

# THE

# MASTER

# COPY

Newsletter of the Wellington Masters Athletics Inc.

Volume 7 Issue 2

May 2008

## EDITORIAL

### **Where have all the Masters gone?**

At the Wellington Masters Track and Field Championships held in February, the size of the fields in some of the events could only be described as disappointing. On the first day's competition only 24 athletes took part and the second day, which was combined with the Wellington Centre Track and Field Championships, was worse with only 10 athletes taking part. Over the past couple of years where we have combined with the Centre Championships for the second day's competition, the numbers have always been down as some of the Masters feel a little intimidated competing against the open runners so will not enter. The Committee has taken these concerns on board and are looking at reverting back to the Masters holding their Championships on separate Sundays as was the case in the past and not combining with the Centre. A sub-committee has been set up to look at this and also the timing of some of the events.

On the first day of competition, it was also not fair to expect officials to have to wait around for long periods between events. This was notable in the afternoon session on the first day when the competitors in both the hurdles and steeplechase events scratched, leaving a period of two hours to wait until the last event, the 5000 metres. Another regular occurrence is athletes paying to enter an event and then not turning up to start. This could be because our entry fee is very modest and the athletes are not worried about forfeiting the \$5 currently charged.

continued on page 3

## **WELLINGTON MASTERS ATHLETICS INC.**

### **COMMITTEE MEMBERS 2007-08**

#### **EXECUTIVE:**

President:	Jim Blair	528 2992
VPresident:	Brian Watson	971 1351
Secretary:	Toni Romanos	027 478 0105
Treasurer:	Dick Harris	971 5993

#### **COMMITTEE:**

Peter Wrigley	973 6637
John Hammond	04 292 8030
Michael Browne	973 7404
Laurence Voight	565 0718
John Palmer	479 2130
Mark Macfarlane	234 8874

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

Editorial	1
Club Coordinators	2
Bits & Pieces	4
Informal Meetings & Joints Are Precious	5
NZMA T&F Champs - Results	6
Recple & Danger Signals	7
Achieve Extra From Your Training	8
Time Goal & Mind Sharpeners	9
Book Review	10
The Athlete's Kitchen	11
Health - Pre-Diabetes	13
Tracks & Walks	14
Bits & Pieces	15
Oceania Games 2008	16
Results - Classic Relay	17
Taranaki Walks Weekend	18

# WELLINGTON MASTERS ATHLETICS INC.

## COMMITTEE MEMBERS 2007-08

PATRON:	Heather May	24 Motuhara Road, Plimmerton, Porirua 5026	233 9412
PRESIDENT:	Jim Blair	43 Elmslie Road, Pinehaven, Upper Hutt 5371	528 2992
VICE PRESIDENT:	Brian Watson	96 Beazley Avenue, Paparangi, Wellington	971 1351
SECRETARY:	Toni Romanos	Flat 4, 216 Riddiford Street, Newtown 6021	027 478 0105
TREASURER:	Dick Harris	11 Whitu Street, Khandallah, Wellington 6035	971 5993
COMMITTEE:	Peter Wrigley	42 Judd Crescent, Naenae, Lower Hutt 5011	973 6637
	John Hammond	148 Wellington Road, Paekakariki, Kapiti 5034	04 292 8030
	Michael Browne	85 Owen Street, Newtown, Wellington 6021	973 7404
	Laurence Voight	17 Tarras Grove, Kelson, Lower Hutt 5010	565 0718
	John Palmer	122 Onslow Road, Khandallah, Wellington 6035	479 2130
	Mark Macfarlane	3 Shackle Lane, Whitby, Porirua 5024	234 8874
SUBSCRIPTIONS:	Veronica Gould	95A Ellice Street, Mt Victoria, Wellington 6011	973 6741
EDITOR:	John Palmer	122 Onslow Road, Khandallah, Wellington 6035	479 2130
MASTERS RECORDS:	Kathryn Fraser	22 Wai-iti Road, Timaru	

---

## CLUB CO-ORDINATORS

CAPITAL RUNNERS:		PO Box 1973, Wellington	
H V HARRIERS:	Don Brodie	30 Sunshine Crescent, Kelson, Lower Hutt	565 0705
H V MARATHON:	Trevor Knowles	105 Major Drive, Lower Hutt	565 0294
KAPITI:	John Hammond	148 Wellington Road, Paekakariki, Kapiti 5034	04 292 8030
KIWI:			
OLYMPIC:	Brian Watson	58 Bannister Avenue, Johnsonville, Wellington	478 6232
RIMUTAKA:	Mike Clark	12B City View Grove, Lower Hutt 5010	566 8755
TRENTHAM UNITED:	Diane Rogers	42 Elmslie Road, Pinehaven, Upper Hutt 5019	528 2316
SCOTTISH:	John Hines	Flat 88, Central Park Flats, 20 Nairn St, Wellington	384 3231
UNIVERSITY:	Richard Brandon	PO Box 6108, Wellington	476 5758
WAIRARAPA:	John Eccles	30 Cole Street, Masterton 5810	06 377 3479
WGTM HARRIERS:	Nell Price	11 Hurman Street, Karori, Wellington 6012	476 6956
WGTM MARATHON:	Bruce Perry	Apt 203 Stadium Gardens, 103 Thorndon Quay, Wgtn 6011	473 0877
WGTM 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 5:45pm.

CLUB REPRESENTATIVES AND MEMBERS ARE ALWAYS WELCOME

## EDITORIAL - CONTINUED

Perhaps this needs to be addressed and the entry fee increased so that competitors realise they have paid an entry and do show up to compete. The down side to this suggestion is that some may think the increase too much and not enter at all.

In the 3000 metre track walk it was rather embarrassing where there were more judges than competitors - only four competitors lined up at the start and one of those was a visitor from Wanganui.

On the first day we were also a bit light on the ground with officials for the track events, as some of those acting as officials were also competing in some of the morning's events. This meant a quick scout around to get enough persons to do the related tasks at the finish area.

With the running calendar pretty full over most weekends, I can understand the many choices offered for athletes to compete in (including our Masters members). One would assume that when our own Masters Track and Field Championships were being held, members would come and support these rather than another event that is on.

If we can't get the support of our own members at our championships, then there may come a time when the committee has to look at the feasibility of continuing with these events. These are scheduled in February to give our members some competition before the NZ Masters Track & Field Championships usually held in early March.

You also have to ask is it fair to expect officials to give up another complete weekend (usually some of the officials have been at the track officiating on the previous Saturday) to officiate for only a hand-full of competitors whose events are spaced out over the day. When not officiating for an event, the officials have to wait around until their next turn which could sometimes mean waiting up to an hour or more, when no doubt they could be elsewhere using their time more productively.

If members want to see their track and field championships continue to be held each year, then it is up to them to front up at the start line or throwing circle and make it beneficial for all concerned.

*John Palmer*

*Editor*

### **Date Change:**

The Johnsonville 8km Road Race and Walk will now be held on **Sunday 10<sup>th</sup> August 2008**. The race headquarters and start time remain unchanged. This change has come about by a request from the Cross Country and Road Committee who are trying to get events scheduled on the syllabus from clashing. The date originally set clashed with another event on the calendar.

# BITS AND PIECES

## Membership

Since the last newsletter there has been no change to our membership numbers - it remains at 88.

\* \* \* \* \*

## Newtown Park Access

From 31st March 2008 the prime usage of Newtown Park switches to soccer.

We seriously hope that access to the track will not be restricted while the (long overdue) repairs are undertaken.

For most of the summer, Council staff have opened the pedestrian gate, and we've had access during daylight hours. The rest of the time we are supposed to have had "key access" to the ground. Every year the gate key is changed, and we have to buy another, at a fee which reflects an element of "ground hire".

The Council have advised that they will be changing the key for the pedestrian gate at Newtown Park from Friday 4th April 2008.

The new keys are available from Newtown Depot or the Newtown Library or City Service Centre.

Coaches and regular users should take this opportunity to get a new one.

Geoff Henry

\* \* \* \* \*

## 2008 SCORCHING DUATHLONS

Due to popular demand they're back to motivate and encourage you to try something different throughout the dark depths of winter! The Duathlons will be happening on the below dates:

- Sunday 8 June - Scorching Bay
- Sunday 6 July - Scorching Bay
- Sunday 7 September - CIT - Upper Hutt - Fathers' Day Special
- Sunday 5 October - Scorching Bay

For more information go to: [www.scorching.co.nz](http://www.scorching.co.nz)

\* \* \* \* \*

An exhausted jogger can detect an uphill grade so insignificant that it would be missed by most surveyors.

## Kapiti Harrier & Multi-Sport Club

Also run a series of Duathlons. The dates are as follows:

- Sunday 18 May
- Sunday 13 July
- Sunday 17 August
- Sunday 28 September

Race headquarters is Mazengarb Park, Paraparaumu - Start time 9am.

\* \* \* \* \*

## SAFER SOCIALISING

As millions flock to social networking sites such as MySpace and Facebook, experts warn they could be putting themselves at risk from dangers such as identity theft and stalking. Basic precautions include:

- Check the website's privacy policy. If possible, restrict access to your profile so only close friends can view your information.
- Seriously consider omitting your full name, address, phone number, pets and maiden names or any personal details that could allude to passwords.
- Use a username that doesn't contain personal information.
- Be aware that personal photos can be altered.
- Don't believe everything you read online. Report anything or anyone suspicious to the website or police.

\* \* \* \* \*

## 2009 NZ TRACK & FIELD CHAMPIONSHIPS

The 2009 New Zealand Track and Field Championships have been awarded to Wellington. The dates of the championships are yet to be confirmed.

### Thought of the Day

"No matter how good you get you can always get better and that's the exciting part."

Tiger Woods

## **INFORMAL T&F MEETINGS FOR 2008**

The Committee has decided to again run "informal" Track and Field meetings for members and friends to be held at Newtown Park on the 3<sup>rd</sup> Sunday of the month from 10am to 12 noon, commencing in April and running through until September. These meetings will be held as long as there isn't a clash with soccer which has first right of use of Newtown Park. There will be notification sent out if there is going to be a clash on any of the Sundays.

The dates for these events are as follows:

Sunday 20<sup>th</sup> April  
Sunday 18<sup>th</sup> May  
Sunday 15<sup>th</sup> June  
Sunday 20<sup>th</sup> July  
Sunday 17<sup>th</sup> August  
Sunday 21<sup>st</sup> September

\* \* \* \* \*

## **YOUR JOINTS ARE PRECIOUS**

Our joints are a very active part of our body and with their constant use it's hardly surprising that joint discomfort is likely to affect all of us at some stage of our life. Injuries, over-use, the added burden of excessive body weight, or simply the natural process of aging all contribute to the development of joint problems.

The hips, knees, spine, feet and hands are all weight bearing joints. When cartilage in these joints is damaged, problems can occur as the body attempts to cushion and protect the damaged area. However, these chronic problems can themselves contribute to cartilage damage. Cartilage is like cushion in the joint, working as a shock absorber, preventing bones from grinding against each other and causing joint damage.

### **Natural Help is at Hand**

Glucosamine sulfate and chondroitin sulfate are natural components of cartilage, ligaments and tendons and are used by the body to help replace damaged areas.

MSM (Methyl Sulfonyl Methane) is a natural organic source of bio-available sulphur, which is essential for nerve tissue, cartilage and joint health.

### **Tips for Healthy Joints**

- Boost your dietary intake of antioxidant rich foods such as fresh fruits and vegetables, especially dark green vegetables, berries, garlic and green tea. Antioxidants help to prevent joint damage caused by free radicals.
- Avoid any foods you suspect you may have sensitivities to, as eating foods you are intolerant to can create inflammation in your body.
- Eat sulphur rich foods daily, such as garlic, onions and cabbage.

- Limit alcohol, coffee, soft drinks and sugar.
- Include omega-3 and omega-9 fats in your daily diet. Useful sources include fish, flax oil, nuts and seeds, avocado and olive oil.
- Exercise on a daily basis, this strengthens the muscles, tendons and ligaments which support joint integrity.

\* \* \* \* \*

## **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
2007	Colleena Blair

\* \* \* \* \*

## **Dear Dad Letter**

A father passing by his son's bedroom was astonished to see the bed was nicely made, and everything was picked up. Then, he saw an envelope, propped up prominently on the pillow. It was addressed, "Dad." With the worst premonition, he opened the envelope and read the letter, with trembling hands.

"Dear, Dad

It is with great regret and sorrow that I'm writing you. I had to elope with my new girlfriend, because I wanted to avoid a scene with mum and you.

I've been finding real passion with Stacy, and she is so nice, but I knew you would not approve of her, because of all her piercing's, tattoos, her tight Motorcycle clothes, and because she is so much older than I am.

But it's not only the passion, Dad. She's pregnant.

Stacy said that we will be very happy. She owns a trailer in the woods, and has a stack of firewood for the whole winter.

We share a dream of having many more children.

Stacy has opened my eyes to the fact that marijuana doesn't, really hurt anyone. We'll be growing it for ourselves, and trading it with the other people in the commune, for all the cocaine and ecstasy we want.

In the meantime, we'll pray that science will find a cure for AIDS, so Stacy can get better. She sure deserves it!!

Don't worry Dad, I'm 15, and I know how to take care of myself.

Someday, I'm sure we'll be back to visit, so you can get to know your many grandchildren.

Love, your son, Joshua.

P.S. Dad, none of the above is true. I'm over at Jason's house.

I just wanted to remind you that there are worse things in life than the school report that's on my desk.

# NZ Masters T&F Championships – Results of WMA Members

T.E.T. Stadium, Inglewood, Taranaki – 29th February to 2nd March 2008

Place	Name	Result	Wind	Place	Name	Result	Wind
<b>100m – Final</b>				1	Veronica Gould	4.10	2.3
<b>W40</b>				<b>W70</b>			
1	Lynne Plimmer	15.89	-4.3	1	Judy Hammond	2.90	0.6
<b>W55</b>				<b>M40</b>			
1	Veronica Gould	14.72	-3.0	2	Rod Plimmer	5.30	-0.2
<b>W70</b>				3	Mark Macfarlane	5.29	2.7
3	Judy Hammond	19.58	-6.7	4	John Turner	5.09	3.1
<b>M40</b>				<b>M45</b>			
1	Graham McPhail	12.32	-2.6	1	Gary Rawson	5.00	0.6
4	Mark Macfarlane	12.99	-2.6	<b>M50</b>			
<b>M45</b>				5	Kevin Watson	3.34	-0.1
1	Gary Rawson	13.02	-5.0	<b>High Jump</b>			
<b>M50</b>				<b>W70</b>			
6	Kevin Watson	15.79	-3.4	1	Judy Hammond	1.04	
<b>200m – Final</b>				<b>M40</b>			
<b>W55</b>				1	John Turner	1.60	
1	Veronica Gould	31.76	-4.0	3	Mark Macfarlane	1.50	
<b>M40</b>				4	Rod Plimmer	1.40	
1	Graham McPhail	24.47	-2.0	<b>M50</b>			
3	Mark Macfarlane	25.23	-2.0	4	Kevin Watson	1.05	
7	Murray Peebles	28.44	-2.0	<b>M75</b>			
<b>M45</b>				1	Jim Blair	1.15	
1	Gary Rawson	25.99	-1.4	<b>Triple Jump</b>			
<b>400m – Final</b>				<b>W40</b>			
<b>M40</b>				1	Lynne Plimmer	8.13	3.6
2	John Turner	58.60		<b>W55</b>			
3	Murray Peebles Wellington	1:02.71		2	Veronica Gould	7.08	7.0
<b>M75</b>				<b>M40</b>			
1	Micheal Browne	1:41.73		1	Mark Macfarlane	10.69	2.5
<b>800m – Final</b>				2	Rod Plimmer	10.43	2.1
<b>W35</b>				<b>M45</b>			
1	Suzanne Cookson	2:27.05		1	Gary Rawson	9.60	0.0
<b>W50</b>				<b>Shot Put</b>			
1	Jenny McDonald	2:33.03		<b>W40</b>			
<b>M40</b>				3	Lynne Plimmer	7.12	
1	Murray Peebles	2:22.15		<b>W45</b>			
2	Mark Macfarlane	2:22.43		3	Melanie Watson	5.95	
<b>M70</b>				<b>Discus</b>			
2	Peter Hanson	3:09.12		<b>M70</b>			
<b>M75</b>				2	Fred Goodall	23.37	
2	Micheal Browne	3:44.31		<b>M75</b>			
<b>1500m – Final</b>				2	Jim Blair	21.95	
<b>W50</b>				<b>Javelin</b>			
1	Jenny McDonald	5:06.50		<b>M45</b>			
<b>M40</b>				3	Gary Rawson	27.76	
3	Murray Peebles	4:52.31		<b>M50</b>			
<b>M75</b>				6	Kevin Watson	16.58	
3	Micheal Browne	7:34.10		<b>M70</b>			
<b>5000m – Final</b>				1	Fred Goodall	30.35	
<b>M40</b>				<b>Hammer</b>			
2	Murray Peebles	18:42.73		<b>W45</b>			
<b>M75</b>				3	Melanie Watson	17.47	
4	Micheal Browne	28:46.71		<b>W55</b>			
<b>Mixed - 4x100m Relay - Open</b>				2	Veronica Gould	23.77	
1 100	Wellington	53.99		<b>M45</b>			
2 101	Auckland 1	54.45		3	Laurence Voight	31.44	
3 102	Auckland 2	55.62		<b>Weight Throw</b>			
4 104	Taranaki	1:01.23		<b>W45</b>			
<b>110m Hurdles - Final</b>				2	Melanie Watson	5.99	
<b>M40</b>				<b>W55</b>			
1	John Turner	20.29	-3.0	2	Veronica Gould	9.05	
<b>M45</b>				<b>M45</b>			
1	Gary Rawson	20.49	-3.0	2	Laurence Voight	10.65	
<b>Long Jump</b>				<b>M50</b>			
<b>W40</b>				3	Kevin Watson	6.84	
1	Lynne Plimmer	3.85	1.5				
<b>W55</b>							



## **RECIPE**

### **ONE-PAN DINNER**

#### **Ingredients:**

400g lean minced beef  
1 large onion, chopped  
2 cloves garlic, finely chopped  
3 sticks celery, sliced  
3 medium carrots, halved and sliced  
1 x 425g can concentrated tomato soup  
1½ cups hot water  
½ teaspoon each dried oregano and basil  
200g short pasta (rigatoni, large shells, macaroni etc)  
2 cups quick-cooking vegetables (frozen peas, small broccoli florets, mushrooms etc)  
Black pepper to taste

#### **Method:**

Heat a very large pan, electric fry pan or large heavy-bottomed pot. Add the minced beef in several chunks, and heat, stirring frequently to break it up. Add the chopped onion and garlic and keep stirring, over a high heat, until the onion is transparent.

Add the sliced celery and carrots, then the soup, hot water, oregano and basil. Mix together and allow the mixture to return to the boil.

Add the pasta and mix to combine. Reduce the heat to a gentle simmer and cover with a lid. Cook for about 20 minutes, stirring every 5 minutes or so, or until the pasta is fairly tender. (If you think the mixture is too dry add another ½ cup of water). Stir in the green peas, broccoli and mushrooms and cook for another 5 minutes, or until these are just tender.

Serve topped with some chopped fresh parsley and a little grated Parmesan, if you like.

Serves 4.

\* \* \* \*

### **DANGER SIGNALS**

For a heart-healthy ride, take it easy on your next car trip.

New Zealanders know all about bad highways and drivers, but may not know of another risk - heart attack.

US researchers found travellers by road were more likely to suffer a heart attack than were people who took planes, trains or other modes of travel. Why? Stress. Driving requires concentration which raises the blood pressure and the risk of cardiac incident,

says the research study's lead author, Willem Kop. Here are some tips for a heart-healthy journey:

- Don't rush. It's a classic trait of Type A behaviour, which has been linked to increased heart-attack risk. So leave early, schedule stops and play games in the car to relieve stress.
- Take breaks. Too much sitting raises the risk of deadly blood clots. Stop to stretch every hour or so.
- Drink plenty of water. Dehydration taxes the heart.

\* \* \* \*

### **Shipwrecked**

A man was washed up on a beach after a terrible shipwreck. Only a sheep and a sheepdog were washed up with him. Looking around, he realised that they were stranded on a deserted island.

After being there a while, he got into the habit of taking his two animal companions to the beach every evening to watch the sun set. One particular evening, the sky was a fiery red with beautiful cirrus clouds, the breeze was warm and gentle - a perfect night for romance.

As they sat there, the sheep started looking better and better to the lonely man. Soon, he leaned over to the sheep and ... put his arm around it. But the sheepdog, ever protective of the sheep, growled fiercely until the man took his arm from around the sheep.

After that, the three of them continued to enjoy the sunsets together, but there was no more cuddling.

A few weeks passed by and, lo and behold, there was another shipwreck.

The only survivor was a beautiful young woman, the most beautiful woman the man had ever seen. She was in a pretty bad way when he rescued her and he slowly nursed her back to health.

When the young maiden was well enough, he introduced her to their evening beach ritual. It was another beautiful evening ... red sky, cirrus clouds, a warm and gentle breeze - perfect for a night of romance.

Pretty soon, the man started to get 'those feelings' again. He fought the urges as long as he could, but he finally gave in and, realising he now had the opportunity, leaned over to the young woman, cautiously, and whispered in her ear -

'Would you mind taking the dog for a walk?'

## ACHIEVE EXTRA FROM YOUR TRAINING AND ADD A BOOST TO YOUR LIFE

Struggling to start a new fitness regime or reached a plateau in your training?

io will improve your recovery and endurance to push through and achieve your goals faster and easier.

Don't be constricted by breathing difficulties. Start io to gain greater breathing control and assistance with asthma for easier training and daily life.

Do you want to beat your personal best or just cross the finish line? io enables you to train harder for longer, achieving your goals, whatever they are, faster and easier.

Taking forever to get to sleep, or worse, continually waking up throughout the night? Improve your sleep and assist sleep disorders with io for a less stressed day at work and more energy with the kids.

### **What is io?**

io is your answer to living better from the inside out.

Imagine you are on top of Mt Everest where there is only 6.5% oxygen. Your body has to work harder to survive. Now come back to Wellington where there is 21% oxygen and feel the astounding results.

Your body has become more efficient at utilizing oxygen, it is stronger and your life is easier and more enjoyable.

Well now you don't have to make such a journey to achieve these results.

Simply visit your nearest io centre, relax in a chair and breathe - alternating the intake of oxygen reduced air and normal air via your own mask.

You can read, surf the net, work in peace or simply relax while your body does the work - then enjoy astounding results.

io will improve your performance regardless of your fitness level.

For more details contact Bronwyn on 499 3210 or [bronwyn.jones@io-nz.com](mailto:bronwyn.jones@io-nz.com) or go to [www.io-nz.com](http://www.io-nz.com)

\* \* \* \*

Two sisters, one blonde and one brunette, inherit the family ranch. Unfortunately, after just a few years, they are in financial trouble. In order to keep the bank from repossessing the ranch, they need to purchase a bull so that they can breed their own stock.

Upon leaving, the brunette tells her sister, 'When I get there, if I decide to buy the bull, I'll contact you to drive out after me and haul it home. The brunette arrives at the man's ranch, inspects the bull, and decides she wants to buy it. The man tells her that he will sell it for \$599.00 no less.

After paying him, she drives to the nearest town to send her sister a telegram to tell her the news. She walks into the telegraph office, and says, 'I want to send a telegram to my sister telling her that I've bought a bull for our ranch. I need her to hitch the trailer to our pickup truck and drive out here so we can haul it home.'

The telegraph operator explains that he'll be glad to help her, and then adds, it will cost 99 cents a word.' Well, after paying for the bull, the brunette realizes that she'll only be able to send her sister one word.

After a few minutes of thinking, she nods and says, 'I want you to send her the word 'comfortable.'

The operator shakes his head. 'How is she ever going to know that you want her to hitch the trailer to your pickup truck and drive out here to haul that bull back to your ranch if you send her just the word 'comfortable?'

The brunette explains, 'My sister's blonde. The word is big. She'll read it very slowly.... 'com-for-da-bul.'

\* \* \* \*

## How to Build Muscle Strength

I just came across this exercise suggestion for the over 40's to build muscle strength in the arms and shoulders. It seems so easy so I thought that I'd pass it on to our members. The article suggested doing it three days a week.

1. Begin by standing on a comfortable surface, where you have plenty of room at each side. With a 2kg potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, then relax,

2. Each day, you'll find that you can hold this position for just a bit longer. After a couple of weeks, move up to 5kg potato bag. Then 25kg potato bag and then eventually try to get to where you can lift a 50kg potato bag in each hand and hold your arms straight for more than a full minute (I'm at this level).

3. After you feel confident at that level, put one potato in each of the bags.

## ARE YOU WORKING TOO HARD TOWARDS A TIME GOAL?

When runners get too focused on specific time goals they often feel more stress and experience some negative attitude changes. At the first sign of these symptoms, back off and let mind and body get back together again.

- \* Running is not as enjoyable.
- \* You don't look forward to your runs.
- \* When you say something to others about your running, the statements are often negative.
- \* The negativity can permeate other areas of your life.
- \* You look on running as work instead of play.

- From *Running Year Round Plan* - by Jeff Galloway

\* \* \* \* \*

## THE RUNNER'S HIGH

If you expect to be swept away into euphoria after every run, you will be disappointed. A very few runners experience this, on a very few runs. For most, there is a feeling of relaxation and enhanced well being, with increased confidence. Once you get used to these subtle rewards, they become an important and powerful boost to your day.

Most new runners experience peaks and valleys before the rewards become consistent. If a friend seems to be enjoying running more than you do, just be patient and observant. By building your base of conditioning, and by fine-tuning a few elements, you can enjoy almost every run almost every day.

- From *Running Getting Started* - by Jeff Galloway

\* \* \* \* \*

## MIND SHARPENERS

### 5 Simple Ways to Keep Your Mind Sharp

The importance of keeping your mind sharp cannot be overstated. We're all part of a fantastic intellectual and information economy, which thrives on ideas, creativity and intelligence. Keeping your mind sharp is sure to give you the edge over the competition, and more importantly lead to your own higher levels of happiness.

When your mind is in top shape, you will:

- \* Have greater motivation and focus
- \* Get more done
- \* Come up with more creative ideas
- \* Find inspiration more often
- \* Remember more
- \* Experience a better life

Here are a few practices that are extremely beneficial in keeping my mind sharp and can help you as well:

1. Continue reading, absorbing knowledge and experiencing culture. Sorry to use a clichéd quote, but education is not preparation for life, education is life itself. It should be something pleasurable and done for intrinsic reasons above all else. Read blogs on subjects both within your field and in new fields you know nothing about; read books; watch lectures on fascinating new subjects; read about ancient societies; take in a new form of art you've never experienced; you get the idea.

Challenge your mind to continually broaden your horizon and soak up new information like an infinite sponge (that's pretty much what it is, you should use it to do just that).

2. Learn a skill or craft you've never tried before like playing an instrument, composing music, painting, building a model airplane, or even coding computer programs. Engage your mind in learning a new skill. You're never too old to do this, but this is definitely something you should start as young as you can. I started composing my own music at around 17, and in retrospect I wish I had started even younger. You'd be surprised how much learning a new skill will open up many new paths in your mind and help you become even better at whatever you are already an expert at. You'll also open yourself up to tons of new connections and intellectual social circles by engaging yourself in a new hobby, form of art, or trade.

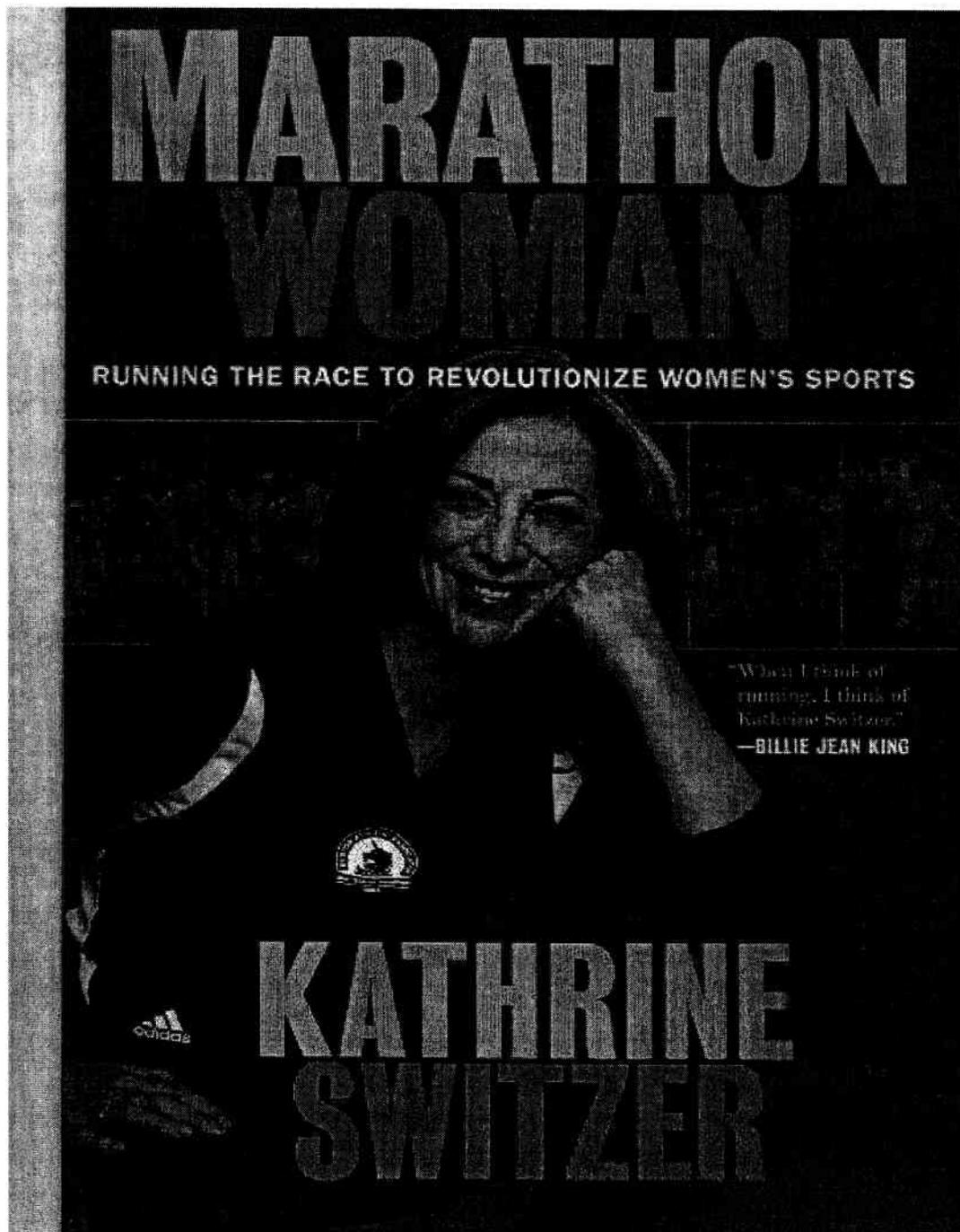
3. To improve memory don't write everything down. If you can, try this for a week: write down everything you need to do at the beginning of the week, as you normally would, but take your list and put it out of sight. Instead of keeping that list visible at your desk, internalize your projects and simply remember and know what needs to be done, prioritize it in your mind, and do it. Your brain is extremely powerful and you'll find that, in time, you may not have to write anything down to remember everything (you can still keep a list for reference, but it's great not to need it).

4. Give your mind time to assimilate knowledge. We live in a culture where we are constantly experiencing and learning new things and taking in new information. This is a great thing. I'm not going to go into the information overload spiel, I don't really believe in that anyway (you are in total control over how much information you take in at once). But in your process of absorbing new skills, knowledge and life experiences; internal analysis of yourself, what you have learned and where you are going is vital to put everything in proper perspective. Some people do it well during running, others through listening to music, and some people through making art. Find your own place that allows you to assimilate all you have learned and frequent it often.

5. Eat well, sleep well and exercise often. Giving your mind the proper rest and energy is essential to getting the best performance out of it. This one is pretty self explanatory, but people often forget that you need proper fuel and proper rest to function optimally. Also, putting your physical body through the paces is a surefire way to rejuvenate yourself mentally. If you're ever feeling stressed, out of inspiration, or depressed, a few days of nutritious food, good sleep and vigorous exercise will put you back to your full self soon enough.

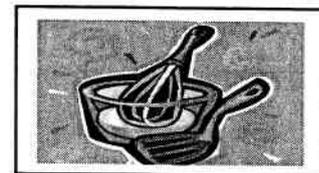
## \* BOOK REVIEW \*

This book is Kathrine Switzer's personal story about how she overcame the odds - as well as public ridicule - to become one of the greatest marathon runners of her time. Book published by Carroll & Graf, covering 26 Chapters over 418 pages. A must read for any runner who is familiar with the Boston Marathon and the controversy that went along with the 1967 event.



# THE ATHLETE'S KITCHEN

Copyright: Nancy Clark, MS, RD, CSSD - April 2008



## Alcohol, Athletes & Pressure to Drink

Ask any coach or college athletic director, and you'll hear concern about alcohol and athletes. Alcohol and athletics is a dangerous duo, associated with negative consequences including hangovers, nausea and vomiting, poor grades in school, fights, arguments, memory loss, driving under the influence, and trouble with the law — to say nothing of injuries. Yet, drinking beer after a long run, quenching thirst at the pub after a team workout, and celebrating victories with champagne is perceived as the norm.

Serious recreational runners drink more than their sedentary counterparts. College athletes are more likely to drink than non-athletes. Unfortunately, alcohol is a highly addictive substance and is the most abused drug in the United States, more so than steroids. Prolonged drinking can damage the liver, heart, and brain, and result in cirrhosis, pancreatitis, irregular heart beats, stroke, and malnutrition. More oral cancer is seen among those who are just moderate drinkers as compared to abstainers.

### What can be done about this problem?

To address the problem of alcohol abuse among student-athletes (this includes the track team!), many college campuses are educating students about social norms — the beliefs about what is normal and expected in social situations. For example, despite popular belief, "everyone" does not drink nor do "most students" get drunk all the time.

A 1999 survey at Southern Methodist University asked these four questions to students on a Friday about alcohol use on the previous night:

Did you drink last night?

Did you get drunk last night?

What percentage of SMU students do you think drank last night?

What percentage of SMU students do you think got drunk last night?

The answers showed major misperceptions about alcohol norms:

- Only 20% of students surveyed reported drinking the previous night, yet they believed that over half drank.
- Only 8% reported getting drunk, yet they believed at least one-third got drunk.
- Of students who drank, most reported consuming only a few drinks per week. Yet they believed most students were drinking 10 to 15 drinks per week.
- 35% reported abstaining from alcohol, but very few believed that many of their peers were non-drinkers.

([http://smu.edu/healthcenter/alcoholeducation/adp\\_socialnorms.asp](http://smu.edu/healthcenter/alcoholeducation/adp_socialnorms.asp).)

With ongoing social norm education, students will actually change their drinking practices. For example, a three-year social-norm education program targeted Division III athletes in a NY State college. It contributed to a 30% drop in both excessive alcohol consumption and the negative consequences of drinking. Among student-athletes with the highest exposure to the program, personal alcohol misuse dropped 50% (1). Given that athletes are often role models, this change can have a positive impact on the entire campus and potentially (eventually) our entire sports society.

### Minimizing negative consequences

If you are among the many runners who choose to drink large amounts of alcohol, take note:

- Alcohol is a depressant. Apart from killing pain, it offers no edge for runners. You can't be sharp, quick, and drunk. Pre-run alcohol has a deleterious effect on reaction time, accuracy, balance, eye-hand coordination and endurance. It will not help you exercise faster, stronger, longer.
- Late night partying that contributes to sleep deprivation before the next morning's race hurts performance.
- Alcohol is a poor source of carbohydrates. You can get loaded with beer, but your muscles will not get carbohydrate loaded. A 300ml can of beer has only 14 grams of carbs, as compared to 40 grams in a can of soft drink. Eat pretzels, thick-crust pizza or other carbs along with the beer.
- Alcohol on an empty stomach can quickly lead to a drunken stupor. Be wise: enjoy the natural high of exercise rather than get brought down by a few post-run beers.

continued on next page

continued from previous page . . . . .

- Alcohol has a diuretic effect — the more you drink the more fluids you lose. This is bad for recovery and the next exercise bout. While low-alcohol beer allows for proper rehydration, regular beer sends runners running to the bathroom. One study showed that athletes who drank beer eliminated about 450mls more urine (over the course of 4 hours) than those who drink low-alcohol (2%) beer or alcohol-free beer (2).
- Your liver breaks down alcohol at a fixed rate (~1 can beer or 100mls wine per hour). Exercise does not hasten the process, nor does coffee. Caffeine just makes you a wide-awake drunk.
- Drinks that contain congeners — whiskey, cognac, and red wine — are more likely to cause hangovers than other alcoholic beverages. The best hangover remedy is to not drink excessively in the first place. But if you have a hangover, drink a salted beverage with carbs, such as Gatorade or broth chicken noodle soup.
- The calories in alcohol are easily fattening. People who drink moderately tend to consume alcohol calories on top of their regular caloric intake. These excess calories promote body fat accumulation.
- Alcohol stimulates the appetite, making it harder to feel full. If you are trying to maintain a lean machine, abstaining is preferable to imbibing.

### The good news

Alcohol in moderation can have health benefits. Red wine, for example, contains health-protective phytochemicals that may reduce the risk of heart disease. What's "moderation"? — two drinks per day for men, and one for women. And have at least one glass of non-alcoholic beverage for every drink.

Nancy Clark, MS, RD, CSSD is Board Certified as a Specialist in Sports Dietetics (CSSD). She counsels both casual exerciser and competitive athletes in her private practice at Healthworks in Chestnut Hill, MA. Her NEW 2008 *Nancy Clark's Sports Nutrition Guidebook 4th Edition*, and her *Food Guide for Marathoners* and *Cyclist's Food Guide* are available via [www.nancyclarkrd.com](http://www.nancyclarkrd.com).

### References

1. Perkins, H. and Craig, D. 2006. A Successful Social Norms Campaign to Reduce Alcohol Misuse Among College Student-Athletes. *J. Stud Alcohol* 67:880-889.
2. Sherriffs, S., and R. Maughan. 1997. Restoration of fluid balance after exercise-induced dehydration: Effects of alcohol consumption. *J Appl Physiol* 83(40):1152-1158.

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 website listed above.

## More Sustainable Homes

Here are a few ideas to help along the sustainability journey:

- Give presents that are an activity or an experience.
- Borrow toys from a toy library - [www.toylibrary.co.nz](http://www.toylibrary.co.nz)
- Use biodegradable dog-poo bags.
- Compost your food scraps.
- Install a low-flow shower head.
- Recycle old or unused paint tins - [www.resene.co.nz/paintwise.htm](http://www.resene.co.nz/paintwise.htm)
- Do the laundry and dishes at off-peak times - [www.consumer.org.nz](http://www.consumer.org.nz)
- Replace old inefficient appliances.

Often, you can save money and the world at the same time. Find out what would make your house healthier, or how you can reduce your weekly waste.

Check out these websites for more ideas and information:

[www.energywise.org.nz](http://www.energywise.org.nz) - Power-Saving Calculator

[www.fuelsaver.govt.nz](http://www.fuelsaver.govt.nz) - Fuel-Efficiency Calculator

[www.energywise.org.nz](http://www.energywise.org.nz) - Home Energy-Efficiency Information

[www.ecobob.co.nz](http://www.ecobob.co.nz) - Information, news and discussion on green living.

# HEALTH

## PRE-DIABETES - THE FACTS

Pre-diabetes is a stage when blood glucose levels are higher than normal but not high enough for a diagnosis of Type 2 diabetes. It is a window of opportunity for people who are diagnosed with pre-diabetes to take control of their lives by making some lifestyle changes, and delaying - or even preventing - diagnosis of Type 2 diabetes.

In other words, a good news message 'Pre-diabetes - nip it in the bud'. This is a message the diabetes community has never before been able to offer.

With the obesity epidemic upon us helping fuel the growth of Type 2 diabetes, even now being diagnosed in growing numbers of children, we have this wonderful opportunity to prevent this life-threatening disease.

### Pre-diabetes.

#### Nip it in the Bud. Be Aware. Be Tested.

Pre-diabetes is a term that refers to impaired Glucose tolerance (IGT) and Impaired Fasting Glucose (IFG), a stage between normal blood glucose levels and levels diagnostic of diabetes.

Pre-diabetes develops without warning signs or symptoms and many people who have it will develop Type 2 diabetes within 10 years without noticing a serious change in health.

While people with pre-diabetes don't know they have it, they can be identified by an initial fasting venous blood glucose test. Pre-diabetes cannot be picked up with a random blood glucose test therefore this type of test is not recommended. Pre-diabetes is more likely to be detected in people who are overweight or obese, have a family history of diabetes or have a sedentary lifestyle.

Early detection and prompt management may reduce the burden of diabetes and its complications of cardiovascular disease, stroke, kidney failure, amputations and blindness. It is important to note pre-diabetes itself is a risk factor for cardiovascular disease.

Pre-diabetes is a serious medical condition that can be treated. The good news is we know that lifestyle changes will work and healthy eating and physical activity are twice as effective as medication - and not nearly as costly.

### What is the Glycemic Index?

Different carbohydrate foods have different effects on blood glucose levels. The Glycemic Index (GI) ranks food on a scale from 0 - 100 according to the effect they have on blood glucose levels. Foods with an index number of 70 or more are considered to be high GI, with an index

number between 55 - 70 as medium GI, and 55 or less as low GI.

Foods with a high GI are those that are rapidly digested and absorbed, resulting in a rapid peak in blood glucose levels. This is not ideal for people with diabetes, who try to keep their blood glucose levels fairly stable, without rapid changes in level (peaks or troughs). By contrast, low GI foods, provided they are also low in fat, are best for controlling diabetes. This is because they produce a gradual rise in blood glucose and insulin levels because of their slow digestion, absorption and gradual release of glucose into the bloodstream. This avoids rapid peaks and troughs.

### How can the Glycemic Index help people with diabetes?

There is evidence that a low GI diet can help control established diabetes, help people to lose weight and lower blood lipids (fats), and improve the body's sensitivity to insulin by keeping blood glucose levels more stable than when high GI foods are consumed.

### How do I use the Glycemic Index?

It's important to remember that the GI alone should not be your only criteria when selecting what to eat. The total amount of carbohydrate, the amount and type of fat, and the fibre and salt content of food are also very important. Most importantly, you need to watch for fat content as well as the GI. Why? Because foods high in fat often have a low GI (fat has been shown to slow digestion). However, a high fat diet is not recommended for overweight people or people with diabetes.

### 8 simple ways to change to a low GI diet

1. Include one low GI food at each meal.
2. Switch to breakfast cereals based on barley, oats (such as porridge), wheat and rice bran.
3. Eat grainy breads made with whole seeds, barley and oats, and pumpernickel instead of white or brown bread.
4. Eat wheat-based pasta and long-grain rice in place of potatoes and short-grained rice, but watch serving size.
5. Use fat-reduced milk and low fat yoghurt.
6. Eat pulses and legumes (such as beans, lentils and peas).
7. Favour less processed foods that aren't overcooked, as processing and cooking makes food easier to digest.
8. Eat high fibre foods because it helps slow the digestion and absorption of carbohydrates.

For more information on the Glycemic Index and GI values go to: [www.glycemicindex.com](http://www.glycemicindex.com)

# TRACKS & WALKS

## LAKE ROTOITI -

### SHORT WALKS

#### **Getting there:**

Lake Rotoiti is easily reached from both Nelson and Marlborough. From Nelson City, follow State Highway 6 south and take the turn-off to the left sign-posted for Nelson Lakes after passing through Wakefield. This road reaches a T-junction with State Highway 63 where you turn right to reach the village of St Arnaud and Lake Rotoiti.

From Blenheim take Highway 63 south-west out of town and follow it all the way to St Arnaud. If traveling north on State Highway 6 from Springs Junction, you can reach St Arnaud by turning right onto State Highway 63 at Kawatiri Junction north of Murchison. A number of companies operate bus services to St Arnaud from Nelson, Blenheim and the West Coast.

#### **About the Area:**

##### **Nelson Lakes National Park:**

Nelson Lakes National Park is situated in the north of New Zealand's South Island. The gateway to the park is St Arnaud, a 1-2 hour drive from Nelson or Blenheim.

##### **Rotoiti Nature Recovery Project:**

Take one of the many walks through the Rotoiti Nature Recovery Project in Nelson Lakes National Park and you'll experience a forest alive with the sights and sounds of birds.

#### **Description:**

##### **Anglers Walk:**

**Time:** 1 hour one way.

This walk, starting from the Buller River Bridge on Mount Robert Road, leads to some good fishing spots along the northern riverbank.

##### **Bellbird Walk:**

**Time:** 15 minutes return.

Hear korimako/bellbirds and tui on this loop walk, which gives you a taste of the Rotoiti Nature Recovery Project. The walk starts on the east side of Kerr Bay.

##### **Honeydew Walk:**

**Time:** 45 minutes return.

This walk, accessible from the Bellbird Walk, allows you to explore the Rotoiti Nature Recovery Project.

#### **Places to Stay:**

##### **West Bay Campsite**

This is a serviced campsite in the Nelson Lakes area.

#### **Plan and Prepare**

Bad weather and freezing conditions can occur at any time in the park. Be prepared with warm, waterproof clothing and extra food.

- Do not light fires.
- Boil, filter, or treat water for drinking.
- In late summer and autumn, carry antihistamine if allergic to wasp stings.

Pest control programmes, using toxins and traps, operate in the Rotoiti Nature Recovery Project area. Keep to the tracks marked with orange triangles.

#### **What to Expect on a short walk:**

- Easy walking for up to an hour.
- Track is well formed, with an even surface. There may be steps or slopes.
- Suitable for people of most abilities and fitness.
- Stream and river crossings are bridged.
- Walking shoes required.

#### **Exercise as an antidepressant**

Exercise has a similar effect to antidepressants on depression and this has been shown by previous research. Now Astrid Bjornebekk at Karolinska Institute has explained how this can happen. Exercise stimulates the production of new brain cells she says.

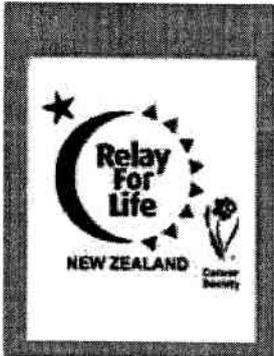
In a series of scientific reports, she has researched for the underlying biological mechanisms that explain why exercise can be a form of therapy for depression and has also compared it with pharmacological treatment with an SSRI drug.

The experiment studies were conducted on rats. The results show that both exercise and antidepressants increase the formation of new cells in an area of the brain that is important to memory and learning.

Astrid's studies confirm previous research results, and she proposes a model to explain how exercise can have an antidepressant effect in mild to moderately severe depression. Her study also shows that exercise is a very good complement to medicines. "What is interesting is that the effect of antidepressant therapy can be greatly strengthened by external environmental factors," she says.

# BITS & PIECES

## CANCER SOCIETY RELAY FOR LIFE



Once again I was part of a team that took part in the Cancer Society Relay for Life, held at Frank Kitts Park, on the weekend 29-30 March 2008. Along with 97 other teams, the Scotties and Notties (the team that I was part of) spent a wet night taking turns on the fundraising relay (running or walking, 30-minute sessions for each team

member over the 20 hours) and sitting in our leaky tent. Unfortunately, it rained over the whole of the 20 hours of the relay. At times quite heavy and other times just a light drizzle. This certainly curtailed some of the outdoor activities that were planned over the weekend. Our team managed to complete 368 laps for 8th place, swapping places over the weekend many times with IRD and Datamail. Each team member is expected to raise funds for this event and our team raised over \$2000 for this worthy cause. The total amount raised for the Cancer Society was over \$520,000 - this amount was more than has been raised over the previous years. I managed to run for 3 hours and 6 minutes over my allotted time frames and completed 74 laps for a total of 31.8km.

John Palmer

\* \* \* \*

## **Athletics New Zealand Media Release - 9 May 2008**

### **Race Walking expert Jack Tregurtha dies**

New Zealand walking stalwart and rules expert Jack Tregurtha of Hastings passed away last evening (Thursday) after a short illness. Tregurtha, aged 71, was the president of Athletics Hawkes Bay Gisborne as well as secretary of the centre.

He was the guru of race walking in New Zealand, organising the national 50km walking championships in the Hawkes Bay each year. He kept meticulous records of walking events and individual records and produced and published an informative magazine/newsletter 'Race Walking Contact' throughout the year.

He was a keen walking competitor, setting a New Zealand M60 50km record of 5h 52m 7s in 1997 and he still holds the New Zealand 24 hour walking record for M60 of 153.670km.

Tregurtha won numerous New Zealand age group walking titles.

Constitutions were Tregurtha's forte and he was currently in the process of re-writing his centre's constitution. He knew the Athletics New Zealand constitution and rules of competition backwards and he was always a vocal and at times entertaining speaker during any debate on the constitution and rules at Athletics New Zealand annual general meetings.

He was a committee member of the Hastings athletic club and club president Allan Potts said "that he will be sadly missed." Jack was our photofinish expert, carrying out that role at Nelson Park for many years," said Potts. Tregurtha's expertise in photofinishing was sought outside his centre being called on to officiate at the IAAF Area Permit meeting at Waitakere in February.

Tregurtha, a civil engineer, settled in the Hawkes Bay some 20 years ago after previously living in Wellington and Canterbury.

\* \* \* \*

## **How to be Well-Heeled**

**Attractive feet don't start and finish at your toenails**

Cracked heels can be an unsightly nuisance, and can lead to medical problems. They occur when the skin on the bottom outer edge of the heel becomes hard, dry and flaky, sometimes causing deep fissures that can be painful or bleed.

Cracked heels can affect anyone, but risk factors include:

- ❖ Being overweight;
- ❖ Frequently walking barefoot;
- ❖ Wearing open-backed shoes; and
- ❖ Inactive sweat glands.

Once they occur, you can use a pumice stone daily to gently rub back the thick and flaky layer of skin. Avoid going barefoot or wearing open-backed shoes, or shoes with thin soles.

Using a specialized heel moisturizer on the feet at least twice a day is an excellent way to prevent blisters and friction during exercise and when 'breaking in' new shoes. Wearing socks over the moisturizer while sleeping can also help.

# OCEANIA GAMES 2008

**27th JULY - 3rd AUGUST 2008**

Email: [enquiries@athleticsnorthqld.org.au](mailto:enquiries@athleticsnorthqld.org.au)

Website: [www.athleticsnorthqld.org.au](http://www.athleticsnorthqld.org.au)

## UPDATE

Please note all Newsletters are available to view on the ANQ Website [www.athleticsnorthqld.org.au](http://www.athleticsnorthqld.org.au). Please click on the Competitions heading and scroll down to Oceania Masters where you'll find information booklet on the event, the event program and a list of accommodation venues in Townsville.

## NOMINATION FORMS

Most of you will now have received Nomination Forms - but if you haven't let us know and we'll get them to you as quickly as possible!

Nominations are available either on-line at [www.athleticsnorthqld.org.au](http://www.athleticsnorthqld.org.au) or can be sent to you in the mail.

## NOMINATIONS CLOSE 4 JULY

## CHAMPIONSHIP APPAREL

Anyone wishing to order a Championship Shirt should do so through their nomination form as there will only be limited stock available at the Championships. Shirts are Navy and white with the Championship Logo and come in Ladies and Men's styles. Women's shirts come in sizes: 8 - 24 and men's in small - 5XL.

## Accommodation:

If you haven't already booked - get to it! Townsville is a vibrant city in the winter, so accommodation gets very tight!

## Uniforms:

Remember you **MUST** have a current National Uniform to compete!

## Townsville Sports Reserve:

The facility for the Championships is within walking distance from the inner city and a stone's throw from the beautiful Strand!

All athletes attending the Oceania Masters Championships will receive a Welcome Backpack, Commemorative Program, Drink Cooler, Local discount vouchers and loads of other goodies that you will need for your stay in Townsville!

## ENTRY FEES

For those wondering about Event Entry Fees - If you want to enter the Half Marathon or the Combined Events as your first event - \$15.00 - JUST DO IT!! - All other events will then be at \$10.00 per event! If you have any queries regarding entries please contact Yvonne or Robyn.

## Age:

Don't forget - we need your Proof of Age! No Proof of Age - no entry!!! If you do not send through with entry it will be required at Registration.

## Accommodation:

Accommodation in Townsville is filling fast with Townsville known to be a popular tourist city in the winter months. And why wouldn't it, while the south is suffering in the cold, North Queensland enjoys the warm days and mild nights - average temperature in winter - 26 degrees.

## Looking to Share with a Masters Athlete:

We have a number of Masters Athletes who are interested in sharing accommodation.

If you are interested please contact the ANQ office who will match athletes according to their needs.

## CONTACT INFORMATION

For more information regarding the 2008 Oceania Masters Championships in Townsville, please contact the following person:

Yvonne Mullins

+61 7 47251022

+61 418885496

[oceania@attglobal.net](mailto:oceania@attglobal.net)

Robyn Potts

+61 7 47281365

[admin@athleticsnorthqld.org.au](mailto:admin@athleticsnorthqld.org.au)

## 10KM ROAD WALK/CROSS COUNTRY

29 & 31 July:

The Oceania Masters 10km Race Walk and Cross Country will be held in Anderson Park, Mundingburra. A free bus will leave from the Townsville Sports Reserve for any athlete needing transport to the Road Walk or Cross Country. Details of the buses will be available at Registration!

## TOWNSVILLE RUNNING FESTIVAL

For more information go to:

<http://www.townsvilleroadrunners.com.au/>

## OFFICIALS

The Championships aren't just about the Athletes they are about the Athletes, the support people (husbands, wives, children, mums, dads, and friends) and they are about the Officials.

So if you're coming and you'd like to be an official email Robyn at the office and give her your shirt size we'll see you in Townsville. Everyone is welcome and there is a position for everyone!!!

# 22nd Wellington Masters Classic Cross-Country Relay

Trentham Memorial Park, Upper Hutt, Sunday 11th May 2008

The conditions underfoot were a bit boggy in parts having been cut up by the Kids Bike Jam held in the morning. Numbers were down this year - only 16 teams: this was partly because of the later start time owing to a double-booking of the grounds.

Fastest laps were contributed by Brian Garmonsway (14:11) and Robyn Stansfield (18:16). Fastest walkers were Peter Baillie (23:33) and Melanie Watson (31:52).

## 250+

### Hutt Valley Harriers A

Vaughan New	0:14:22
Peter Versey	0:14:18
Paul Coles	0:15:29
Darren Gordon	0:16:02
Bill Trompetter	0:15:43
	1:15:54

1 of 4

### Hutt Valley Harriers B

Stuart Henderson	0:16:08
Steve Robertson	0:17:04
Graeme Burr	0:17:00
Shaun McCarthy	0:17:27
Karl Van Polan	0:16:34
	1:24:13

2 of 4

### Olympic

Steve Tait	0:15:38
Rob McCrudden	0:16:28
Richard Van Looy	0:16:49
Miles Coverdale	0:20:55
Juan McDonald	0:17:08
	1:26:10

3 of 4

### Scottish

Richard Brent	0:14:47
G Lear	0:14:36
Michael Browne	0:25:10
Bruce McCallum	0:18:58
Peter Wrigley	0:16:59
	1:30:50

4 of 4

## 250+

### Hutt Valley Harriers

John Wood	0:17:50
Tony McKone	0:17:37
Don Brodie	0:22:44
Dave Trow	0:18:07
Albert Van Veen	0:20:40
	1:36:58

1 of 3

### Kapiti

Steve Brady	0:15:45
Peter Ellis	0:20:01
Roger Childs	0:20:18
John Hammond	0:21:59
Bryn Kempthorne	0:20:33
	1:38:36

2 of 3

### Olympic

Ken Ritchie	0:19:53
Harold Alcock	0:22:31
Peter Hansen	0:22:13
Terri Kurahanga	0:23:03
Brian Watson	0:21:55
	1:49:35

3 of 3

### Women

#### Scottish

Robyn Stansfield	0:18:16
Bernice Cavanagh	0:19:42
Christine Jones	0:19:21
Christine Carleton	0:18:08
Loretta Desourdy	0:20:00
	1:36:17

1 of 3

### Olympic Harriers A

Michelle Van Looy	0:17:57
Anna Van Herch	0:19:15
Tenika Van Hooft	0:19:24
Sheryne Beeby	0:20:04
Geraldine Smith	0:19:51
	1:38:31

2 of 3

### Olympic Harriers B

Rose Ohlsen	0:22:29
Alison Speakman	0:21:13
Jean Skilton	0:22:55
Elizabeth Dixon	0:25:30
Eleanore Brown	0:22:49
	1:54:56

3 of 3

### Mixed

#### Kapiti

Vic James	0:20:39
Jane Sclater	0:18:44
Warren Sutherland	0:16:28
Bronwyn Kettle	0:17:14
Paul Binkhorst	0:16:04
	1:29:09

1 of 3

### Trentham United

Mike Pattison	0:21:00
Dave Henry	0:22:35
Roy Rogers	0:25:01
Peter Thomson	0:26:12
Diane Rogers	0:22:50
	1:57:38

2 of 3

### Scottish/Olympic/Aurora

D Luxton	0:18:30
R Robinson	0:17:23
R Robinson	0:19:20
G Lear	0:15:00
Ian Priest	No time
	1:10:13

3 of 3

### Men Pre Vet

#### Trentham United

Robin Curry	0:18:37
Paul Homan	0:15:54
Brian Garmonsway	0:14:11
Murray Gilmer	0:16:53
Jake Jacobson	0:17:39

1:21:34

1 of 1

### Walkers

#### Scottish Mixed A

Peter Baillie	0:21:33
Kevin Watson	0:26:58
Melanie Watson	0:31:52
	1:20:23

1 of 2

### Scottish B

Kristeen Parkes	0:34:11
Daphne Jones	0:33:26
Margaret Bray	0:35:40
	1:43:17

2 of 2

## BULLER GORGE HALF MARATHON

In February this year Maryanne and I went down to Westport and took part in the 26<sup>th</sup> Buller Gorge Half Marathon. Maryanne coaxed/bribed me to run with her and we finished together in 476th placing out of a half marathon run field of 1028 finishers in a gun time of 1:56:01. This year the organisers trialed transponders but the official results and those on our certificates only list the gun time no time from the transponder. The trial was successful as pointed out by the Race Director at the prize giving. It took us both around about 25 seconds to get across the start line so our finishing time was around 1:55:36. The conditions this year were perfect for running, with low mist in the gorge at the start which made conditions cool and there was a very light wind which also contributed to the ideal running conditions. This events still brings out competitors in large numbers. As well as the 1028 half marathon runners there were 15 half marathon race walkers; 544 half marathon recreational walkers; 160 full marathon runners; 4 full marathon walkers and 36 relay teams with 4 persons to a team. A well organised event with great Westport hospitality. Next year 2009, the event will be held on Saturday 14th February.

John Palmer

# TARANAKI OPEN WALKS MEGA WEEKEND

The Club would like to invite you and any of your walking friends to our special Mega Weekend of Open Walks and Coaching on 14th & 15th June 2008 at New Plymouth.

## Weekend Format

Although the weekend is primarily designed for the annual Open Walks, the format has been expanded and will be of interest to walkers, their coaches, intending coaches, judges and intending judges and other officials involved in race walking. The weekend will also accommodate novice walkers and first time race walkers.

## Coaching

The coaches will be involved in a panel discussion and practical sessions on Sunday morning.

## Saturday Evening Prize giving and Dinner

A group dinner is being organised by the Club and prize giving will be built into the evening. If you intend going to the dinner please indicate on the entry form. Details of venue and pricing options will be relayed out to you when organised.

## Sunday Coaching

The coaching will be held at TET Events Centre Inglewood starting at 8.30am. It is intended to devote the morning to coaching workshops, practical feedback session and exercises etc. Use will be made of video. It is intended to video each walker during the open walks and provide coaching feedback.

Lunch will be provided and is part of the entry cost.

## Race Information

- **Time:** Saturday June 14th 2008. All races start at 1.00pm. Please arrive early to pick up race numbers.
- **Course:** Kaimata Street circuit NP which is off Brooklands Road and borders Brooklands Park. The circuit is 1Km in length and is mostly flat and fast.

## Introduction to Racewalking Walk/B Grade

B Grade walkers are walkers who intend to complete the race distance but for a number of reasons cannot straighten their legs to the legal requirements of Race Walking. These Walkers will start at the same time and place as the Taranaki Open Walks and will be advised on their walking technique. They will not be DQ'd unless it is deemed they are running.

## Taranaki Open Walks

- The 15km distance is now open for female walkers to compete in. They will also be eligible to receive the Hawera Cup.
- The Race Walking New Zealand 15km championships for men and women will be held in conjunction with the 15km open walks. Championship medals will be presented to the first three male and female finishers who are RWNZ members.

These are the Club's annual Open Handicap Race Walks.

Men/Women 15km Handicap	(Hawera Cup)
Women's 10km Handicap	(Campbell Cup)
10km Over 60's Handicap	(Male/Female)
Under 20 5km	(Male/Female)
Under 16 3km	(Male/Female)

- Race Numbers are to be worn. These can be collected from the start line.
- Required to wear your full and correct Club uniform.
- This is a judged event.

## Entry Fee:

- **Taranaki Open Walks:** \$15 for all adults (includes afternoon tea, Sunday morning tea and lunch).  
\$5 for all students.
- **Race Walking New Zealand 15km championships:** No additional charge but must be a member of the RWNZ. Membership is \$30 for an individual or \$35 per family. That will cover right through until 31 July 2009.

For details contact David Lonsdale, 10 Maple Grove, Wellington 6021 or email to: [thelonsdales@paradise.net.nz](mailto:thelonsdales@paradise.net.nz)

Late entries will be accepted on the day up to 12.30pm but a prior indication of attendance would be appreciated.

## Further Details

Map and any updates about the walks will be posted on the clubs website.

<http://trwc.homestead.com/index.html>

Race Secretary's Email address: [burrell@infogen.co.nz](mailto:burrell@infogen.co.nz)

## Reply Form

Numbers attending the Walks and/or Coaching, Prize giving and Dinner would be appreciated by 8th June 2008.

# COMING EVENTS

## 2008

### May

11	Masters Classic Relay	Trentham Memorial Park
24	Vosseler Shield	Mt Victoria
25	Walkers Ekiden Relay	CIT, Trentham

### Jun

1	Aurora Handicap Marathon	Upper Hutt
1	Christchurch Full & Half Marathons & 10km	Christchurch
7	Dorne Cup	Trentham Memorial Park
8	Scorching Duathlon	Scorching Bay, Seatoun
22	Harbour Capital Half Marathon & 10km	Westpac Stadium

### July

5	North Island Cross Country Championships	Taupo
6	30 <sup>th</sup> Gold Coast Full and Half Marathon	Gold Coast
6	Scorching Duathlon	Scorching Bay, Seatoun
19	Wellington Cross Country Championships	Waikanae

### Aug

10	Johnsonville 8km Road Race	Johnsonville
23	Wellington Road Championships	CIT, Trentham

### September

7	Scorching Duathlon	CIT, Trentham
---	--------------------	---------------

### Oct

4	NZ Road Relay Championships	Otago
5	Scorching Duathlon	Scorching Bay, Seatoun
12	Masterton Full & Half Marathon	Masterton
26	Lower Hutt 10km Road Race	Huia Pool, Lower Hutt

## 2009

### Feb

14	Buller Gorge Full & Half Marathon	Westport
----	-----------------------------------	----------

### May

3	Nelson Half Marathon	Stoke
10	Masters Classic Relay	Trentham Memorial Park

## 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 RE-STOCK OF VARIOUS SIZES ARE NOW AVAILABLE OF THE WELLINGTON MASTERS SINGLET AND TEE SHIRT. THE SINGLETS ARE \$30 AND THE TEE SHIRTS \$50 AND MADE FROM DRI FIT MATERIAL. THESE CAN BE ORDERED THROUGH VERONICA GOULD - TELEPHONE 04 973 6741.

## 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 Gould at a cost of \$30 and \$50 respectively.

***Please advise any change of address as soon as possible***



-----