart College.

COURSE: The race starts outside Sacred Heart College, travels down Bellevue Road, turn left into Ludlum Crescent, then into Puriri Street along to the end, then into Pohutakawa Street and continue along past the Waterloo Interchange into Oxford Terrace – turn at the cone and retrace course back to start/finish at Sacred Heart College.

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

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

PRIZEGIVING: Will take place in the meeting room at the Huia Pool with each 5-year age group being recognised.

CERTIFICATES: Will be posted out after the event to all place getters.

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

| | | |
|---------------|--------------|-------------------------------|
| MEN: | Pre-master - | 30 years of age on 28/10/2007 |
| | Master - | 35 years of age on 28/10/2007 |
| WOMEN: | Pre-master - | 30 years of age on 28/10/2007 |
| | Master - | 35 years of age on 28/10/2007 |

ENTRY FEE: Member of the WMA - \$10 - no late entry fee is payable.

Non-member of WMA - \$15 - no late entry fee is payable.

PLEASE CUT OFF ENTRY FORM (Please Print Clearly)

NAME:

ADDRESS:

MALE/FEMALE:

AGE ON RACE DAY:

EMAIL:

TELEPHONE: (home)

(business)

CLUB:

RUNNER/WALKER (delete or circle one):

ENTRY FEES: \$10 – Members of NZMA – no late entry fee applies.

\$15 – Non-members of NZMA – no late entry fee applies.

\$45 – Annual Subscription for NZMA - covers period 1/9/2007 to 31/8/2008.

TOTAL AMOUNT ENCLOSED: \$_____ Make cheques payable to Wellington Masters Athletics.

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

Post Entries to:

Wellington Masters 10km Road Race,

C/- Richard Harris, 11 Whitu Street, Khandallah, Wellington 6035 – For any enquiries telephone 971 5993

No postal entries after 25th October – please register on the day at the start area.

DECLARATION AND AGREEMENT TO BE SIGNED BY ALL PARTICIPANTS

I agree to abide by the following race rules.

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

Signed.....

COMING EVENTS

2007

Oct

| | | |
|----|---|-------------------|
| 6 | NZ Road Relay Championships | Timaru |
| 6 | T & F Meeting | Newtown Park |
| 7 | Samsung Melbourne Marathon | Melbourne |
| 14 | Wairarapa Full & Half Marathon | Masterton |
| 28 | Lower Hutt 10km Road Race & Walk | Lower Hutt |

Nov

| | | |
|---|-----------------------|----------|
| 6 | ING New York Marathon | New York |
|---|-----------------------|----------|

2008

Jan

| | | |
|----|--|--------------|
| 26 | Wellington Masters Pentathlon (part of T&F Champs) | Newtown Park |
|----|--|--------------|

Feb

| | | |
|----------|--|--------------|
| 3 | Wellington Masters T&F Championships - Day 1 | Newtown Park |
| 16 | Wellington Masters T&F Championships - Day 2 (combined with Wellington Centre Champs) | Newtown Park |
| 23-25 | North Island Masters T&F Championships | Inglewood |
| 29-3 Mar | NZMA Track & Field Championships | Inglewood |

Mar

| | | |
|-----|--------------------------------------|---------------------|
| 7-9 | Athletics NZ Union T&F Championships | Mt Smart - Auckland |
|-----|--------------------------------------|---------------------|

July

| | | |
|---|--|------------|
| 6 | 30 th Gold Coast Full and Half Marathon | Gold Coast |
|---|--|------------|

2012

| | | |
|--|--|--------------|
| | North Island Masters T&F Championships | Newtown Park |
|--|--|--------------|

2013

| | | |
|--|------------------------------|--------------|
| | NZ Masters T&F Championships | Newtown Park |
|--|------------------------------|--------------|

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.

WELLINGTON MASTERS ATHLETICS INC.

**SUBSCRIPTION FOR THE 2007/08 YEAR
(1 September 2007 to 31 August 2008) = \$45**

NAME(S): _____

ADDRESS: _____

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

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

How to Pay:

\$45 (\$90 for couple). Cheques made out to Wellington Masters Athletics Inc – (WMA Inc) and sent with form to: **VERONICA GOULD, 95A ELLICE STREET, MT VICTORIA, WELLINGTON 6011.**

Direct Credit to: Wellington Masters Athletics Inc, National Bank, The Terrace: **06 0565 0064415 00**
and forward the completed form to Veronica Gould at the above or email:
vgould@paradise.net.nz

NOTE: Wellington Masters Athletics singlets and tee shirts are also available from Veronica at a cost of \$30 and \$50 respectively.

Please advise any change of address as soon as possible



WELLINGTON MASTERS ATHLETICS

If unclaimed please return to:-
122 Onslow Road, Khandallah, Wellington 6035