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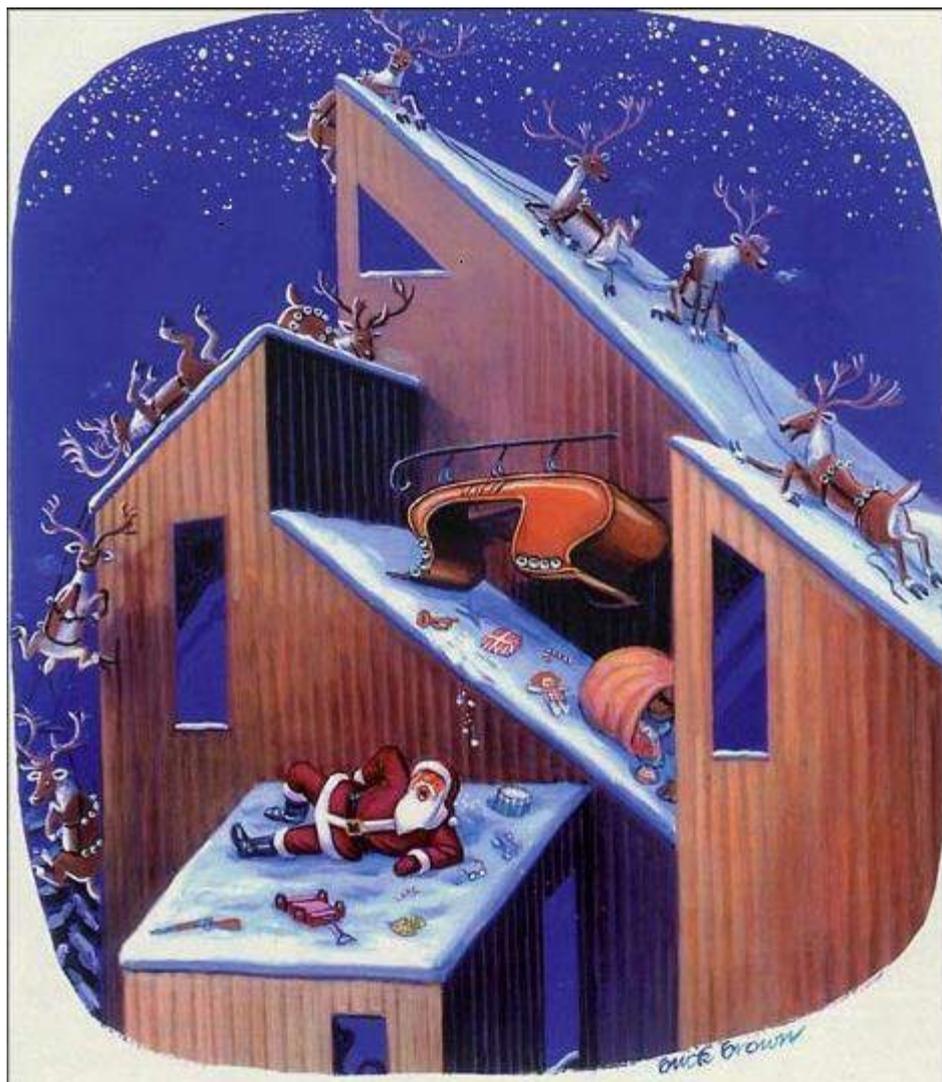
MASTER

COPY

Newsletter of the Wellington Masters Athletics Inc.

Volume 6 Issue 5

December 2007



"Damn contemporary architecture!"

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

PASSING OF OUR PATRON

ARTHUR STANLEY MAY

Arthur's involvement in athletics in Wellington started in the early 1940s when he joined the Lower Hutt Athletic Club. In the late 1940s and through the 1950s, the Lower Hutt Athletic Club was probably the strongest athletic club in New Zealand. This was due not only to the talented young athletes in the club but also to the exceptionally very capable and dedicated coaches there at that time. There were four or five of these coaches, including Arthur May.

Through their coaching ability, the club was outstandingly successful with many of their athletes not only becoming New Zealand champions and record holders, but they also becoming New Zealand representatives at the Empire and Olympic Games. Names here included Ron Jarden, Lionel Smith, George Martin, Colin Loader and Don Jowett. Don Jowett became the Commonwealth Games 220 yards champion at Vancouver in 1954 and Ron Jarden and Colin Loader also became All Blacks.

During this wonderful era in athletics, Arthur started to train a promising athlete by the name of Heather Wright. Heather, owing to the coaching ability of Arthur and her talent, became a New Zealand champion and record holder in the high jump and also a proficient sprinter, hurdler and multi-event athlete. In time they not only became coach and athlete, they also became husband and wife.

Arthur and Heather dropped out of competitive athletics for a while with the arrival of their children. However, this was not the end of their outstanding contribution to the sport of athletics, as they both became involved again when they were encouraged to become a part of the introduction to veteran's athletics, now known as Master Athletics, in 1980.

Arthur's ability as a coach came to the fore and Heather was soon again a New Zealand champion athlete and record holder in many events. Heather also achieved numerous Oceania and World Veterans championships and records.

In addition to his coaching, Arthur was also a very competent and dedicated athletics official in Wellington. He also attended, as an official, many New Zealand Open Grade and Veterans Athletic Track and Field Championships as well as international events in Oceania and around the world.

In his time of involvement with Veterans Athletics, Arthur on numerous occasions was manager for Veterans Track and Field teams at various Oceania and World Veterans Championships. He was very capable and competent in this role and had an excellent working relationship with the athletes. He worked tirelessly to ensure that the athletes were well prepared for their competitions. He was always present when the athletes competed to give them support and encouragement.

He contributed greatly to the sport of athletics and his talent and many abilities will be sorely missed.

Editor's Note: The above is Jim Blair's memories of Arthur as he knew him over the many years that Arthur was involved with athletics both here in Wellington, throughout New Zealand and overseas.

The Committee also extend their condolences to wife Heather and family.

BITS and PIECES

Membership

Since the last newsletter our membership stands at 71. Welcome to new members Jack Powell (WMA); John Ihaka (WMA); Harold Alcock (Olympic) and Dawn Melrose (WMA).

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New Date for T&F Championships this Summer

A change of date for the National Track & Field Championships has been approved by the Board of Athletics New Zealand. The Championships will now be held on Friday 28th March 2008 to Sunday 30 March 2008 at Mt Smart Stadium.

Although this date now clashes with World Cross Country Championships, it was viewed following investigation and feedback received from Centres that it was crucial not to clash with the Australian U23/U20 Championships, Regional Secondary Schools Championships in the weekend of 14 March or the Colgate Inter Provincials on Easter weekend.

Athletics NZ agree that a clash with World Cross Country is not ideal as this affects a number of athletes, however those who are selected to represent New Zealand should have their focus aimed on Cross Country rather than on Track and Field.

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Athletics NZ Media Release - 12 Nov 2007

Arthur Grayburn

Javelin throwing exponent and New Zealand Masters Association stalwart Arthur Grayburn of Christchurch died on Saturday.

Grayburn, who celebrated his 80th birthday on 9 October, never recovered from a stroke that he suffered last Tuesday.

Grayburn followed in the footsteps of Stan Lay and Claude Clegg winning the New Zealand javelin throw title in 1952 and 1953. He represented New Zealand at the 1950 Centennial Games winning a silver medal.

As a veteran/master athlete he was invincible in his age group having won 31 consecutive NZ Masters Association titles. At the 1994 World Masters

Association Games he won the gold medal in the 65-69 age group javelin with a record throw of 46.94m. He has also won two silver and two bronze medals at world championships.

He has competed at every Masters track and field championships since their introduction in 1975 and all but two Oceania Masters track and field championships.

Grayburn currently holds four national masters, four Oceania, five national championship and five Canterbury Masters javelin records.

Grayburn and his wife Merle held training camps and Grayburn was always available to officiate at meetings, when he was not competing. He was always ready give advice or tips to field event athletes.

Grayburn was president of the Canterbury Masters Association 1982-84, vice chairman of the organising committee for the fourth world veteran games in Christchurch in 1981, secretary organiser of the South Island masters track and field championships from 1981 to 2005, 11 years executive member of the New Zealand Masters Association and eight years executive member of the Oceania Masters Association.

He was made a life member of the New Zealand Masters Association in 1996 and the Canterbury Masters Association in 2002.

Grayburn received an Athletics New Zealand merit award in July 2006.

He was also very involved in the community and received a "Keep Christchurch Beautiful" service award in October 2001. He was also a prominent Freemason.

Grayburn was a prolific writer, an author of five books; one of these was an outstanding "A History of NZ Veteran Athletics 1962-1999".

He made an enormous contribution to the sport of athletics and that cheerful smiling face, always ready to swap the latest joke, will be sadly missed.

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Without question, the greatest invention in the history of mankind is beer. Oh, I grant you that the wheel was also a fine invention, but the wheel does not go nearly as well with pizza.

WELLINGTON MASTERS ATHLETE OF THE YEAR

Past winners:

2000	Judy Hammond
2001	Ellis Goodyear
2002	Barry Prosser
2003	Bernie Portenski
2004	Simon Poelman
2005	Bill Nicholson
2006	Peter Baillie

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STAYING SHARP AS A TACK

Memory loss and confusion were once seen as a normal part of ageing. They can indicate the onset of more serious conditions such as dementia and Alzheimer's disease, but scientists believe that with physical and mental exercise and correct nutrition most people can remain both alert and able as they age.

Although the causes of dementia can vary, managing your nutrition can play a role in preventing and reducing its effects.

- Low **DHA** has recently been identified as a risk factor. DHA is an essential fatty acid obtained from fish oils. It is considered "essential" because it cannot be manufactured by the human body - it must be obtained via the diet and supplements. The average western diet provides only 100mg DHA per day when the body's requirement is at least 200mg.
- Another essential brain nutrient is **phosphatidylserine (PS)**. This naturally occurring substance concentrates in the myelin sheath, the protective layer surrounding the nerves. PS may help maintain the integrity and improve the fluidity of myelin sheaths, directly impacting neuronal communication, cell growth and cell renewal.
- **Vitamin B12** and **folic acid** have long been known to potentially protect against severe nervous system damage. Deficiency symptoms including numbness, tingling of the extremities, disturbed coordination and clinical depression may result in irreversible nerve damage if left untreated. Vitamin B12 and folic acid help protect brain and nerve cells and energy production, all essential to maintaining or improving healthy working memory and mental clarity.
- Last but not least, these essential nutrients must be delivered to the brain via a healthy circulation. Maintaining proper hydration and oxygenation levels and using circulatory and antioxidant herbs such as **Ginkgo biloba**, may help with efficient cellular waste removal and adequate nervous

system nourishment as required for peak mental performance.

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FISHING

A couple goes on vacation to a fishing resort in Northern Minnesota. The husband likes to fish at the crack of dawn. The wife likes to read. One morning the husband returns after several hours of fishing and decides to take a nap. Although not familiar with the lake, the wife decides to take the boat out. She motors out a short distance, anchors and reads her book.

Along comes a law enforcement officer in his boat. He pulls up alongside the woman and says, "Good morning Ma'am. What are you doing?"

"Reading a book," she replies.

"You're in a restricted fishing area," he informs her.

"I'm sorry officer, but I'm not fishing. I'm reading."

"Yes, but you have all the equipment. I'll have to take you in and write you up."

"If you do that, I'll have to charge you with sexual assault," says the woman.

"But I haven't even touched you," says the officer.

"That's true, but you have all the equipment."

MORAL: Never argue with a woman who reads. It's likely she can also think.

* * * * *

BITS OF WISDOM

- Love is grand; divorce is a hundred grand.
- I am in shape - round is a shape.
- Time may be a great healer, but it's a lousy beautician.
- Never be afraid to try something new. Remember, amateurs built the ark, professionals built the Titanic.
- There will always be death and taxes; however, death doesn't get worse every year.
- In just two days, tomorrow will be yesterday.
- The real art of conversation is not only to say the right thing at the right time but also to leave unsaid the wrong thing at the tempting moment.
- Brain cells come and brain cells go but fat cells live forever.
- Life not only begins at forty, it also begins to show.

WELLINGTON TRACK and FIELD PROGRAMME 2007/08

<u>Date</u>	<u>Event</u>	<u>Venue</u>
2007		
1 December	Regional League Third Round	Palmerston North
8 December	Gold Programme	Newtown Park
8-9 December	NZ Secondary Schools Championships	Wanganui
15 December	Black Programme	Newtown Park
22 December	Scottish Night of Miles – 5pm Start	Newtown Park
29 December	Training Sessions – No official timing or officials	Newtown Park
2008		
4-6 January	North Island Colgate Games	Inglewood
12 January	Gold Programme incorporating Kiwi Throwers Meeting	Newtown Park
19 January	Black Programme	Newtown Park
19 January	14/15 Interprovincials	Palmerston North
26 January	Gold Programme (incorporating Wellington Masters Multi Events)	Newtown Park
2 February	Black Programme	Newtown Park
2 February	Technical Managers Course – 9am Start	Sport Wellington
3 February	Wellington Masters T&F Championships – Day 1	Newtown Park
6 February	Capital Classic	Newtown Park
9 February	Gold Programme	Newtown Park
16 February	Black Programme	Newtown Park
23 February	Wellington Champs (including Masters T&F Champs – Day 2	Newtown Park
28 Feb-3 March	NZ Masters Track & Field Championships	Inglewood
1 March	Gold Programme/Requested Events	Newtown Park
1-3 March	Australian Track & Field Championships	Brisbane
7 March	Black Programme/Requested Events (Friday at 6pm)	Newtown Park
8 March	No Meeting at Newtown Park	
9 March	Wellington Junior Championships – Day 1	Newtown Park
12 March	CSW Regional Championships	Newtown Park
15 March	Gold Programme/Requested Events	Newtown Park
16 March	Wellington Junior Championships – Day 2	Newtown Park
21-23 March	Colgate Interprovincials	Wanganui
22 March	Blackboard Programme/Requested Events	Newtown Park
28-30 March	NZ Track & Field Championships	Auckland
5-6 April	North Island Secondary Schools	Waitakere
5-6 April	South Island Secondary Schools	Timaru

Black Programme

Time	Track	Field
1.30pm	3000m Track Walk	
2.00pm	80/100/110 hurdles on request	Triple Jump/Pole Vault
2.10pm	800m	Shot Put
2.35pm	100/60m sprints	
2.55pm	400m	Long Jump
3.05pm	3000/5000m Men & Women	
3.25pm	200m	Discus

Gold Programme

Time	Track	Field
1.30pm	5000m Track Walk	
2.00pm		High/Triple Jumps
2.10pm	300/400m Hurdles on request	Hammer
2.25pm	100/60m Sprints	
2.45pm	1500m/1 mile/2000m	Long Jump
3.05pm	200m	Javelin
3.20pm	3000m/1500m/2000m steeplechase or other distance event on request	
3.40pm	400m (if no steeplechase on completion of 200m)	

Notes

Only two throws per meeting have been programmed due to lack of sufficient officials to run the events. Athletes competing in any unscheduled throwing event are not entitled to any records that may be broken.

All field events will commence at set start time. Warm up 15 minutes prior to start times please.

Times for Black and Gold Programmes may be altered depending on attendances. Please do not assume that your favoured event will be run at the stated time.



RECIPE

SPICED UP SPUDS

A piquant potato salad that's perfect for warmer weather.

Looking for a bit of inspiration in the old potato salad department for your next get-together? A far cry from the stuff you get in supermarket tubs, this is a hotted-up potato salad – "devilling" ingredients may include Worcestershire sauce and hot pepper sauces, mustard, cayenne, pepper and vinegar.

Ingredients:

- 1.5kg waxy salad potatoes, scrubbed
- 1 small onion, peeled and grated
- 1 tbsp anchovy paste
- 3 tbsp Dijon mustard
- 2 tbsp Worcestershire sauce
- 2 tbsp hot pepper sauce
- 2 tsp paprika
- Extra virgin olive oil
- Handful each of chopped chives and flat-leaf parsley

Method:

Boil the potatoes until tender. Drain well and leave to cool slightly.

In a large bowl, combine the onion, anchovy paste, mustard, hot pepper sauce, Worcestershire sauce and 1 tsp of the paprika. In a slow, steady stream, whisk in extra virgin olive oil to taste. Season with salt and pepper to taste.

Add the still warm potatoes to the bowl and toss with the dressing.

Serve topped with the herbs and remaining paprika.

Serves 8.

Or for something a little different . . .

NEW POTATOES IN SPICY YOGHURT

Ingredients:

- 500g new potatoes, unskinned
- 1 cup plain unsweetened yoghurt
- 1 tsp ground coriander seed
- A pinch of ground cardamom
- A pinch of ground cloves
- ½ tsp ground turmeric
- 1 green chilli, finely chopped
- 1 tsp ginger root, finely chopped
- 2 cloves garlic, finely chopped
- ½ tsp cumin seeds
- 2 tbsp clarified butter or oil
- 1 tbsp fresh coriander leaves

Method:

Boil the potatoes very gently in salted water till cooked.

Drain, peel if desired, then prick each potato several times with a fork.

Fry the spices, ginger and garlic in the butter for several minutes and mix into the yoghurt. Pour over the potatoes and leave to marinate for at least 30 minutes, preferably several hours.

Sprinkle with the chopped coriander before serving.

Serves 3-4.

Sick of potatoes - then substitute kumara for the potatoes in either of the above recipes.



Marathon effort

Haile Gebrselassie, of Ethiopia, set a world record for the marathon, winning the Berlin race in an unofficial time of 2h 4min 26s. Gebrselassie, 34 bettered the mark of 2hr 4min 55s set by Kenya's Paul Tergat in Berlin on September 28, 2003.

Dominion Post 1/10/2007

World record walk

Russian Vladimir Kanaikin set the world record in the men's 20km walk at the Grand Prix final in Saransk. The 22-year-old clocked 1hr 17min 16s, shaving five seconds off the mark set by world champion Jefferson Perez of Equador at the 2003 world championships in Paris. "I knew I was on world record pace with one lap to go and I could have gone faster but my coach warned me about being disqualified," Kanaikin said.

Dominion Post 1/10/2007



Masters Tee Shirt

Kathryn Fraser has a new style Masters tee shirt that has only seen a couple of outings and is prepared to sell it to any interested buyers at a reduced price. Size is XL. If anyone is interested, please email Kathryn on kath.d@xtra.co.nz to organise payment and delivery.



Lotto

A woman came home, screeching her car into the driveway, and ran into the house.

She slammed the door and shouted at the top of her lungs, "Honey, pack your bags. I won the lottery!"

The husband said, "Oh my God! What should I pack, beach stuff or mountain stuff?"

"Doesn't matter," she said. "Just get out."



FEATS FOR FEET

Shoes are by far the most important piece of equipment a runner owns. There are a couple of key reasons runners need the right running shoes.

- ❖ To absorb shock. Each foot strikes the ground 500 times a km. The force with which you hit the ground works out to be 3-5 times your body weight.
- ❖ To control motion. If excessive foot movement is not controlled, aches, pains and injury can occur.

Having the right shoes will not only cushion and absorb, helping to prevent injury, it will also enhance your performance. But buying new shoes can be tricky. There is a huge variety to choose from and you can easily end up making an expensive mistake. How many people own shoes they can't wear because they hurt? Buying a shoe because a friend finds them great or you read a glowing review is unwise. There is no best shoe, just the shoe that is best for you.

How to buy the best shoe for you

Go to a reputable sports footwear store with knowledgeable staff and buy using the following criteria:

- 1. Fit and Comfort:** If the shoes do not fit you properly and are not comfortable in the shop, just imagine what they will feel like after 42km! The shoes must be the right size in both length and width. For marathon running, a little extra room at the end is important as your feet may swell. The shoe must match the shape of your foot.
- 2. Function:** The human foot is a complex structure and the way it moves is unique to each individual. Some runners feet move inwards too much, some don't move enough, some land heel first and some forefoot first. It is essential that the shoe complements your foot function, controlling any excessive motion where necessary. To assess your foot function, a specialist running shoe shop can video you running in bare feet and then again in your potential shoe to ensure their suitability. The right shoe will help prevent you from becoming injured.
- 3. Cost:** The most expensive shoe is not necessarily the best. A cheaper shoe may actually be the best shoe for you. Realistically, serious running shoes start at around \$180 and go to \$300. Getting it right first time will save an expensive mistake.

Don't forget below your ankles

After you've run a marathon, you'll probably want to rest for a few days and then get back into training again.

Stop! All that training you've done over the past few months can lead to overuse injury to knees, shins, and feet. The best idea is to ease off for around six weeks after the event, then gradually build up again.

Looking after your feet is important. If you get blisters during the marathon run, perhaps you can work out why before you tackle another. Try different socks and blister treatments. Technical socks are specially designed socks to provide a cushioning effect and keep moisture away from the foot, keeping it at an even temperature. There are several brands available, the most notable being Thorlo. Blister prevention aids include Compeed or Second Skin which you can get from a chemist. These are plasters that lubricate the skin and act as a buffer against friction.

If you're suffering niggles in your foot, don't leave it until a week before the marathon to get them sorted. You need to consult a podiatrist as early as possible because orthotic therapy is likely to take two to four weeks, during which time you may not be able to run.

Even after the marathon, orthotic therapy is useful because it alters the function of the lower limb to reduce strain on injured structures.

There are a couple of other basic things to do to look after your feet:

1. Keep your toenails short.
2. Make sure your shoes have adequate room for movement - a finger's width from toe to shoe edge is adequate room.
3. If your feet are prone to blisters, minimize friction and sweat by using technical socks.

* * * *

A simple reward can pull you out of the dumps

We all feel better and enjoy our activities when we feel rewarded. The simple act of recording the distance you cover each day will give you a genuine sense of accomplishment that is felt internally. When you string together a series of runs, or walks, on days you didn't feel like exercising, you feel so good inside. Even the most upbeat people have periods of low motivation, and have told me that their journals get them re-focused on the down days.

- From 5K/10K by Jeff Galloway



NUTRITION

NUTRITION FOR PEAK PERFORMANCE

Diet plays a crucial role in sport. In fact scientists believe that after training and genetic factors, diet is the single most important factor in optimum sporting performance. Although athletes are starting to realise this, they have many misconceptions about dietary needs. They also tend to have problems applying the theory of sports nutrition to every day eating habits.

The following information will give you an understanding of the role of diet in sports training and provide practical suggestions for optimizing your own food pattern.

Training Nutrition:

Nutritional considerations aim to achieve:

1. Maximum energy reserves;
2. Optimum strength;
3. Optimum fluid and electrolyte balance; and
4. A suitable body weight.

The main energy substrate or fuel for exercising muscles is glycogen, the muscle storage form of carbohydrate. Storage capacity for glycogen is limited and glycogen depletion can occur when training intensity and duration are high and dietary carbohydrate intake inadequate. Chronic glycogen depletion is a form of overtraining with symptoms of fatigue, lethargy, heavy legs etc. The right kind of diet helps prevent problems. Follow these guidelines:

- ❖ Choose from a wide variety of foods, including bread and cereals; fruit and vegetables; lean meat, poultry, fish, pulses, nuts/seeds, tofu; and dairy products.
- ❖ 60-70% of total energy should come from carbohydrate foods especially the complex varieties such as bread and cereals, (preferably wholemeal), rice and pastas, fruit and vegetables, potatoes and legumes. All meals and snacks should be based on these foods. If energy needs are high, a moderate intake of simple carbohydrates (sugars and sweets) is suitable, but be aware that these are low in nutritional value.

- ❖ Enjoy an adequate protein intake, by using low fat varieties, such as lean meat, skinned poultry, fish, cottage cheese, eggs, legumes, tofu etc, twice a day and low fat milk products (e.g. $\frac{1}{2}$ pint trim milk per day).
- ❖ To achieve a high carbohydrate diet, fat intake must be modest:
 - Minimise the use of butter or margarine on bread.
 - Minimise the use of fats (butter, oil, dripping etc) in cooking.
 - Use low fat milk products, e.g. cottage cheese, trim milk, low fat yoghurt, buttermilk, ricotta cheese.
 - Restrict intake of cream, sour cream, cream cheese, mayonnaise, salad dressings, biscuits, cakes, pastries, pies, chocolate, crisps, ice cream, take-away foods, etc.
- ❖ Drink plenty of fluids, especially water (4-8 glasses per day).
- ❖ Go easy on alcohol at all times and avoid it during peak training and prior to competition.
- ❖ Use salt in moderation.
- ❖ Distribute food intake evenly over the day depending on training times and do not skip meals. Include carbohydrate snacks between main meals for maximum energy levels.
- ❖ In a well balanced diet, adjusted for energy needs, nutritional supplements are generally not required.

A well balanced diet can include some high fat and sugar snack food; there is no need to eliminate these totally!

In Summary:

Base all meals and snacks on complex carbohydrate foods, add moderate amounts of low fat protein foods, include milk products daily and restrict intake of fats. Make sure to drink frequently throughout the day, including during long training sessions.

Competition Nutrition:

The following suggestions will help prepare you optimally for competition:

continued on next page

The day before:

- ❖ Follow a modified carbo loading regime by increasing carbohydrate and fluid and *minimizing* intake of fat.
- ❖ Concentrate on pasta, rice, potato, bread, cereals, low fat muffins, fresh and dried fruit, vegetables, and Carbohydrate Replacement Drinks (e.g. Exceed FER, Replace, Gatorade). If you have difficulty increasing intake of these foods, use a High Carbohydrate Beverage, (e.g. Exceed HCS, Carbo Energy). Drink plenty of water also.
- ❖ Avoid alcohol.
- ❖ The night before competition have a light meal with a high carbohydrate content. A large plate of pasta with a tomato based sauce and cooked vegetables for example would be appropriate. Include fluids also.

On the day:

- * Have a light meal 2-3 hours before the start of competition. Minimise fat, fibre, protein content and avoid unfamiliar foods.
- * White or brown bread toast, (no margarine) with bananas, jam or honey are suitable. Spaghetti on toast is an old favourite with many athletes. Alternatively choose a light cereal with low fat milk and fruit. Low fat pancakes and muffins are suitable also. A Carbohydrate Replacement Drink is very beneficial at this stage.
- * Continue to drink water or a replacement until the start, especially on a hot day.
- * If entered in more than one event or if there is a break during competition, both fluid and carbohydrate need to be replenished and a Carbohydrate Replacement Drink should be taken. Repletion of glycogen stores and thus recovery is quicker when carbohydrate is taken within 1 hour of finishing competition. Suitable snack foods between events, during ultra-distance competition and/or for recovery include bananas, oranges, dried fruit, low fat/fibre muffins or fruit loaf, white bread sandwiches, sports bars, etc.

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Essential additions for the workplace vocabulary

BLAMESTORMING: Sitting around in a group, discussing why a deadline was missed or a project failed, and who was responsible.

SEAGULL MANAGER: A manager who flies in, makes a lot of noise, craps on everything, and then leaves.

ASSMOSIS: The process by which some people seem to absorb success and advancement by kissing up to the boss rather than working hard.

SALMON DAY: The experience of spending an entire day swimming upstream only to get screwed and die in the end.

CUBE FARM: An office filled with cubicles.

PRAIRIE DOGGING: When someone yells or drops something loudly in a cube farm, and people's heads pop up over the walls to see what's going on.

MOUSE POTATO: The on-line, wired generation's answer to the couch potato.

SITCOMs: Single Income, Two Children, Oppressive Mortgage. What yuppies turn into when they have children and one of them stops working to stay home with the kids.

STRESS PUPPY: A person who seems to thrive on being stressed out and whiney.

SWIPEOUT: An ATM or credit card that has been rendered useless because the magnetic strip is worn away from extensive use.

IRRITAINMENT: Entertainment and media spectacles that are annoying but you find yourself unable to stop watching them. The O.J. trials were a prime example.

PERCUSSIVE MAINTENANCE: The fine art of whacking the hell of an electronic device to get it to work again.

ADMINISPHERE: The rarefied organizational layers beginning just above the rank and file. Decisions that fall from the adminisphere are often profoundly inappropriate or irrelevant to the problems they were designed to solve.

OHNOSECOND: That minuscule fraction of time in which you realize that you've just made a BIG mistake.

WOOFYS: Well Off Older Folks. A mythological beast, often told of but rarely seen.

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BENEFITS OF AQUA JOGGING/WALKING

Legs must find the most efficient mechanical path through the water. Extraneous motions of the feet and legs are reduced or eliminated over time.

The water's resistance strengthens muscles which can serve as back-up strength to the primary running/walking muscles. By alternating off and on, the main running/walking muscles will retain resiliency longer. The smaller "reserve" muscles will also be able to keep you going for a little while if you overuse the main running/walking muscles and need some help to keep going during the last few miles in the half or full marathon.

You get a great cardiovascular training session without any pounding. Since the prime running/walking muscles are not being used, most injuries can heal.

THE ATHLETE'S KITCHEN

Copyright: Nancy Clark, MS, RD, CSSD



Sports Nutrition News from the American College of Sports Medicine

The American College of Sports Medicine (ACSM) is the nation's largest group of exercise scientists, sports medicine and sports nutrition professionals. Each year at the ACSM annual meeting, these experts present their latest research. Here's a small sample of the sports nutrition news for 2007.

Sweat

- Trained female cyclists retained more fluid when they consumed a sodium-containing sports drink before an endurance bike ride compared to a drink with almost no sodium. They also experienced less heat strain due to being better hydrated and they were able to exercise for longer (99 vs 79 minutes). Enjoying a few salty foods before your next long bout of sweaty exercise would be a smart choice!
- Sweat sodium losses can be significant. Elite soccer players can lose more than 2,400 mg sodium during a 90-minute game. That's 5 packets of salt! Salty sweaters can appropriately eat salty foods before, during and after hard exercise.
- Sipping on post-exercise fluids results in better fluid retention than gulping a large volume at one time. Hence, athletes should enjoy recovery fluids over several hours, rather than guzzle one big drink.

Caffeine

- Caffeine should no longer be considered a diuretic with a dehydrating effect. Women who habitually consumed a low dose of caffeine (~110 mg/day) were given a higher dose (365 mg; similar to the amount in large mug of coffee). They did not urinate more over the course of 8 hours. The same holds true with caffeine during exercise. Tennis players who consumed about 200 mg caffeine had no dehydration problems — and they played better.

Fueling Before and During Exercise

- Athletes often wonder what is the best source of fuel during exercise. Research suggests sports beans, sports drinks, and gels all offer similar performance benefits. Take your choice!

Weight

- Of 860 Canadian adults who were surveyed for about 20 years, 57% gained more than 11 pounds (5 kg). They were less active than the 17% who lost more than 11 pounds (5 kg) and the 26% who maintained body weight within 11 pounds. To minimize weight gain with aging, be active!
- Among 142 girls who were screened at ages 9, 11, and 13 years, those who exercised to enhance health and well-being enjoyed exercise more than those who exercised to lose weight. Parents should encourage their daughters to enjoy an active lifestyle; this is more sustainable than using exercise as "punishment" for having excess body fat.

Body Fat

- Body Pods are as good as underwater weighing for measuring body fat in college-age males. But, they are expensive. The less expensive (and almost as accurate) alternative is the skinfold caliper. Caliper measurements are preferable to bioelectrical impedance methods.
- Consumers who buy bioelectrical impedance scales (such as the Tanita scale) should know that leg-to-leg measurements tend to be more accurate than hand-to-hand measurements. However, skinfolds are still the more accurate of affordable ways for consumers to measure body fat.
- Research suggests the more meals a person skips, the higher his or her body mass index (BMI). A survey with 623 college students found that those who skip breakfast, in particular, tend to have higher BMIs than breakfast eaters. Another study reported similar findings: obese boys tend to skip breakfast more than their peers with a lower BMI. Why is this? Does infrequent eating contribute to a higher BMI? Or do people with high BMIs commonly skip meals?

Fluids

- To listen to the media, you'd think every college athlete gets drunk every night. However, a college alcohol survey of 117 student-athletes found that 22% abstained from drinking alcohol, 68% described themselves as light-to-moderate drinkers, and 59% did not binge drink. By using this information to create new "social norms," freshman can learn they don't need to drink to "fit in".

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Recovery

- To recover from hard exercise, many athletes choose a sports drink. However, consuming equal amounts of carbohydrates from a "real" food, such as Wheaties with skim milk, also works — and offers far more nutrition.
- In the 2004 Hawaii Ironman Triathlon, 362 finishers ended up in the medical tent; this represents about 14% of the total field. Of these, 63% experienced one or more gastrointestinal (GI) problems. The most common problem was nausea, followed by vomiting, diarrhea & abdominal cramps. Males and females, fast or slow, experienced similar distress; the problems didn't correlate with race times or gender.
- Running in a 10K race or sprint triathlon increases the amount of free radicals and oxidative stress — but it also generates more antioxidant activity that can overcome the potential problem. Antioxidant supplements are needless.

Training

- Women who are afraid to strength-train because they might "bulk up" can stop worrying and start lifting! In a 10-week study with women who lifted weights with just one arm, the trained arm became stronger, but not larger.
- Regular exercise can help night-shift workers sleep better. Exercise helps maintain the synchronization of normal circadian biorhythms. This can potentially help the workers feel better and function better during the night-shift.
- Getting married does not affect exercise levels, but having kids does — especially for men. New fathers and new mothers reduced their exercise time by about 4.5 and 1.4 hours per week, respectively. (But the trade-off is worth it!)

Nancy Clark, MS, RD, CSSD (board Certified Specialist in Sports Dietetics) counsels casual & competitive athletes. Her popular *Sports Nutrition Guidebook*; new *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.

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.

THE JOYS OF AGEING

At a nursing home a group of seniors were sitting around talking about all their ailments. "My arms have gotten so weak I can hardly lift this cup of coffee," said one.

"Yes, I know," said another. "My cataracts are so bad I can't even see my coffee."

"I couldn't even mark an "X" at election time, my hands are so crippled," volunteered a third.

"What? Speak up! What? I can't hear you! I can't turn my head because of the arthritis in my neck," said a fourth, to which several nodded weakly in agreement.

"My blood pressure pills make me so dizzy!" exclaimed another.

"I forget where I am, and where I'm going," said another.

"I guess that's the price we pay for getting old," winced an old man as he slowly shook his head. The others nodded in agreement.

"Well, count your blessings," said one woman cheerfully, "Thank God we can all still drive."

HEALTH

Is it a Stroke?

Stroke is a medical emergency - Act FAST - call 111.

- ❖ A stroke is a sudden interruption of blood flow to the brain, causing brain cell damage. Basically, it is a brain attack.
- ❖ Stroke is the second single largest killer in New Zealand (more than 2000 people every year).
- ❖ Stroke is the major cause of adult disability in New Zealand.
- ❖ 8,000 New Zealanders each year (that's 22 a day) suffer a stroke.
- ❖ Each year, 40 stroke victims will be children and nearly 2,000 will be under retirement age.
- ❖ There are 56,000 stroke survivors in New Zealand, many of whom need significant daily support.

FAST

Face - Smile (is one side droopy?)

Arms - Raise both arms (is one side weak?)

Speech - Speak a simple sentence (slurred or unable to?)

Time - Lost time could be lost brain - get to hospital FAST.

7 Steps to Reducing your Risk of Stroke:

1. Get your blood pressure checked and if necessary treated.
2. Stop smoking if you do.
3. Exercise regularly.
4. Limit the amount of alcohol you drink.
5. Eat a healthy balanced diet, control your weight and reduce your salt intake.
6. Get your cholesterol checked and if necessary treated.
7. Find out if you have Atrial Fibrillation (rapid, irregular contraction of the heart).

If you need more information contact the Stroke Foundation of New Zealand, 0800 78 76 53 or go to www.stroke.org.nz

Don't Give Yourself a Break

Often the first sign of the bone-thinning disease, osteoporosis, is a broken bone. The disease develops without showing symptoms, and most people aren't aware they have it. In New Zealand the disease affects more than half of women and nearly a third of men over 60.

Osteoporosis occurs when bone density or thickness gradually decreases and the bones become brittle, leading to fractures of the spine, hip and wrist.

Up until the age of about 30 our bones absorb calcium and other minerals from food to harden the tissue and make it strong. After 40, however, bone loses density and is broken down faster than new bone can form.

Gently does it

Women are most at risk, particularly once they reach menopause and their levels of the hormone oestrogen fall. There are other risk factors, which you should discuss with your doctor to see if they apply to you. If diagnosed with osteoporosis ask your doctor about supplements and medicines that can help you to manage the condition. Calcium is important to maintain healthy bones, but the body needs Vitamin D to absorb calcium into the bones.

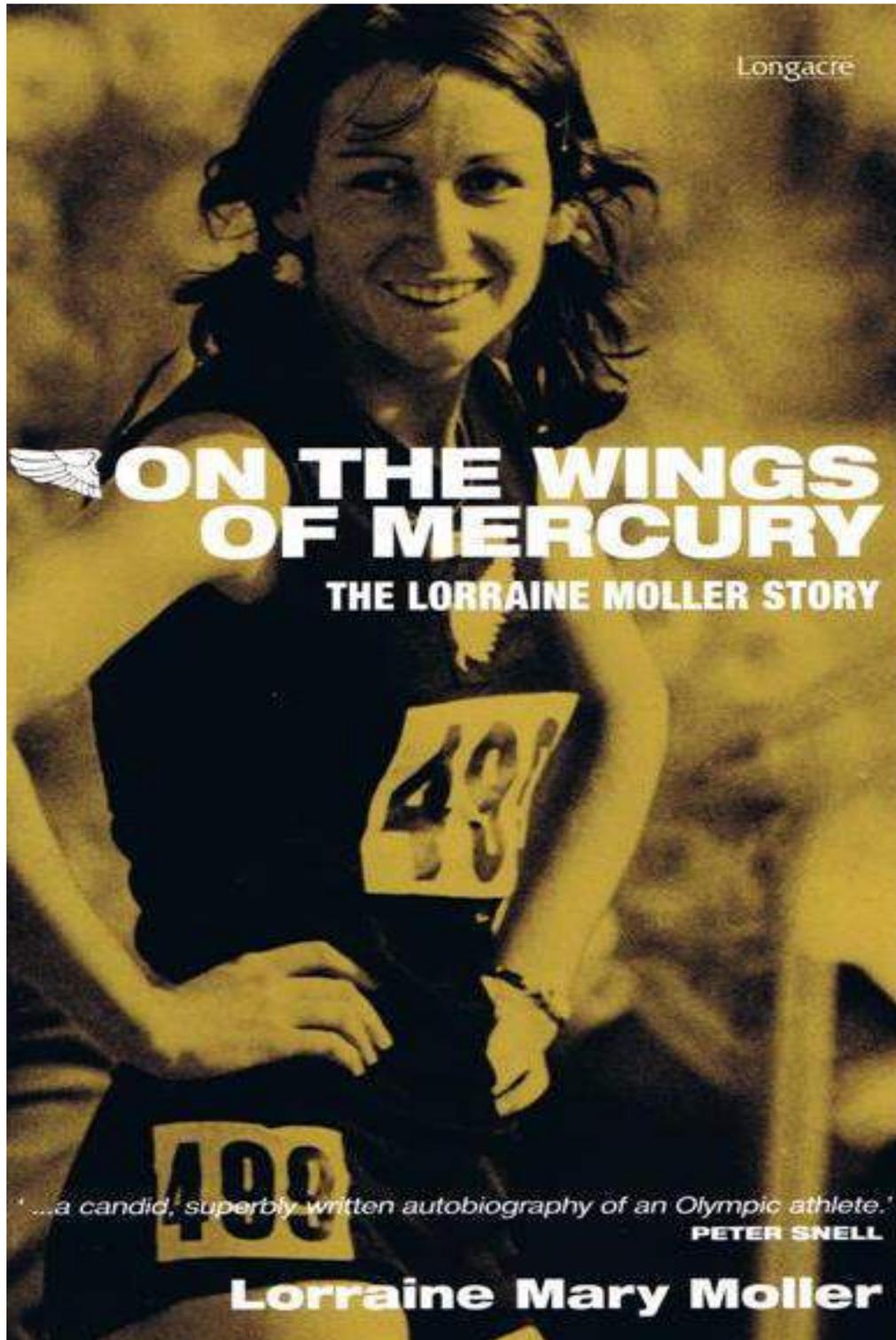
Sunlight is a ready source of Vitamin D but not everyone is able to spend 30 minutes outside every day. In addition, as people age their skin becomes less able to make Vitamin D. Very few foods are natural sources of this vitamin so a supplement may be the easy answer. Similarly, there are bone-specific medicines to help improve bone density and reduce the risk of fractures. Ask your doctor if these are right for you.

If you've recently suffered a broken bone you should ask your doctor if it is linked to osteoporosis. It could be a warning sign.



* BOOK REVIEW *

Five Parts containing 50 Chapter over 360 pages. Published in 2007 by Longacre Press. Written by Lorraine Moller herself - this book gives an insight into her running career from her early days starting out, through to the highlight of the bronze medal at the Barcelona Olympics. A thoroughly enjoyable read which you will find hard to put down once you start reading.



TRAINING

When Speed Meets Distance

Bring the Two Together to Race Your Best

A lot of runners tend to compartmentalise their training. You've got your distance days; you've got your speed days. Like the estranged couple who are both still your friends, distance and speed are easier to deal with when they're apart. But there are the inevitable moments when the couple comes together for say, a wedding, - or race day. To be competitive, you're going to want your distance and speed training, each with their unique attributes, to be perfectly compatible.

Your distance runs, of course, produce aerobic gains, including increased blood volumes and capillarisation, enhanced mitochondrial density and size, and improved slow-twitch fibre development. Running at a pace where your heart's working at 60 to 80 percent of its maximum primes the body's ability to store glycogen (keeping us from hitting the wall in future marathons) and to use fat as a fuel source (managing weight).

Once you step over about 80 percent of your maximum heart rate, you're training for speed. Embrace it to reach your full potential as a runner. As you move up in intensity, you encounter your lactate threshold at 80 to 87 percent of maximum heart rate. Working at this range develops fast- and slow-twitch muscle fibres and increases heart-chamber size, stroke volume, and VO2 max. Lactate threshold training - tempo runs, cruise intervals, and marathon pace runs - lets you run faster, comfortably, because you're producing less lactic acid.

Once you're working at 87 to 95 percent capacity (really fast) on 800 to 3000 metre interval runs, you're aerobic-capacity training. This type of workout further enhances your blood buffering capabilities, fast-twitch muscle recruitment, and overall neuromuscular skill. The highest speed most distance runners achieve is anaerobic-capacity training - short (200 to 800 metres), intense (95 to 100 percent maximum heart rate) repetitions.

So how to get distance and speed used to working together and benefit from both? Introduce them to each other long before race day.

1. In the same week

For recovery and combined training benefits, follow speed days with two or three days of easy distance work.

2. In the same day

Do a speed session early in the morning. Then do an easy aerobic run for about 30 to 40 minutes later in the afternoon, which will help get some of the kinks out and add to your endurance base.

3. In the same workout

Depending on the speed workout, aerobic distance will still compose at least 50 percent of your run. The distance adds up if you warm up and cool down with a three or five km easy aerobic run. If you're training for a marathon, fatigue intervals are the ideal hybrid: Start with a 50 to 60 minute aerobic run, followed by three to four kilometre repeats at 10km race pace. You begin the kilometre repeats in a state of fatigue, which trains you to run fast on tired legs.

* * *

Q & A

Q: Why do I feel nauseous after a hard run?

A: During an intense run, such as interval training or fast-paced tempo work, your muscles demand large amounts of oxygen. This diverts blood away from the gastrointestinal tract, causing gut ischaemia, or low blood oxygen, which can bring on nausea and even vomiting.

But by fine-tuning what you eat and drink before you run, you can spare the stomach the suffering afterward. Take in between 800 and 2500 kilojoules at least three hours before an intense workout, so there's no food in your stomach when you set out. Eat a meal high in carbs, moderate in protein, and low in fat. Half a chicken sandwich, fruit, or breakfast cereal works well.

Drink 250 to 400ml of water about one hour before you run. This should allow plenty of time for it to clear your stomach.

Don't forget nominations for

WELLINGTON MASTERS

ATHLETICS INC.



SPORTSPERSON OF THE YEAR

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

Award:

Known as the Sportsperson of the Year Award.

Period Covered:

From 1 January to 31 December.

How Nominated:

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

Criteria for Award:

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

Achieving a World Record or a World Best Performance.

Achieving a New Zealand Record or New Zealand Best Performance.

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

Achieving a meritorious performance or performances.

Closing Date:

The 20th January following the year for consideration.

Selection:

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

Presentation Date:

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

Form of Award:

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

TRAINING AIDS

ALTITUDE SIMULATION

io altitude simulators force your body to work as if at altitude, making you stronger and healthier.

Thinner air at altitude means it takes greatly increased effort just to breathe, let alone do anything else. That increased effort has proven beneficial effects on general health, endurance, recovery and speed.

The Power of Oxygen

Imagine harnessing that increased effort to enhance wellness? Imagine making your body work as if it was at altitude, but achieving results wherever you are?

The io altitude stimulation programme causes the body to produce more red blood cells - the more red blood cells, the greater the oxygen carrying ability - the more efficient the body become.

The benefits of altitude simulation have long been known and used by the world's elite sports community. io have developed a way to bring altitude simulation and its well documented benefits to everyone.

The io Programme is Natural and Drug-free

It's a passive workout designed to rapidly strengthen your body, keep you fit and well, and offer relief for many conditions. The programme takes 50 hours over one year - one hour a day for 15 days, followed by booster sessions every 6-8 weeks.

Benefits:

Life

- ❖ Increase energy levels and motivation
- ❖ Improve sleep and assistance with sleep disorders
- ❖ Reduce fatigue
- ❖ Increase mental ability
- ❖ Reduce stress levels.

Health

- ❖ Boost immune system
- ❖ Improve lung function
- ❖ Improve mild to moderate asthma
- ❖ Reduce blood pressure and moderate hypertension
- ❖ Improve metabolism, assistance with weight loss.

Sport

- ❖ Enhance recovery between training sessions

- ❖ Improve stamina, endurance and speed
- ❖ Maintenance of fitness during injury periods
- ❖ Greater breathing control
- ❖ Pre-acclimatisation to altitude and reduced risk of altitude sickness.

All You have to do is Breathe

Visit your local io centre, relax in a chair and breathe - alternating between high altitude (hypoxic) and sea level (normal) air via your own mask. You can read, listen to music, watch a movie, surf the internet, check your emails, work in peace or simply relax while your body does the work - then enjoy astounding results.

With io you safely breathe high altitude air up to 8,000m. To put that in perspective:

Mt Everest	(Nepal)	8,850m
Mt McKinley	(USA)	6,194m
Kilimanjaro	(Africa)	5,892m
Mont Blanc	(France)	4,807m
Mt Cook	(NZ)	3,764m

Source: Insight World Atlas (printed 2005)

Contact io Today

If you're looking for boosted energy levels, better performance in life and sport or enhanced health.

Whatever your goals io can help you achieve them.

Want to no more?

Web: www.io-nz.com

Email: info@io-nz.com

Health Disclaimer:

The above material is intended only to provide an overview of the altitude simulation process. Io is not a medical organisation and their staff cannot give you medical advice or diagnosis. Nothing contained above should be construed as such advice or diagnosis. You are urged and advised to seek the advice of a medical doctor before beginning any altitude simulation programme.

Specific professional medical advice should be sought before children, pregnant women or those with any type of adverse health conditions undertake any form of altitude simulation programme.



RESULTS

Wellington Masters 10k Road Run and Walk

Lower Hutt – Sunday 28 October 2007

Numbers were down this year on previous years with only 13 walkers and 11 runners taking part. Fastest male walker was Peter Baillie, while Melanie Watson held that honour for the women. Fastest runner was Paul Homan, with Fiona McCrudden the fastest woman over the distance. Thanks to Veronica Gould for compiling the results.

Walkers: Name	Club	Time	Place	Grade
Kevin Watson	Scottish	64.11	1	M50
Peter Baillie	Scottish	54.40	1	M55
John Leonard	Scottish	71.46	2	M55
John Ihaka	No Club	72.07	3	M55
Bart Jones	Scottish	74.29	1	M65
Robert Bennett	Scottish	75.01	2	M65
John Hines	Scottish	67.01	1	M70
Peter Tearle	Scottish	78.35	1	M80
Melanie Watson	Scottish	74.39	1	W45
Margaret Bray	Scottish	93.03	1	W55
Colleen Singleton	Olympic	78.23	1	W60
Dorothy Nesbit	Olympic	83.04	2	W60
Daphne Jones	Scottish	75.01	1	W65
Runners:				
Dave Ohlsson	Olympic	70.18	1	M40
Paul Homan	Trentham	37.49	1	M45
Bruce McCallum	Scottish	46.30	1	M60
Albert van Veen	Hutt Valley	49.16	2	M60
Tim Dravitzki	Olympic	50.29	3	M60
Harold Alcock	Olympic	56.17	1	M65
Peter Hanson	Olympic	53.48	1	M70
Peter Thomas	Trentham	55.36	1	M75
Fiona McCrudden	Aurora	44.47	1	W35
Rose Ohlsson	Olympic	56.32	1	W40
Alison Speakman	Olympic	53.54	1	W45



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

COMING EVENTS

2008

Jan

26 Wellington Masters Multi Events (part of T&F Champs) Newtown Park

Feb

3 Wellington Masters T&F Championships - Day 1 Newtown Park

9 Buller Gorge Full & Half Marathon Westport

10 City of Wellington Half Marathon & 10km Kilbirnie

16-24 Masters Games Hamilton

23 Wellington Masters T&F Championships - Day 2
(combined with Wellington Centre Champs) Newtown Park

29-3 Mar NZMA Track & Field Championships Inglewood

Mar

2 Karori Sanctuary "Gutbuster" Ben Burn Park, Karori

28-30 Athletics NZ Union T&F Championships Mt Smart - Auckland

April

13 Flora London Marathon London

May

3 Rotorua Marathon and 5km & 10km Rotorua

July

6 30th 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 is willing to carry on maintaining the records for the Centre and has 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:
gvgould@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