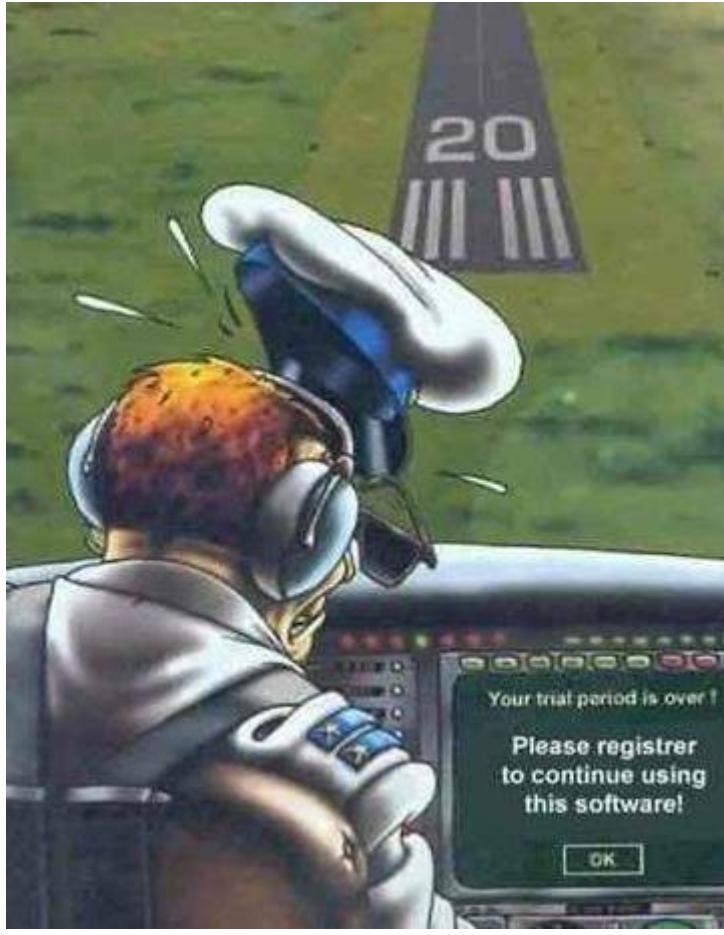


THE MASTER COPY

Newsletter of the Wellington Masters Athletics Inc.

Volume 9 Issue 1

March 2010



WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2009-10

EXECUTIVE:

President:	Brian Watson	971 1351
VPresident:	John Hammond	04 292 8030
Secretary:	John Palmer	479 2130
Treasurer:	Dick Harris	971 5993

COMMITTEE:

Peter Wrigley	973 6637
Michael Browne	973 7404
Laurence Voight	565 0718
Mark Macfarlane	234 8874

IN THIS ISSUE . . .

Committee & Club Coordinators	2
Editorial	3
Bits & Pieces	4
Marathon Mania	5
Dog Attack & Hand-Held Cell Phone Ban	6
Recipe & Records to Bernie Portenski	7
Benefits from Exercise	8
Be SunSmart & Big Chill	9
Never Put a Banana in the Fridge	10
All About Omegas	11
Fibre	12
Buller Gorge 2010 & Miscellaneous	13
Health – Foot Pain	14
Masters Track & Field Results	15
Gold Coast Marathon 2010	16
Health – Colour in your Diet	17

WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2009-2010

PATRON:	Heather May	24 Motuhara Road, Plimmerton, Porirua 5026	233 9412
PRESIDENT:	Brian Watson	96 Beazley Avenue, Paparangi, Wellington 6037	971 1351
VICE PRESIDENT:	John Hammond	148 Wellington Road, Paekakariki, Kapiti 5034	04 292 8030
SECRETARY:	John Palmer	122 Onslow Road, Khandallah, Wellington 6035	479 2130
TREASURER:	Dick Harris	11 Whitu Street, Khandallah, Wellington 6035	971 5993
COMMITTEE:	Peter Wrigley	42 Judd Crescent, Naenae, Lower Hutt 5011	973 6637
	Michael Browne	85 Owen Street, Newtown, Wellington 6021	973 7404
	Laurence Voight	17 Tarras Grove, Kelson, Lower Hutt 5010	565 0718
	Mark Macfarlane	3 Shackle Lane, Whitby, Porirua 5024	234 8874
SUBSCRIPTIONS:	Veronica Gould	PO Box 5887 Lambton Quay, Wellington 6145	973 6741
EDITOR:	John Palmer	122 Onslow Road, Khandallah, Wellington 6035	479 2130
MASTERS RECORDS:	Mark Macfarlane	3 Shackle Lane, Whitby, Porirua 5024	234 8874

CLUB CO-ORDINATORS

CAPITAL RUNNERS:		PO Box 1973, Wellington 6140	
H V HARRIERS:	Don Brodie	30 Sunshine Crescent, Kelson, Lower Hutt 5010	565 0705
H V MARATHON:	Trevor Knowles	105 Major Drive, Kelson, Lower Hutt 5010	565 0294
KAPITI:	John Hammond	148 Wellington Road, Paekakariki, Kapiti 5034	04 292 8030
OLYMPIC:	Brian Watson	96 Beazley Avenue, Paparangi, Wellington 6037	971 1351
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 6011	384 3231
UNIVERSITY:	Richard Brandon	PO Box 6108, Wellington 6140	476 5758
WAIRARAPA:	John Ihaka	7 Kowhai Grove, Featherston 5710	308 9656
WGTN HARRIERS:	Neil Price	11 Hurman Street, Karori, Wellington 6012	476 6956
WGTN MARATHON:	Bruce Perry	Apt 203 Stadium Gardens, 103 Thorndon Quay, Wgtn 6011	473 0877
WGTN MASTERS:	Colleena Blair	43 Elmslie Road, Pinehaven, Upper Hutt 5371	528 2992

COMMITTEE MEETINGS 1st THURSDAY OF MONTH AT OLYMPIC HARRIER CLUBROOMS,
BANNISTER AVENUE, JOHNSONVILLE, COMMENCING AT 5:30pm.

CLUB REPRESENTATIVES AND MEMBERS ARE ALWAYS WELCOME

EDITORIAL

TIME TO COMBINE BOTH CHAMPIONSHIPS?

With another low turn out of competitors at the Wellington Masters Track and Field Championships held on 21st and 28th February at Newtown Park, one must now consider, whether the time has come to combine the Masters and Open Championships into a combined meeting held over one day.

There has been a couple of occasions In the past, where we have held day two of our championships combined with Athletics Wellington but there has been a small number of Masters who aren't keen to, or won't, compete against the open athletes. For the sake of the championships being successful and allowing our athletes to get some good competition, perhaps the feelings of a few members has to be laid aside for the betterment of our athletes.

As I see, the possible benefits of combining the two championships would be:

- o Provide more athletes in the events which should encourage more competition. If there were too many competitors, then heats could be held or masters could run as a separate race. Recording of the results would not be a problem as each competitor's grade would be listed on the recording sheet thus separating masters from open competitors.
- o Officials could have a day off! As it is now, a majority of our officials are masters and officiate at both championships. By combining the two it would give the officials an opportunity to have a day off from the track and officiating.
- o The events calendar would become a little less congested as extra days are not used for masters' championships. The first three months of the season is crammed full of events and it allows athletes to pick and choose which events they wish to enter. I had been approached by a couple of masters' members who told me they wouldn't be taking part in the first day of the masters' championships as they were entering the Round the Bays half marathon.

This is one of the reasons that the turnout is low and the number of competitors in some events is almost non-existent.

I was also asked by one of the walkers if next year the committee could look at scheduling the second day of the masters' championships on a day other than the day after the open championships, as some of the walkers find it difficult to compete in the walks on successive days.

To try and fit all the events into one day's competition would be a bit of a logistical nightmare so there might have to be some compromise. A way around this could be to have, for example, the 10,000m and the pentathlons starting late Friday afternoon on the day preceding the full day's programme. Another option is to hold the above-mentioned events on the Sunday morning following Saturday's programme.

Unless Wellington Masters' members get behind their championships and drastically increase the number taking part, it leaves no alternative but to consider amalgamating both championships.

It is embarrassing to have more officials at the track then there are competitors. This plea for participation isn't only for our championships but for all the other races masters hold during the year.

Sadly, it seems to be the same athletes who turn out each year to compete. While the numbers at the field events are consistent, it is the track events that seem to be suffering by the declining numbers.

With 87 financial members I thought we could have managed to do better regarding participation.

*John Palmer
Editor*

BITS and PIECES

MEMBERSHIP

Since the December newsletter our membership now stands at 87. Welcome to new members Don Brodie (HVH); Tony McKone (HVH); and Wendy & Alan Reynolds (WMA).

* * * *

No False Start Rules

Late last year a seminar was held regarding the new "no false start" rules. Subsequently, the Track & Field Committee looked at some of the ramifications, and the risk of athletes wanting to "race under protest".

The Centre policy is:

False Starts and Protests: By now all track athletes should be aware of the "false start" rules: "one break and you're out"! Athletes might think they can beat the rule by asking the starter to allow them to "run under protest". There is now a start referee who will give an instant ruling on any challenge to the starter's decision. The Referee's ruling can only be contested further, by paying the protest fee (\$20) and lodging a written appeal immediately after the event. Failure to do so is a "yellow card" offence. Until the appeal is decided (and allowed), all places and times are withheld.

We generally don't have the same issues in field events. However, the protest rules and appeal fees also apply.

"Yellow Card" offences: Things like delaying the start, by taking too long over pre-start rituals, can earn a yellow card. Two yellow cards at any meeting mean suspension from the whole meeting. This has not been a problem in our Centre, and thus far we have been trying to help the athletes by explaining the rules. However, other Centres are being very strict and we must also apply the rules.

* * * *

NEWSLETTER

Just to inform those members who haven't paid their subscription for the new financial year that this will be the last issue of "The Master Copy" that you will receive. The membership list is going to be purged once this issue goes out to members.

Track and Field Championships

Proposed Future Rotation

- | | | |
|------|---|-----------------------|
| 2010 | - | Canterbury |
| 2011 | - | Hawkes Bay/Gisborne |
| 2012 | - | Auckland |
| 2013 | - | Wellington |
| 2014 | - | Southland |
| 2015 | - | Waikato/Bay of Plenty |
| 2016 | - | Otago |

Island Championships

North Island **South Island**

- | | | |
|------|-----------------------|--------------|
| 2010 | Taranaki | Invercargill |
| 2011 | Northland | Timaru |
| 2012 | Wellington | Nelson |
| 2013 | Waikato/Bay of Plenty | Oamaru |

Please note: Since the list was published in the December issue, there has been some changes to some Centres hosting championships.

* * * *

SICK LEAVE

I needed a few days off work, but I knew the Boss would not allow me to take a leave.

I thought that maybe if I acted "CRAZY" then he would tell me to take a few days off.

So I hung upside down on the ceiling and made funny noises.

My co-worker (who's blonde) asked me what I was doing.

I told her that I was pretending to be a light bulb so that the Boss would think I was "CRAZY" and give me a few days off.

A few minutes later the Boss came into the office and asked "What are you doing?" I told him I was a light bulb.

He said "You are clearly stressed out. Go home and recuperate for a couple of days".

I jumped down and walked out of the office.

When my co-worker (the blonde) followed me, the Boss asked her "... and where do you think you're going?"

She said, "I'm going home too. I can't work in the DARK."

The "Marathon Mania" of 1909

By David Colquhoun

In November 1909, just over 100 years ago, Wellington's Evening Post had some stern words for New Zealand athletes. "It is regrettable" wrote the editor "that the marathon mania is infecting a large number of young New Zealanders... It is not a sane form of competition."

That was written the day after New Zealand's second full-length marathon. The first had been just a few months before. It may seem surprising, therefore, that there wasn't to be an official marathon for almost 30 years. What caused that flurry of marathon enthusiasm, and why did it fade away?

As anyone fascinated by running history knows, the modern marathon had its small beginnings at the Athens Olympics of 1896. The Boston marathon began the following year and for the next several years the Olympic marathon aroused some curiosity in the international sports pages. It was seen as a rather eccentric event, however, and no-one ventured to organise one in New Zealand.

That all changed after the London Olympic marathon of 1908, perhaps the most famous marathon ever. It is well known partly for giving us the odd measurement of 26 miles, 385 yards - the distance from the start in the Windsor Palace courtyard to the royal box at the White City Stadium.

It is mainly famous, though, for its very dramatic finish, when the little Italian, Dorando Pietri struggled into the stadium, collapsed, then weaved his way to the finish line, helped along by anxious officials. He was disqualified, of course, and the gold medal went to the American, "Little Johnny" Haynes. But Pietri was the hero of the Games. Pictures of his painful last lap were published all around the world. For readers of the world's sports pages marathon racing suddenly seemed exciting. A marathon craze began.

Pietri and Haynes immediately turned professional and ran in a series of American races, usually on tiny indoor tracks. By the time he retired two years later, Pietri had made a lot of money. Haynes even tried a stint as a running vaudeville artiste. He debuted in New York with an act that had him retelling the story of the great race, showing off his trophies, and then mounting a treadmill to demonstrate his running style.

New Zealanders were just as fascinated. By the end of 1908 plans were underway for a "marathon" from Rakaia to Ashburton, and another in Auckland, from

Howick to the Domain. Both were under 20 miles, so were not real marathons. Nevertheless the sporting public was keen. As the runners approached the finish in the Auckland race, a local paper reported, the crowd "had assumed immense proportions, and the runners came in for hearty ovations". When the winner came through the Domain gates "the spectators fairly swarmed around him, and excitement was intense".

Around that time, too, a flickering film clip of the London Olympic race arrived and did the rounds of the new cinematographic shows, which added to the interest. In Wellington the film promoters organised their very own "marathon" - out to Island Bay and back via Kilbirnie, finishing on the Opera House stage just before the film started. As the race only took 75 minutes it was definitely not a proper marathon either.

The first marathon over the modern distance came in the midst of the Southland winter. It was on the same Riverton to Invercargill course as this year's national championship, one hundred years later, but it was a tougher course then. The roads were rough and very slushy because of a melted heavy frost, which partly explains the slow winning time of 3 hours 22 minutes.

Although it was a very local event, with no big names from further north, Southlanders came out in full support. A newspaper report referred to the "motor cars, motor bikes and bicycles, buggies and horses" following the race, with each runner "having their own barrackers urging them on The rule of keeping five yards away was not observed, numbers of cyclists being almost right close up against the runners' heels." Despite all that encouragement, and "liberal administrations of brandy flip and an occasional rub down", just seven of the thirteen starters finished.

The second New Zealand marathon was run in Wellington in November. It went from the Basin Reserve, out along the Hutt Road and on to Taita, then back again. There were only 10 starters, although it was a stronger field than the Southland race, with several out-of-town entrants. They included the legendary Walter Simpson, New Zealand's best distance runner in the early 1900s, who was hoping to end his long career with a marathon trophy.

It was a public holiday and Wellington's weather obliged by blowing a northerly gale. That meant battling into a head wind all the way out - it was so strong, said one reporter, "that the runners at times ran away from the cyclists accompanying them".

Continued on page 8

With the recent spate of dog attacks, the Dominion Post published the following tips as part of one of the dog attack stories. I felt that it was worthy of reproducing for our magazine because as runners and cyclists we are vulnerable to dog attacks.

HANDLING A DOG ATTACK

- Stand still if a dog rushes at you. Don't scream and don't run away.
- Don't stare into the dog's eyes.
- If possible, put something between you and the dog.
- If it does come at you, stand side on, don't front up to it.
- Give it your left-hand side if you are right-handed.
- If you need to hit the dog, do it really hard. Don't be nice about it.
- On the ground, curl into a ball with your hands over your head and neck.
- Protect your face and try to stay still.
- If you see a dog attacking someone, call 111 immediately. Otherwise, if you see dogs roaming or want to report an attack, call your local council.

Source: Dog control officer Rod McLeod

* * * *

A HEALTHY LEVEL OF INSANITY

To Maintain a Healthy Level of Insanity:

1. At lunchtime, sit in your parked car with sunglasses on and point a hair dryer at passing cars. See if they slow down.
2. Page yourself over the intercom... don't disguise your voice!
3. Every time someone asks you to do something, ask if they want fries with that.
4. Put Decaf in the coffee maker for 3 Weeks. Once everyone has gotten over their caffeine addictions, switch to Espresso.
5. In the memo field of all your cheques, write "For Marijuana".
6. Skip down the hall rather than walk and see how many looks you get.
7. Order a Diet Water whenever you go out to eat, with a serious face.
8. Specify that your drive-through order is "To Go".
9. Sing along at the Opera.
10. Five days in advance, tell your friends you can't attend their party because you have a headache.

11. When the money comes out the ATM, scream "I Won! I Won!"
12. When leaving the Zoo, start running towards the parking lot, yelling "Run for Your Lives! They're Loose!"
13. Tell your children over dinner, "Due to the Economy, we are going to have to let one of you go." and the final way to Keep a Healthy Level of Insanity.....
14. PICK UP A BOX OF CONDOMS AT THE PHARMACY, GO TO THE COUNTER AND ASK WHERE THE FITTING ROOM IS.

* * * *

Hand-held Cell Phone Ban on Drivers

From 1 November 2009, motorists are no longer able to text, talk or use in any way a hand-held cell phone while driving. This comes from a change in the New Zealand Road Rules.

The change will see drivers using hand-held cell phones behind the wheel incurring an \$80 fine along with 20 demerit points. This change is seen by many as a welcome relief and a good step toward making New Zealand roads a safer place.

New Zealand will join at least 50 other countries which have bans or partial bans on the use of hand-held phones by drivers.

However, drivers will still be able to use cell phones if they do so with a hands-free device, or two-way radios, or if the vehicle has stopped for a reason other than the normal starting and stopping of vehicles in a flow of traffic. There will also be an exemption for 111 emergency calls and *555 calls in certain situations.

Mark in your Diaries:

Wellington Masters Classic Relay

Sunday 9th May 2010

Trentham Memorial Park



RECIPE

Moroccan Meat Patties with Roasted Vegetables

Ingredients:

Vegetables:

Onion, zucchini, capsicum, carrots, potato, pumpkin

4 tbsp oil

2 tsp Maggi Garlic Stock Powder

Patties:

500g lean lamb mince

1 tsp Maggi Garlic Stock Powder

1 packet Maggi Rich Brown Gravy

1 tbsp chopped parsley

½ tsp ground cumin

1tsp ground coriander

1/8 tsp cayenne pepper

Oil

Method:

1. Preheat oven to 200°C

2. To prepare vegetables; cut the onions into wedges, cut the zucchini, capsicum and carrots lengthwise into strips, and cut potato and pumpkin into 3cm pieces.

3. Combine oil and stock powder. Brush over the vegetables, reserving any remaining oil mixture.

4. Cook vegetables for 40-45 minutes, turning twice during cooking. Brush with any extra oil when turning.

5. Combine all the patty ingredients except the oil. Mix thoroughly, then shape into 4 or 6 patties. Brush both sides with oil.

6. Cook patties for 8-10 minutes in a preheated frying pan or under a preheated grill, turning once during cooking.

7. Serve vegetables and patties with a green salad or steamed broccoli.

* * * *

Two More Records for Bernie Portenski

Veteran Wellington runner Bernie Portenski has broken two world age records in the past two weeks on the Newtown Park track.

On February 21, she set a masters' 60-64-year-old world record for the 5000m of 18 minutes 51 seconds, 13 seconds faster than the previous record, held by Australian Theresa Baird.

On February 28, Portenski slashed 17 seconds of the 10,000m record, running 39 minutes 4 seconds. The record was previously held by Angela Copson, of England.

Next in Portenski's sights is the world 3000m record, which she narrowly missed a month ago, though in her 5000m record run she passed the 3000m mark in New Zealand record time.

"I am also aiming for the half-marathon record which I will try for in Christchurch in June. I will also try for the marathon record in the Gold Coast marathon," she said.

Reproduced from the Wellingtonian, 4 March 2010 issue.

* * * *

FIX IT WITH FOOD: - KNEE PAIN

Millions of people have painful knees caused by osteoarthritis. Remedies range from losing excess weight to steroid injections and even surgery. But research suggests there is a tastier route to improvement:

Fruit in a Melbourne study, researchers found that eating fruit reduced the risk of developing bone marrow lesions - a marker for knee osteoarthritis. Knee-friendly fruit seems to be those with vitamin C, including oranges, kiwifruit, mangoes, grapefruit and papaya.

Soy - People reported less knee pain and used less medication after eating soy protein daily for three months, according to research at Oklahoma State University. Participants drank a powdered soy drink containing 40g of protein, and the same benefit can be derived from soy milk, soy beans and soy burgers, says study author Bahram Arjmandi.

Fish - A study suggests that omega-3 fatty acids may block not only the chemicals that cause inflammation in osteoarthritis but also the proteins known to wear down knee cartilage. Eat two servings a week of oily fish, such as mackerel or salmon, or take 1g of omega-3s in capsule form every day, says researcher Artemis Simopoulos.

* * * *

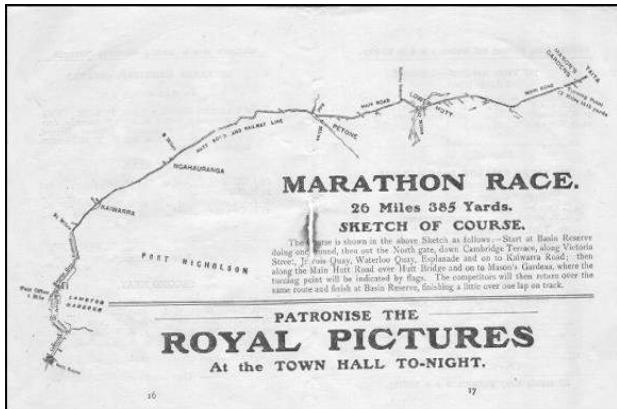
WALK THIS WAY

Pedometers can improve bone strength by helping us count and improve on the number of steps taken each day, according to the Menzies Research Institute in Tasmania. Walking had a significant impact on hip bone mineral density and, in some cases, that of the spine. The most active study group, taking 12,400

steps a day, had almost a 10% greater hip bone mineral density than the least active group (5300 steps a day).

Continued from page 5

The dust clouds from the unsealed roads added to their discomfort. A flashy runner from Auckland, unused to such conditions, was well in front at half way but then "cracked up". With the wind behind him in the second half a local, H. Thompson, came home strongly in 2 hours 58 minutes. That broke the Australasian record by just under a minute, which was impressive, despite there having been only a very few Australian marathons up to then. Simpson was a distant second, thereby failing to end his impressive career with a marathon win.



The race map from the 1909 Wellington marathon programme. The race went from the Basin Reserve to Taita, and back. (Private collection).

Why then was it so long before marathoning became an accepted part of local athletics? There wasn't an official championship marathon until 1934, and no New Zealand representative until 1950. The disapproval of the Evening Post editor quoted above suggests one reason. Other conventional opinion-makers were saying similar things in England and elsewhere. Marathon running just seemed too strange. "It is reducing athletic exercise to something of an absurdity", the Evening Post added, "when men attempt to swim the English Channel or run to Taita and back".

Furthermore spectators soon lost interest in a sport where so few entered and even fewer finished. There was a lot of waiting around and only a small chance of witnessing another Pietri moment. And there weren't enough runners keen, fit and eccentric enough to keep the event going. That's changed. Nowadays there are thousands of us.

David Colquhoun is a Wellington historian, archivist and runner. His book *As If Running on Air: The Journals of Jack Lovelock* was published recently: www.jacklovelock.co.nz

Editors Note: This article was previously published in "Athletics in Action, no 174, December 2009" and has been reproduced with the kind permission of David Colquhoun.

* * * *

MANY BENEFITS FROM EXERCISE

SOME of the many benefits of regular exercise include:

- Enhances the lungs and circulatory system.
- Improves muscle tone and strength.
- Burns calories, which can result in fat loss.
- Improves overall health (reduces risk of heart disease, diabetes etc).
- Relieves tension and stress.
- Reduces depression and anxiety.
- Lowers blood pressure.
- Decreases harmful cholesterol levels and raises good cholesterol levels.
- Improves flexibility.
- Improves energy levels.
- Stimulates the mind.
- Boosts self image.
- Slows down the aging process.
- Provides enjoyment and fun.

To maximize these benefits, exercise must be regular and consistent – at least 30 minutes a day, or three 10-minutes spells if it suits better.

* * * *

40 YEARS OF MARRIAGE

A married couple in their early 60s was celebrating their 40th wedding anniversary in a quiet, romantic little restaurant.

Suddenly, a tiny yet beautiful fairy appeared on their table.

She said, "For being such an exemplary married couple and for being loving to each other for all this time, I will grant you each a wish."

The wife answered, "Oh, I want to travel around the world with my darling husband."

The fairy waved her magic wand and - poof! - two tickets for the Queen Mary II appeared in her hands.

The husband thought for a moment: "Well, this is all very romantic, but an opportunity like this will never come again; I'm sorry my love, but my wish is to have a wife 30 years younger than me."

The wife, and the fairy were deeply disappointed, but a wish is a wish.

So the fairy waved her magic wand and poof! ... the husband became 92 years old.

The moral of this story: Men who are ungrateful bastards should remember fairies are female.....

Being Seriously SunSmart

Our summer may have got off to a spluttery start, but as we head through into February, we should have more long hot days. The automatic response of many New Zealanders is to get out into the sun. Wayde Beckman from SunSmart explains why New Zealanders have more reason than most to make sure they enjoy the summer sun safely.

The dangers of ultraviolet radiation (UVR) are well documented, but do we as Kiwis take these dangers seriously enough? Wearing not much and migrating en masse to the beach, pool or favourite picnic spot to lap up the summer sun is a risky activity anywhere in the world. But in New Zealand the consequences can be particularly serious.

Around 300 Kiwis die from skin cancer every year. Melanoma is the most serious type of skin cancer and melanoma rates in New Zealand are worryingly high - four times that of Canada, the US and Britain.

New Zealanders are more susceptible to skin cancer for several reasons.

We have higher UVR levels than countries in the northern hemisphere because in the southern hemisphere summer, UV rays have a shorter distance to travel to earth than they do in the Northern Hemisphere summer.

Atmospheric protection over New Zealand also starts to decline in early summer as the ozone hole breaks up and drifts our way, letting through UVR. And our unpolluted skies give the rays a clear passage through to Earth. These factors, combined with a mostly fair-skinned population, mean Kiwis have to be extremely vigilant to keep the risks of skin cancer at bay.

Add into the mix our history of questionable tanning activities. Those a little longer in the tooth may recall drawn-out summer days frying in the sun with baby oil, while using tinfoil to intensify the sun's rays.

"Going for the burn" was Jane Fonda's catchphrase back then, but it was also highly prized among teenage backyard sunbathers. Now we know that it is this very sunburn received as children and adolescents that has increased our risk of melanoma as adults.

We can't turn the clock back, but we can start to protect our skins now.

And it's not too late for our children or grandchildren. By making an effort to protect them from sunburn, we can greatly reduce the risk of developing melanoma in later life.

Everyone knows the drill - between the months of September to March, especially within the hours of

11am to 4pm when UV radiation is most fierce, slip into protective clothing like shirts with collars and longer sleeves; slap on a broad-brimmed hat or cap with flaps; slop on a broad spectrum SPF 30+ sunscreen and wrap on a pair of close fitting sunglasses that reduce at least 90 per cent of the sun's UV radiation. In the middle of the day, try and slip into some shade.

The vast majority of skin cancer deaths are preventable if we are SunSmart. We can enjoy New Zealand's natural beauty during summer and stay safe from sunburn.

Reproduced from the 8/1/2010 issue of the Dominion Post.

* * * *

The big chill - how athletes catch extreme cold

Cold weather can become an extreme hazard for a wide range of unsuspecting athletes.

In terms of temperature regulation, the human body can be divided into core and periphery. The core consists of the major organs and the large blood vessels that supply them; the periphery is the overlying layers of skin, fat and muscle. When core temperature falls outside a narrow range of 37.2 to 37.8C, the hypothalamus triggers a series of responses in an attempt to restore normality:

- the blood supply to the periphery is shut down;
- the muscles begin to shiver;
- the hypothalamus encourages us to seek out a number of practical measures such as putting on layers of clothing or consuming food and drink, to stamping our feet and flapping our arms.

Those suffering with exhaustion or dehydration after endurance events are particularly prone to a decrease in heat production. Similarly those at the extremes of age have a reduced shivering impulse and are unable to respond to the first signs of hypothermia.

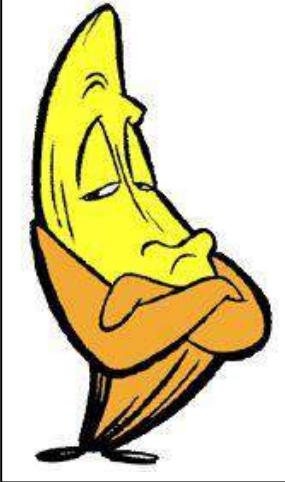
When the core gets cold

The most common method of classifying hypothermia is to divide the condition into four core temperature categories:

- mild (32-35C)
- moderate (28-32C)
- severe (20-28C)
- profound (below 20C).

As core temperature falls below 35C the first signs and symptoms of hypothermia begin to appear. By this stage shivering is almost continuous and results in an increase in heart rate, blood pressure and the rate of breathing as muscles demand more oxygen to fuel their cells.

Once the brain begins to cool, the victim becomes tired, slow and clumsy. Skiers make poor turns, climbers struggle to tie knots and sailors make navigational errors.



Never, put your banana in the refrigerator!!!

After reading this, you'll never look at a banana in the same way again.

Bananas contain three natural sugars - sucrose, fructose and glucose combined with fiber. A banana gives an instant, sustained and substantial boost of energy.

Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes.

But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

Depression: According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

PMS: Forget the pills - eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

Anemia: High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.

Blood Pressure: This unique tropical fruit is extremely high in potassium yet low in salt, making it perfect to beat blood pressure. So much so, the US Food and Drug Administration have just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

Brain Power: 200 students at a Twickenham (Middlesex) school (England) were helped through their exams this year by eating bananas at breakfast, break, and lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

Constipation: High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

Hangovers: One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened

with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.

Heartburn: Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

Morning Sickness: Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness

Mosquito bites: Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

Nerves: Bananas are high in B vitamins that help calm the nervous system.

Overweight and at work? Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate and chips. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady.

Ulcers: The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

Temperature control: Many other cultures see bananas as a "cooling" fruit that can lower both the physical and emotional temperature of expectant mothers. In Thailand, for example, pregnant women eat bananas to ensure their baby is born with a cool temperature.

Seasonal Affective Disorder (SAD): Bananas can help SAD sufferers because they contain the natural mood enhancer tryptophan.

Smoking & Tobacco Use: Bananas can also help people trying to give up smoking. The B6, B12 they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.

Stress: Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high-potassium banana snack.

Continued on page 12

All about Omegas

Omega 3, omega 6, omega 9, flax oil, chia seeds, fish oil - what's the difference and what should we be taking?

What are omega 3, 6 and 9 fats?

Firstly omega 3, 6 and 9 are NOT saturated fats.

Saturated fats have hydrogen molecules linked to carbon molecules at every possible point along the fatty acid chain; hence all carbon atoms are saturated with hydrogen atoms. The fat molecules are therefore straight and pack together easily to form a solid fat, like butter.

Omega 3, 6 and 9 are UN-saturated fats which means that they have carbon atoms that do not have a hydrogen atom attached to them and instead the carbon atom forms a double bond with the neighbouring carbon atom. The double bonds make a bend in the fatty acid molecule so they can't pack as closely together, the fat stays liquid making it an oil.

The 3, 6 or 9 number refers to the position along the chain of carbon atoms that the first double bond falls.

There are two different types of unsaturated fats - polyunsaturated and monounsaturated. Poly = many, so a polyunsaturated fat has more than one double bond along its length. Both omega 6 and omega 3 fats are polyunsaturated. Mono = 1, so a mono-unsaturated fat has just one double bond. Omega 9 fats are monounsaturated.

Monounsaturated fats are found in high amounts in olive oil, avocados and most nuts. The most common omega 9 oil is called oleic acid (look on labels and you may see this listed). Monounsaturated fats are healthy because they lower cholesterol levels.

Polyunsaturated fats - omegas 3 and 6 have an important role in the body because they are the building blocks of eicosanoid hormones. Eicosanoids have many regulatory functions in the body. One function is regulating the inflammatory response, one hormone will increase and one will decrease inflammation. Eicosanoids that are synthesized from omega 3 fats (EPA) tend to be anti-inflammatory whereas eicosanoids derived from omega 6 fats (arachidonic acid) can promote inflammation.

The typical western diet has become extremely unbalanced and we have far too much omega 6 and far too little omega 3. This promotes a chronic state of low grade inflammation. Low grade inflammation may not be felt (called silent inflammation) however it promotes many health problems and diseases such as cardio vascular disease. We now eat a ratio of around 10 parts omega 6 to 1 part omega 3. Healthy anti-inflammatory diets have a ratio of 2 parts omega 6 to 1 part omega 3.

To get an ideal ratio of omega 6 to omega 3 in our diet we need to decrease the amount of omega 6 and increase the amount of omega 3 we eat.

Take out all fats and oils which have omega 6 in them like vegetable, soy and sunflower oils. Replace them with oils high in omega 9 such as olive oil, nuts and avocado. Remove all other vegetable oils. Other okay oils are canola oil and coconut oil. Omega 6 fats are used extensively in the food industry, so avoid commercial foods where possible.

The difference between flax and fish oil omega 3

There are two main types of omega 3. One is plant omega 3 and is the type found in flax and chia and other plant seeds. It is called ALA and is a short chain omega 3; the fatty acid is 18 carbons long. The other type of omega 3 is EPA and DHA and is found in fish oil. They are long chain omega 3, being 20 and 22 carbon atoms long.

Only EPA can be directly used by the body to make eicosanoid hormones and DHA is used by the brain and nerve cells. ALA must be elongated from 18 carbons to 20 carbons before it is able to be used. This is a very inefficient process in our body and only 6% of ALA is converted to EPA, even less to DHA.

Flax or chia seed or other plant oils are not a good source of usable omega 3.

EPA and DHA is found in fish oil, and this is the omega 3 recommended. In choosing a fish oil supplement, ensure it is of good quality, ideally concentrated and purified and has been tested to ensure it has no contaminants or oxidation.

continued on next page

continued from previous page

How much Omega 3 do you need?

Unless you eat oily fish daily (salmon, sardines, mackerel) you will not be getting enough omega 3 to provide at least a 1 to 4 ratio between omega 3 and 6, in order to keep us in best health and reduce silent inflammation.

Barry Sears found in blood tests that most people need to supplement their diets with 2500mg EPA + DHA to reach the optimal balance of omega 3 to 6.

Other studies show that you need to take 1000mg per day to get adequate omega 3 to reduce your risk of heart disease.

People with inflammatory issues or mental health disorders may need up to 5 times this amount.

What about omega 6 and 9 supplements?

As we already get far too much omega 6 in our diet - it is not needed as a supplement. Omega 9 is found in large amounts in healthy monounsaturated oils such as olive oil, so again a supplement is not necessary.

Zone Products' omega 3 supplements are concentrated and highly purified.

For more information visit the following sites:

<http://www.zonediet.co.nz/shop/viewsubcategory.aspx?id=8>
<http://www.zonediet.co.nz/shop/viewcategory.aspx?id=11>

Editor's note: This article has also been reproduced with kind permission from Julianne Taylor of Zone Products.

* * * *

Continued from page 10

Strokes: According to research in The New England Journal of Medicine, eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%!

Warts: Those keen on natural alternatives swear that if you want to kill off a wart, take a piece of banana skin and place it on the wart, with the yellow side out. Carefully hold the skin in place with a plaster or surgical tape!

So, a banana really is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around -

So maybe its time to change that well-known phrase so that we say, "A banana a day keeps the doctor away!"

* * * *

FIBRE

Fibre has many important roles in our body and can be protective against bowel disorders and heart disease. High fibre diets can also help in weight control and the management of diseases such as diabetes. Foods that are rich in fibre also contain powerful protective agents, such as antioxidants and phytochemicals.

Tips on Getting Enough Fibre in Your Diet:

- High-fibre breakfast options include bran, porridge and muesli. Increase the fibre even more by adding oatbran or wheatgerm, nuts, seeds, (sunflower, sesame, pumpkin) and fruit (fresh, canned or dried).
- Aim for at least 5 or more servings of fruit and vegetables each day. Leave the skin on, this is where a lot of the fibre lives.
- Juice contains little or no fibre - you will feel more satisfied by eating the piece of fruit itself.
- Choose wholegrain varieties - bread, cereals, rice, pasta. Try substituting half of the white flour in baking recipes with whole meal flour.
- Eat meals based on legumes regularly. Try adding chickpeas, kidney beans or lentils to soups, casseroles and salads.
- If you are eating more fibre-rich foods, it is a good idea to drink more water than usual as fibre absorbs water in the body.

* * * *

Steven Spielberg is making a new movie about an alien that can't phone home. It's called XT.

Printlink, Wellington

Kind sponsors and printers of "The Master Copy" magazine.

33-43 Jackson Street, Petone

Telephone: 04 576 5151

Please support our sponsor whenever possible.

BULLER GORGE 2010

By John Palmer

On Saturday 13th February, I took part in the 28th running of the Buller Gorge half marathon. This is about the 20th year that I have traveled down to Westport to compete in this scenic event.

Since the first running of this event, the organisers have been blessed with not having a wet race to contend with. The person who instigated the first running of this event worked for the weather office and he went thru the records of the weather going way back and discovered that the second weekend in February had the best weather, with the least chance of rainfall.

This has proved to be correct over the years, and from memory there have only been a couple of times where there were some very light showers. It has absolutely poured down at the prize giving, and we have had rain going out on the buses to the start, but never any significant rainfall to worry about.

Well, 2010 was one that I will remember for some time. It poured with rain from the moment we woke in the morning until about 8km into the race. I think that it made up for the 28 years that it never rained, all in the one morning! Standing around waiting for the start was not too pleasant - there is some wait from the time the buses drop you off until the time the starter's gun goes off. Also to contend with was a fairly strong wind which made matters worse. Fortunately, when the rain eased, so did the wind.

Over the first part of the course there were some magnificent waterfalls cascading down the rock face on the side of the road through the gorge. At one place the water was coming down, over all the trees on the side of the road - quite spectacular!

My time wasn't flash as I was in the port-a-loo when the gun went off and ended getting caught up with all the walkers. At about 7km I had to have another loo stop so once I was back running I treated it as a "training run" and eventually caught Maryanne and we ran in to the finish together.

Next year the event is being held on Saturday 12th February, and no doubt I will make my annual excursion down to Westport.

Westport's population almost doubles over the weekend and it is estimated that the runners and supporters benefit the local community by around \$900,000, if every visitor spent about \$200.

This year's fields were up on 2009 with competitors coming from as far afield as the United Kingdom,

Germany, Taiwan, South Africa, United States, Canada, Australia and Singapore.

How Many?

Competitors:	2429
Buses:	62
Drink stations:	12
Drink bottles	19,530
Sponges:	22,800
Voluntary helpers:	Over 200

* * * *

North Island Masters Track and Field Championships

Palmerston North, 28 November 2009

Anne Hare broke Pam Graham's 800m NZ Masters Record and Wellington Masters Record in the W45-49 age group on the Saturday morning. Anne recorded 2:23.72 beating Pam's 1995 record of 2:24.27. Anne also broke the 800m North Island Masters Championship record by over 9 seconds held back in 1989. In the afternoon, Anne broke the North Island Masters Championship record over 1500m by approx. 20 seconds held back in 1994. Anne's time was 4.54.34.

Gold Programme, Newtown Park

Saturday 5th December 2009

Anne Hare broke her own 400m Wellington Masters W45-49 age group record with a hand time reading of 66.9 which breaks the electronic time of 67.99 Anne recorded on the 7 November 2009.

* * * *

Recommended number of running/walking days per week by age:

35 and under - no more than 5 days a week.

36-45 - no more than 4 running days a week (you may walk or cross train (*XT) on 2 other days if desired).

46-59 - run every other day/up to 3 walk or *XT days, if desired.

60+ - 3 days a week/up to 3 walk or *XT days if desired.

70+ - 2 running days and 1 long walk day/up to 3 other walk or *XT days.

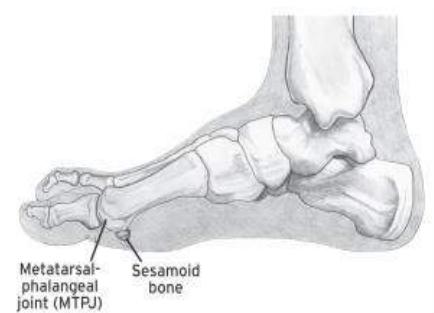
80+ - One long run, one shorter run, and one long walk/up to 2 other walk days.

*XT means "cross training".

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

HEALTH

Foot pain: two tiny bones can generate big trouble for impact athletes



Painful sesamoids

Forefoot pain in the athlete can be indicative of a number of conditions, but those involved in high impact sports such as running, football, rugby, basketball and tennis, are at increased risk of developing problems with their sesamoid bones.

Sesamoiditis is a painful inflammatory condition; acute sesamoid fractures are usually a result of trauma, and stress fractures arise from repetitive stresses, as one might find in runners.

The sesamoids are an integral part of the great toe's metatarsal-phalangeal joint (MTPJ) and articulate with it, increasing the leverage of the flexor tendon to enable the big toe joint to move through a greater range of motion.

Because the sesamoid bones are intra-tendinous structures, they are susceptible to irritation and inflammation, which in many cases is in the form of tendinitis. If the process becomes chronic, the tendinitis can become a tendinosis.

The foot bears weight in a triangular form, relying on the calcaneum (heel bone) as the posterior point, and the first and fifth MTPJs at the front. It has been estimated that up to 50% of weight is transmitted through the first MTPJ, making this a significant weight-bearing structure.

It can become debilitating, reaching the stage where the athlete can no longer bear weight. The pain can also cause the athlete to alter their pattern of weight bearing, to offload the medial joints. This, in turn, can cause overload on the lateral foot and antalgic (pain-avoiding) gait.

* * * *

'Elixir of youth': why fish oils may slow ageing

BRITAIN: Fish oil may really be an "elixir of youth" because of its effect on biological ageing, according to a new study.

Fatty acids found in fish such as salmon, mackerel and sardines are known to protect against conditions such as heart disease. British guidelines recommend eating at least two portions of oily fish a week.

Now scientists believe they have uncovered the reason why fish oil is so beneficial. The discovery, made in a group of heart patients, could confirm many of the claims about the benefits of omega-3 fatty acids.

Researchers found that they helped guard a protective cap within cells, which shields DNA and helps to determine how long they will live.

Studies had suggested that fatty acids could increase the chances of survival after a heart attack, reduce the mental decline associated with old age and help prevent changes in the eye that could lead to blindness.

Tests on rats showed that the animals lived around a third longer when fed a diet high in omega-3.

"These findings raise the possibility that omega-3 fatty acids may protect against cellular ageing in patients with coronary heart disease," said Dr Ramin Farzaneh-Far, from the University of California at San Francisco.

Cellular ageing is thought to be linked to an increased risk of developing conditions such as heart disease and cancer.

The latest study of 608 patients, published in the *Journal of the American Medical Association*, found that the acids slowed by almost a third the rate at which the cell caps, called telomeres, shorten.

Patients with high levels of omega-3 in their diets over five years had longer caps than those with low levels.

Dominion Post 22 January, 2010

* * * *

SOME THOUGHT PROVOKERS

No matter how much you push the envelope, it'll still be stationery.

A hole has been found in the nudist camp wall
- the police are looking into it.

A sign on the lawn at a drug rehab centre said
- "Keep off the Grass."

WELLINGTON MASTERS T & F CHAMPIONSHIPS – 2010 RESULTS

Grade	Name	Result	Grade	Name	Result			
Day 1 (21 Feb):								
Short Hurdles								
M40	J Turner	19.50	M35	M Ward	9.49			
M50	G Rawson	19.49	W75	C Blair	6.94			
3000m			M45	M Baxter	5.31			
W60	B Portenski*		M50	L Voight	14.32			
5000m			M75	J Blair	8.74			
W50	T Grimmett	25.30.81	Pentathlon					
W60	B Portenski**	18.51.13	W45	L Plimmer	1256 pts			
M40	M Peebles	19.03.72	W70	J Hammond	2404 pts			
M55	R Brent	18.37.30	M40	R Plimmer	2498 pts			
M60	J Palmer	24.09.77		J Turner	1782 pts			
M75	E Goodyear	27.29.27	M45	M Baxter	1834 pts			
	M Browne	30.33.48	M50	G Rawson	2585 pts			
200m			M85	B Nicolson	602 pts			
W45	L Plimmer	31.83	Weight Pentathlon					
	B Harp	36.44	W35	M Ward	1927 pts			
M40	R Plimmer	25.21	W75	C Blair	2598 pts			
	J Turner	26.03	Day 2 (28 Feb): Triple Jump					
M50	G Rawson	26.76	W45	L Plimmer	8.43			
	W Jowett	30.90	M45	M Baxter	9.42			
M65	D Brodie	33.03	M50	G Rawson	10.51			
M70	P Hanson	33.47	High Jump					
M75	J Powell	39.95	M40	J Turner	1.65			
M85	W Nicolson	?	M45	M Macfarlane	1.40			
800m			M50	M Baxter	1.35			
W45	A Hare	2.29.57	M75	J Blair	1.05			
	H Wills	2.39.20	100m					
	B Harp	2.59.16	W35	A Mackie	14.85			
W50	J McDonald	2.33.46	W45	L Plimmer	15.38			
W60	B Portenski	2.59.09		B Harp	16.59			
M60	B Warren	2.47.93	W70	J Hammond	17.85			
	J Palmer	3.24.70	M40	J Turner	12.45			
M70	P Hanson	3.36.15	M45	M Macfarlane	12.87			
M75	E Goodyear	3.47.00		A Reynolds	12.89			
	M Browne	4.07.30		M Baxter	13.50			
Long Jump			M50	G Rawson	12.27			
W45	L Plimmer	3.92		W Jowett	14.84			
W70	J Hammond	2.92	M70	P Hanson	16.35			
M40	R Plimmer	5.08	M75	J Powell	18.20			
	J Turner	4.75	400m					
M45	M Baxter	4.70	W45	A Hare	1.12.34			
M50	G Rawson	4.97	W70	H Willis	1.19.10			
M85	B Nicolson	1.52	M40	J Hammond	1.30.91			
Shot Put			M45	J Turner	55.68			
W35	M Ward	8.81		M Macfarlane	1.00.43			
W75	C Blair	5.03		T McKone	1.09.86			
M40	J Turner	7.69	M50	G Rawson	1.03.71			
M45	M Baxter	7.51	M65	D Brodie	1.18.75			
M50	G Rawson	8.37	M70	P Hanson	1.19.21			
M60	P Jack	4.88	M75	J Powell	1.37.46			
M70	P Hanson	8.33	1500m Track Walk					
M75	J Blair	7.32	W50	T Grimmett	9.43			
Discus			W65	D Jones	10.56			
W35	M Ward	24.00	M50	W Jowett	11.06			
W75	C Blair	12.03	M60	P Baillie	7.33			
M40	J Turner	24.57	3000 Track Walk					
M45	M Baxter	20.84	W50	T Grimmett	19.36.83			
M50	G Rawson	30.54	W65	D Jones	22.02.54			
M60	P Jack	13.74	M50	W Jowett	22.39.31			
M75	J Blair	25.75	M60	P Baillie	15.00.99			
Javelin			1500m					
W35	M Ward	15.81	W45	A Hare	4.59.90			
W70	J Hammond	12.89		H Willis	5.41.12			
W75	C Blair	9.24	W50	J McDonald	5.09.83			
M40	J Turner	29.93	M45	T McKone	5.34.52			
M45	M Baxter	26.80	M60	B Warren	5.22.83			
M60	P Jack	10.92	M75	E Goodyear	7.45.93			
M75	J Blair	23.87		M Browne	8.11.71			
Hammer			10000m					
W35	M Ward	23.44	W60	B Portenski**	39.04.23			
W75	C Blair	12.73	M50	D Young	40.26.05			
M45	M Baxter	15.22	M55	R Brent	38.44.48			
M50	L Voight	34.93	M75	E Goodyear	56.23.31			
M60	P Jack	15.88		J Hines	79.09			
M75	J Blair	18.93	* Wellington & New Zealand Record					
			** Wellington, New Zealand & World Record					

GOLD COAST MARATHON 2010

Gold Coast Airport Marathon grows to a multi-day festival

Australia's largest marathon event, the Gold Coast Airport Marathon, will grow into a two-day event in 2010, highlighting its meteoric rise to one of the world's premier running events.

Premier Anna Bligh today said the rapid growth and popularity of the event meant it needed to be held over two days to cater for future growth and to ensure the highest levels of safety for participants.

"For eight years running, this event has set and smashed its own attendance and registration records - and all indications are it will be the same next year," Ms Bligh said.

The 32nd Gold Coast Airport Marathon will be held on the weekend of 3-4 July with the 10km Run becoming the feature of the new Saturday program.

"Spreading the events over two days means a better event all round - for spectators, supporters and participants. Less crowding also means less potential for injury on the course," Ms Bligh said.

"Having run the half-marathon, enjoying the spectacular course and seeing for myself the energy and passion for healthy, fun exercise, I know this event will continue to grow from strength to strength."

The Southern Cross University 10km Run will now be a stand-alone race on the Saturday, with all other races being held on the Sunday.

"And the flow-on effects for the tourism industry will be significant, with more people wanting to enjoy the spectacular Gold Coast," Ms Bligh said.

"This event was first staged 30 years ago, with 691 runners. In 2009 more than 23,000 people took part, making it one of the biggest and best holiday marathons in the world."

Gold Coast Labour MPs Peter Lawlor, Peta-Kaye Croft, Christine Smith and Margaret Keech welcomed the announcement saying it reflected the growing importance of one of Queensland's biggest sporting and tourism draw cards.

The full program of races includes the Gold Coast Airport Marathon (42.195km), ASICS Half Marathon, Southern Cross University 10km Run, Gold Coast Bulletin 5km Challenge and Queensland Health Junior Dash (4km and 2km).

The 2009 Gold Coast Airport Marathon attracted a record 23,398 participants from every State and Territory in Australia and from 42 countries.

"Today's announcement also follows on from the 2008 Gold Coast Airport Marathon winning the Major Festival and Event award at the recent Queensland Tourism Awards," said Ms Bligh.

"The tourism impact of the Gold Coast Airport Marathon was highlighted again this year by the 4,738 entrants that came from interstate and 1,993 from overseas."

Queensland Events Gold Coast General Manager Cameron Hart said the Southern Cross University 10km Run would be a great feature of the new Saturday program.

"Moving the 10km Run to Saturday provides an opportunity for that race to grow in stature to be one of the key 10km road races in Australia," Mr Hart said.

"We undertook considerable research to determine which race or races to stage on the Saturday.

"Our focus is on delivering safe races with minimal risks while maintaining the event's growth, and we believe our new race program will provide this."

Mr Hart said a number of other changes and initiatives have already been implemented for 2010.

Year of the Marathon

"We have dubbed 2010 as the 'Year of the Marathon' to celebrate the 2,500th anniversary of the running of the original marathon by Athenian soldier Pheidippides who ran to Athens from the battlefield of Marathon where the Greek Army had won a crucial battle against the invading Persian Army in 490bc.

"A lot more resources are being placed in our social marketing efforts such as Facebook and Twitter to engage online with people all over the world.

"We have also confirmed the distances for our Queensland Health Junior Dash as 4km and 2km."

The Gold Coast Airport Marathon is a member of the Association of International Marathons and Road Races and accredited by the International Association of Athletics Federations to set Olympic qualifying and world record times.

The Gold Coast Airport Marathon is a major event managed and presented by Queensland Events Gold Coast - a wholly owned subsidiary of Queensland Events.

For further information visit www.goldcoastmarathon.com.au

Do you live in New Zealand? Check this out ...

The Gold Coast is only a few hours' flight away. You can also fly direct to Gold Coast Airport from Auckland and Christchurch with connecting flights across the country. Have a winter holiday on the beautiful Gold Coast and challenge yourself with the Gold Coast Airport Marathon. NZ packages are available now through House of Travel and GO Holidays Sports & Events.

Fastest Marathon in Australia

The marathon course is flat and fast on the Gold Coast with traditionally good weather conditions for running in July. This year the men's marathon winner William Chebor clocked 2:11:58 - the fastest winning time on the Gold Coast since 1998. The winning time was also more than five minutes faster than the winning time at any other Australian marathon this year. Do you want to run a personal best? Run Gold Coast!

HEALTH

Six Reasons to add more colour to your diet

By Julianne Taylor

There is one food group that everyone agrees we should eat more of: colourful fruit and veggies. Why are they so good for us? We look at the reasons.

They are nutrient dense

That means for every calorie you eat - you get large amounts of vitamins, minerals, antioxidants and phytonutrients.

For example if you eat 40 calories of white rice (about $\frac{1}{4}$ cup) you will get no fibre, 6mg potassium, 1 microgram folic acid, no vitamin A or C, and tiny amounts of B vitamins. On the other hand if you eat 40 calories worth of NZ spinach, (2.5 cups, cooked). You would get 6g fibre, 450mg potassium, 200mg calcium, 3mg zinc, 1500mcg vitamin A, 610mcg folic acid and 68mg vitamin c. There is no comparison.

All colourful vegetables and fruit will give enormous amounts of nutrients compared to the same calorie amount of refined grains.

They contain gut healthy fibre

Fruit and vegetables contain fibre that helps keep your gut healthy. Did you know you have 2 kilos of probiotic bacteria living in your intestine? You must have the right type of bacteria aid optimal digestion, absorption of nutrients and even optimal function of the immune system. When you have a healthy balance of good bacteria they contribute to your health by processing the fibre in your diet into vital nutrients including vitamin K, B1, B2, B3, B5, B6, B12 and folate. A healthy balance of good bacteria is helped by a good diet. Think of the bacteria needing the right food themselves. For example a diet that is high in sugars and refined carbohydrates will feed excessive glucose (and no fibre) into the gut and can contribute to an overgrowth of the fungus Candida, and bad bacteria. By increasing fruit and vegetable fibre and taking a probiotic if necessary, you will encourage the growth of good bacteria.

They have a low glycemic index (Low GI)

People eating diets containing mainly low GI carbohydrates are less likely to be overweight, and have a reduced risk of type 2 diabetes, cancer and heart disease.

Why are high glycemic carbohydrates so bad for us?

Refined carbohydrates and dense starches have a high GI and convert quickly to glucose in your gut. This glucose then pours into your bloodstream spiking blood sugar levels. High blood glucose causes inflammation of the delicate cells that line your blood vessel walls. Inflammation of arteries contributes to heart disease, Alzheimer's and strokes. High blood sugar levels lead to a large release of insulin. Insulin is a dangerous hormone to increase. If you increase your insulin levels in the short term it takes the sugar rapidly from your bloodstream creating low blood sugar and hunger. It tells your liver to turn food into fat and the fat cells to store it, causing weight gain. It increases the production of inflammatory hormones. In the long term it leads to insulin resistance and type 2 diabetes, high blood pressure, high triglycerides and an increased risk of heart disease.

Fibrous, colourful fruit and vegetables have a low glycemic index. When digested they release glucose slowly, keeping your blood sugar stable and stop it spiking. When your blood sugar is stable, your insulin in turn doesn't spike. Your blood vessels are not damaged, you don't get hungry, and you don't overeat. In the long term you keep your blood pressure down, and reduce your risk of heart disease and diabetes.

They are anti-inflammatory, antioxidant, anti-aging and anti-cancer

As well as keeping you blood sugar and insulin levels from going too high - which in itself is anti-inflammatory, colourful fruits and veggies contain antioxidants and polyphenols which mop up free radicals. Free radicals are formed in the process of converting food into energy within the cell. They are highly unstable molecules that have an electron missing. An antioxidant molecule such as vitamin C will donate an electron to stabilize it. If there are not enough antioxidants in your diet - the unstable molecule will grab an electron from any tissue that is close, causing it to become damaged and inflamed. This is one cause of aging, cancer and degenerative diseases.

Phytonutrients protect our bodies in many different ways, here are just 4 examples:

continued on next page

Continued from previous page

Lutein (a yellow antioxidant found in green vegetables) protects the macula in the eye, and reduces a type of blindness called macular degeneration.

Lycopene found in cooked tomatoes, will actually make you less likely to burn in the sun and helps protect skin from aging caused by sun damage.

Curcumin found in turmeric, reduces joint inflammation and helps protect the brain from Alzheimer's disease.

Green tea increases fat burning and weight loss. It also reduces the risk of heart disease, in one study by a massive 75% in men who had 7 cups per day.

Polyphenols are a group of phytonutrients that have their own antioxidant and inflammatory properties. Polyphenols are what give fruit and vegetables their colour, the more colour the more polyphenols a fruit or vegetable has. Polyphenols help prevent cardiovascular disease, cancers, osteoporosis, and possibly help prevent neurodegenerative diseases and type 2 diabetes. They also help improve sports performance and recovery after exercise.

There are thousands of different types of antioxidants and polyphenols all of which play a part in protecting our body from oxidative damage and inflammation.

Numerous studies show that fruit and vegetables protect from cancer and degenerative diseases. The Okinawans who have a very high intake of colourful fruit and vegetables have the highest number of people in the world who live and keep healthy past 100.

They are alkaline forming

All foods after being digested are either acid or alkaline in their effect on the kidneys. Many disease states arise when the body is too acid. Both protein (especially hard cheeses and meat) and starchy carbohydrates (grains and legumes) are acid forming foods. Alkaline forming foods are fibrous fruit and vegetables. We must balance the protein we eat with large amounts of fruit and vegetables to keep the acid alkaline balance correct. If we don't the body has no option but to take calcium salts from the bones, in order to neutralise acid, leading to osteoporosis. An acid-producing diet also contributes to calcium kidney stones, age-related muscle wasting, hypertension, stroke, asthma and exercise-induced asthma.

You must eat an appropriate balance of acidic and alkaline foods, for example; lean meats, fish and seafood (acid), plus lots of fruits and vegetables (alkaline).

So how much fruit and vegetables should you eat?

The more the better! Fibrous, colourful veggies can be eaten in almost unlimited amounts, as they are very low

in carbohydrates. You should have at least 5 serves per day. Fruit should be eaten more moderately, 2 - 5 serves per day, focus on temperate fruit and highly coloured berries. You can actually get all your carbohydrates from fruit and veggies.

You can also add more polyphenols and phytonutrients to your diet by adding freshly made vegetable juice or taking supplements (but make sure they don't replace fruit and vegetables).

Polyphenol Supplements from www.zonediet.co.nz

Sea health plus

Sourced directly from nature, all natural, cold pressed. Liquid Sea Health Plus is naturally flavored with dark cherry and honey. Concentrated, broad-spectrum blend of 10 fruits, 72 trace minerals derived from nine varieties of freshly harvested sea vegetables, and IASC certified Aloe Vera.

Joint Support

A proprietary formulation of three uniquely qualified concentrated polyphenols to naturally regulate inflammation. Contains turmeric (curcumin) to help regulate the formation of inflammatory hormones, ginger extract with xanthine to help inhibit enzymes that make inflammatory hormones and olive extract with hydroxytyrosol, a unique anti-inflammatory compound.

Polyphenol Plus

Concentrated, broad-spectrum blend from 17 fruits and vegetables in a convenient, easy to swallow capsule.

Weight Loss Support (Green Tea Extract)

Concentrated green tea extract rich in epigallocatechin gallate (EGCG), a polyphenol which helps stimulate thermogenesis. The purity and amount of EGCG in Weight Loss Support is much higher than most other green tea dietary supplements. Recent research shows EGCG supplementation can help promote fat oxidation and help induce lipolysis.

Zone Micronutrient (multivitamin, mineral and antioxidant)

As well as a large range of high quality vitamins and minerals, Zone micronutrient contains a range of polyphenols including lutein and lycopene, and extracts from grape seed, red wine, green tea, quercetin, bilberry, and more.

Editor's note: This article has been reproduced with kind permission from Julianne Taylor of Zone Products. For further information visit www.zonediet.co.nz

- COMING EVENTS -

2010

April

11	Paris Marathon	France
19	Boston Marathon	Boston
25	Anzac Day Races - 5 & 10km Run & Walk	Dalefield Hall, Carterton

May

1	Rotorua Marathon & 5km and 10km Fun Runs	Rotorua
9	Classic Relay - Teams X Country Race	Trentham Memorial Park
2	30 th Nelson Half Marathon & 10km Run & Walk	Stoke

June

27	Harbour Capital Full & Half Marathons	Westpac Stadium
----	---------------------------------------	-----------------

July

3-4	Gold Coast Full & Half Marathons & Associated events	Gold Coast
25	Johnsonville 8km Road Race & Walk	Johnsonville

Sept

21-26	Round Rarotonga Road Race & Week of Running	Rarotonga
-------	---	-----------

Oct

3-14	Commonwealth Games	New Delhi
10	Melbourne Full & Half Marathons & 10km	Melbourne

Nov

7	Lower Hutt 10km Road Race & Walk	Huia Pool
---	---	------------------

2011

Feb

12	Buller Gorge Full & Half Marathons
----	------------------------------------

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 IS 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.

CENTRE RECORDS:

PLEASE NOTE THAT MARK MACFARLANE HAS NOW TAKEN OVER THE KEEPING OF THE WELLINGTON CENTRE RECORDS. IF YOU FEEL THAT YOU HAVE SET/BROKEN A RECORD PLEASE SEND INTO MARK AFTER GETTING THE APPROPRIATE PAPER WORK SIGNED OFF. THIS WILL MAKE HIS JOB MUCH EASIER. MARKS CONTACT DETAILS ARE LISTED ON THE INSIDE FRONT COVER OF THE NEWSLETTER.

CHANGE OF ADDRESS:

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

WELLINGTON MASTERS ATHLETICS INC.

**SUBSCRIPTION FOR THE 2009/2010 YEAR
(1 September 2009 to 31 August 2010) = \$45**

NAME(S): _____

ADDRESS: _____

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

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

How to Pay:

\$45 (\$90 for couple) - cheque made out to Wellington Masters Athletics Inc – (WMA Inc) and sent with form to: **VERONICA GOULD, PO BOX 5887, LAMBTON QUAY, WELLINGTON, 6145**

Direct Credit to: Wellington Masters Athletics Inc, National Bank, The Terrace: **06 0565 0064415 00**
then forward the completed form to Veronica Gould at the above or email to:

gvgould@xtra.co.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

X-----