

THE

MASTER

COPY

Newsletter of the Wellington Masters Athletics Inc.

Volume 10 Issue 1

February 2011

Car Rally



Fun Run



and BBQ



See page 12 for details

WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2010-11

EXECUTIVE:

| | | |
|-------------|--------------|-------------|
| President: | Brian Watson | 971 1351 |
| VPresident: | John Hammond | 04 292 8030 |
| Secretary: | John Palmer | 479 2130 |
| Treasurer: | Graham Gould | 973 6741 |

COMMITTEE:

| | |
|-----------------|----------|
| Barbara Tucker | 563 8872 |
| Laurence Voight | 565 0718 |
| Mark Macfarlane | 234 8874 |

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WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2010-2011

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LIFE MEMBERS

Jim and Colleena Blair (2004); Bruce and Noeleen Perry (2008); Heather May; Richard Harris and John Palmer (2010)

CLUB CO-ORDINATORS

| | | | |
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| WGTM 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

For some unknown reason I have had great difficulty trying to get this issue of the Master Copy ready for publication. I have usually left the editorial to last in the hope that some event may inspire me to come up with an editorial that will stimulate feedback, or perhaps instigate debate amongst our membership. Not finding any inspiration this time, I have just briefly covered a various range of topics.

Membership:

At present our membership stands at 77 members. This number is very good compared with the same time as in previous years. What is really pleasing is the number of new members -21 who have joined up. Though seven of these are past members who are rejoining, the majority are new to Wellington Masters. As a committee we must now consider what attracted them to join us and can we work on that to build our membership. The key now is to keep them interested, offer a good programme that will retain them, and if they are satisfied, hopefully they might encourage their friends to join.

Welcome to all our new members and I hope you all enjoy being part of Wellington Masters and achieve all the goals that you have set.

Committee:

After the AGM the committee was very light in numbers and this was a little concerning. There were no nominations for the position of Secretary, so yours truly is still the Secretary. After the sudden passing of our Treasurer Dick Harris, Graham Gould kindly offered to do this role, so was co-opted into the vacant Treasurer's position. For the past few years, Graham has been our Honorary Auditor, so now some steps will have to be put into place nearer the time of the AGM with regard to the auditing our financial accounts.

Barbara Tucker, who was on the committee some year ago, expressed an interest to coming back onto the committee so she was also co-opted onto the committee.

On 25-27 November 2011, Wellington Masters are the hosts of the North Island Track and Field Championships to be held at Newtown Park. A LOC (Local Organising Committee) has been formed consisting of John Palmer (Chair), Brian Watson, Mark Mactarlane and Laurence Voight. Planning is already underway with Newtown Park booked for the championships, and a draft programme has been formalised (yet to be confirmed by the committee) so that it can be circulated in the June issue of Velline.

Nearer the time there is the possibility the committee may call on members to do some small task to help make these championships successful (as they were back in 2005 when we last hosted them). Please help if you are approached.

Upcoming Events:

The Classic Relay – Sunday 8th May at Trentham Memorial Park. Venue has been booked and the entry form will be coming out shortly.

Johnsonville 8km Road Race and Walk – Sunday 17th July. Again this event will be based at the Olympic Harrier Clubrooms and Brian Watson is race director.

Lower Hutt 10km – Sunday 2nd October. Peter Wrigley (Race Director) and Brian Watson are looking at a course change for this event. More details at a later date when they are finalised.

Social Event:

The committee felt that as an organisation we did not host enough social events, so a Car Rally/BBQ has been organised for Sunday 27th March. Details can be found on page 12 of this newsletter.

World Record:

Congratulations must go to Bernie Portenski for breaking another world record – this time the W60-64 3000m in a time of 11mn 0.10sec. After narrowly missing out on the first attempt at the Capital Classic in January, she managed to break it on the second day of the combined Track and Field Championships held on 19th February.

Obituary:

It was with sadness that in early February, Clem Green, Life Member of NZMA passed away. Clem was one of the members who were the driving force in getting the Veteran movement started in New Zealand in 1970s. Clem was made a Life Member of NZ Veterans (Masters) and was also made a Life Member of Wellington Scottish, recognised for the work and achievements he did while a member with them.

Combined Track and Field Championships:

The combined championships (Centre and Masters) seemed to have been very successful with record number of entries (in both the open and masters grades) taking part. At the last committee meeting we had received 37 Masters' entries for different events. This format looks likely to continue in the coming years.

John Palmer, Editor

BITS and PIECES

Eight New Zealanders in World Top Fifty

Eight New Zealand athletes feature in the top fifty in the Athletics world rankings for 2010. The ATFS rankings just released have three New Zealand men and five women in the world top fifty in their events.

ATFS World Rankings 2010

Women:

| | | | |
|------------------|-------------------|---------------|------------|
| 2 nd | Valerie Adams | Shot Put | 20.86m |
| 11 th | Kimberley Smith | Half Marathon | 1h 7m 55s |
| 23 rd | Beatrice Faumuina | Discus Throw | 61.11 |
| 26 th | Kimberley Smith | Marathon | 2h 25m 21s |
| 28 th | Nikki Hamblin | 800m | 1m 59.66s |
| 33 rd | Rebecca Wardell | Heptathlon | 5988pts |
| 36 th | Nikki Hamblin | 1500m | 4m 5.93s. |

Men:

| | | | |
|------------------|-----------------|---------------|------------|
| 9 th | Stuart Farquhar | Javelin Throw | 85.35m |
| 18 th | Brent Newdick | Decathlon | 8091pts |
| 40 th | Nick Willis | 1500m | 3m 35.17s. |

* * * * *

Second Time Lucky

Capital Classic - NZ Grand Prix Series, Newtown Park - 2a January 2011

Bernie Portenski of Wellington missed the world masters W60 3000m record by just over two seconds. Portenski (61) recorded 11m 8.99s, breaking her New Zealand W60 record by nearly five seconds. Angela Copson of Great Britain set the world W60 record of 11m 6.6s in 2009 at the age of 64.

Athletics, Newtown Park - 19 February 2011

Bernie Portenski set her fifth world masters record at the Stadium. She set a world 60-64 3000m record of 11m 0.10s, clipping 6.5 seconds off British athlete Angela Copson's record set in 2009.

* * * * *

WATERMELON – Good For You

One cup of diced watermelon contains just 200 kilojoules and provides about a quarter of your vitamin C Daily Value and 10 per cent of your vitamin A needs.

It also has more Lycopene - a phytochemical linked to cancer and heart disease - than raw tomatoes. Plus, it's

92 per cent water, making it an excellent post-run thirst-quencher.

Get the Best

Whole melons should feel heavy for their size and have a smooth (but not overly shiny or dull) rind. One side, called the underbelly - the side resting on the ground as it grows on the vine - should be a slightly lighter colour. If it's not lighter, the fruit may have been picked too early. Cut watermelon should have a deep pink colour without any white streaks.

Kitchen Simple

A watermelon sorbet in the summer. Cube eight to 10 cups of watermelon (discard seeds). Puree in a blender until you have four cups. Mix with two tablespoons fresh lemon or lime juice and one cup simple syrup (boil equal parts water and sugar until sugar dissolves; then let syrup cool). Chill in an ice-cream maker, or leave in your freezer until slushy.

* * * * *

2011 WELLINGTON ROUND THE BAYS

| Race | Entrants | Finishers |
|------------------------|----------|-----------|
| Half Marathon | 1,373 | 1,226 |
| Half Marathon Walk | 201 | 167 |
| Half Marathon W/chair | 1 | 1 |
| Round the Bays Run | 9,213 | 8,158 |
| Round the Bays W/chair | 47 | 27 |

* * * * *

Running Uphill

Hills can be a great advantage to you in a race if you understand a few principles allowing you to conserve energy and let them work for you:

* Maintain the successful rhythm you established on the flat.

* Maintain the same effort level. Don't try to keep up the same pace as on the flat or you'll soon be worn out.

* Shorten your stride and let yourself slow down gradually as you ascend. Conserve energy for the rest of the run. Keep feet low to the ground, treading lightly.

* Pick up the rhythm slightly as you near the top. This helps you pull over the top and gets you ready to take advantage of the gravity on the other side.

* Think of running over the top: You don't want to let down here.

How Food Choices can Influence your Sleep

How your Sleep Patterns can be influenced by your Food Choices

When we sleep, we usually have periods of deep sleep and REM sleep (rapid eye movement). During deep sleep there is an increase in the release of growth hormone, responsible for the repair and recovery of muscle and tissue cells. This type of sleep also influences our immune response making deep sleep vital for optimal health and wellness. REM sleep is important for our mental and emotional wellbeing, our decision making and thought processes.

How much Sleep do you Need?

Sleep deprivation can have a profound affect on the body. Eight hours is optimal, seven hours is acceptable but less than six hours and you significantly increase the risk of impaired cognitive and/or motor function.

If you don't get enough sleep, you may not recover as well from exercise, increase the risk of illness and prolong recovery if you're already sick. It can also alter the levels of the hormones that affect your appetite and influence the way we process and store carbohydrates. Together, these increase your risk of becoming overweight and all the problems that are associated with it.

Sleep deprivation can also cloud your judgment, increasing the likelihood of making mistakes. Did you know that fatigue was a major factor in the Three Mile Island disaster in 1979, Chernobyl in 1986, and the disastrous launch of the Challenger in 1986.....food for thought isn't it, especially given that many outdoor activities, particularly those around water and mountaineering rely heavily on people being 'on the ball'.

How to get a Better Nights Sleep

The nutrient that has the biggest impact on the quality and quantity of sleep is caffeine. Caffeine present in tea, coffee, energy drinks, some vitamin waters and soft drink, has an extremely long half-life of between six to eight hours. That means that it takes approximately 6-8 hours for half of the caffeine to be metabolized in the body.

Because caffeine is a stimulant and works on your central nervous system, it will, if taken at the wrong time, affect your sleep patterns. When this happens you are more likely to be tired throughout the next day and use caffeine as a 'pick me up' and a vicious cycle begins.

I can certainly appreciate that some people just can't go without their morning coffee but my best advice would be to aim to make your afternoons "caffeine free" (i.e. consume no caffeinated beverages after lunch).

* * * *

How Iron Deficiency Impairs Performance

How Iron Deficiency Influence Athletic Performance

Iron plays a central role in carrying oxygen in the blood stream and is essential in ensuring optimal performance and recovery. If your diet is low in iron, this may lead to depleted iron stores and even iron deficiency which will inevitably negatively influence your performance.

How Iron Deficiency Influences Athletic Performance and Recovery

Iron helps transport oxygen so the less you have, then the less oxygen you can get to your muscles and consequently the less energy you will have. Iron is also important in maintaining a healthy immune system, so if you're trying to avoid illness then making sure you are eating well is a good start.

Where do I find my Iron?

Lean beef and lamb are a great source of iron and offer nutritional qualities essential to our diet, especially if you are active. To help reduce the likelihood of your iron stores running low, you should aim to eat lean beef or lamb three to four times per week.

One of the biggest misconceptions about both beef and lamb is that they are high in fat, however when visible fat is trimmed off they become very low in saturated fat (that's the bad stuff) and cholesterol.

Foods that are high in vitamin C help the absorption of iron and compounds called tannins found in things like tea, will inhibit iron absorption. So if you a keen tea drinker, try not and have it around meals times

Some people may tell you 'just take a supplement and you'll be right', however it's important to remember that a healthy diet will always provide more nutrients than anything taken from a bottle. For example, lean beef and lamb is also a great source of protein, zinc and vitamin B12. All of these are vital in maintaining good health so you can continue to enjoy competing and training with your mates.

Editor's Note:

These two articles have been reproduced with kind permission from Kath Fouhy, Pulse Personal Training, Wellington.

Pulse

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HEALTH

SLEEP BETTER, LIVE LONGER

Sleep disorders are common, and may be a very real health hazard. There are many reasons why sleep patterns can be disturbed, but the good news is that in most cases help is available.

For plenty of people, getting a good night's sleep is like searching for Willy Wonka's golden ticket - a rare and desperately coveted thing. It's often the case that you don't know how good it is till it's gone. Any insomniac, new mum, or light sleeper with a thunderously snoring bed companion will attest to that.

Humans need sleep; the better it is the better we are. Research shows that those who enjoy good quality sleep live longer. Our mood, memory and concentration all benefit. We feel rejuvenated, alert and less likely to have accidents. While we are asleep, our body has a chance to rest and repair; studies have shown that sleep can even help with wound healing.

Since the turn of the 20th century we've been getting by on increasingly less sleep. Around 1900, the average person slept more than nine hours a night; in the 1940s it was eight hours, and in the last decade it has dropped to an average of under seven hours. A combination of busy lifestyles, longer working hours and the pervasive influence of television and computers in the home, means we go to bed later and often take longer to unwind.

So how much sleep do we actually need? The consensus seems to be that around eight hours is optimal. A 2002 study that compared death rates for more than a million American adults who, as part of a study on cancer prevention, reported their average nightly amount of sleep, garnered some surprising results. Those people who reported sleeping between six and a half and seven and a half hours a night had the lowest rates of mortality, whereas those who slept for less than six and a half hours or more than eight hours a night didn't live as long. The findings seem to suggest that there is just as much risk associated with sleeping too much as with sleeping too little.

In a remarkably honest admission, the author of the report admitted he didn't understand the reason behind the results, but did point out that both too little sleep and too much sleep are associated with many illnesses, and factors such as depression, obesity and heart disease more than likely had a part to play.

Of course, it's not just about the quantity of sleep we are getting; the quality matters too. Eight hours of sleep during the day is not equivalent to eight hours sleep at night. The quality of sleep during the day is inefficient in comparison because it's not synchronised with our natural circadian rhythms. We have an internal clock that gives us our cues when it's time to sleep and time to wake up. This inner timekeeper is sensitive to light, the time of day and our core body temperature, and works in tandem with adenosine, a neurotransmitter that builds up during the

day as our bodies burn energy. The more adenosine that builds up in the brain, the sleepier a person will feel.

Our sleep timing is also controlled by sleep-wake homeostasis: the longer it is since we last slept, the more tired we become, and this, balanced against the circadian element, results in effective sleep.

During the night, our body goes through a series of sleep cycles. The average adult experiences four to five full sleep cycles over an eight-hour period. Each cycle lasts about 90 to 110 minutes and comprises five different stages. Stages one to four are non-REM sleep. During stage one of your sleep cycle, you sleep lightly; in stage two, your sleep gets progressively deeper. At stages three and four, you sleep most heavily. Stage five, known as REM (rapid eye movement) sleep, is marked by significant physiological changes; accelerated respiration, increased brain activity, rapid eye movement and muscle relaxation. People dream most actively during REM sleep.

Exercise, diet, medications, drugs or alcohol, stress, sleep disorders and sleep deprivation are all factors that can influence sleep cycles. Age and gender can also play a role - women tend to sleep more soundly than men and, as we age, we sleep more restlessly.

Sleep patterns can vary hugely across cultures too. One of the most significant differences is between cultures that have access to artificial light and those that don't. Here in New Zealand we flick on the switch when it gets dark and continue working, cooking or watching television until we decide it's time to go to bed. Then we'll sleep in a concentrated burst until morning. Societies without access to artificial light generally have more broken sleep patterns.

They'll often go to sleep shortly after the sun has set and then wake during the night, sometimes for several hours.

The siesta is popular in the Mediterranean and Central America, and some studies have suggested these regular afternoon naps are good for the heart. Researchers at Harvard and the University of Athens Medical School conducted a six-year study of nearly 24,000 Greek adults, finding that those who took midday naps on a regular basis (around 20 minutes at least three times a week) decreased their risk of dying from heart disease by more than a third. It is thought napping helps people to relax, gives them time out from work and reduces their stress levels - all good measures for keeping hearts healthy.

Sleep Deprivation

There's a reason why sleep deprivation is used as a method of torture. Not being able to go to sleep when you are mind-bogglingly, earth-shatteringly exhausted is almost tantamount to physical pain. After a bad night's sleep we are drowsy, grumpy and have trouble concentrating, which in turn affects our productivity. Studies have shown that our cognitive performance seriously declines with six or fewer hours of sleep.

Continued on next page

Continued from previous page

For those who experience long-term chronic sleep deprivation the news is even worse.

Over time, our bodies become more vulnerable to infection and disease because our immune system is compromised, and there is an increased risk of obesity, diabetes and heart disease.

I've been reliably informed that I'm an occasional snorer, nothing dramatic, just a gentle Darth Vader rattle that isn't quite loud enough to wake anyone.

But there are those who have it far worse and Dr Alex Bartle, director of the Sleep Well Clinics (there are five throughout the country), sees some of them every day. He says many of those coming to the clinics do so because their partners, tired of having to sleep in another room, tell them to get it sorted.

Sleep apnoea, a condition that occurs when a sleeping person's breathing is interrupted, thus interrupting the normal sleep cycle, is one of the most common sleep disorders Dr Bartle sees. It can affect anyone of either gender and at any age, but is particularly prevalent in overweight males.

There are two types of sleep apnoea. The obstructive form is where some part of the sleeper's respiratory tract loses muscle tone and partially collapses. Often the following day the person does not remember waking up or having difficulty breathing, but they do feel very sleepy. The other type is central sleep apnoea, which interrupts the normal breathing stimulus of the central nervous system, and the individual must actually wake up to resume breathing. This can happen several hundred times a night. Left untreated, this form of apnoea can lead to a cerebral vascular condition, congestive heart failure and premature aging.

Insomnia, when people have difficulty initiating or maintaining sleep - or both - is another very common condition. Dr Bartle says insomnia is often caused by stress and anxiety, although a person's lifestyle can also play a role. Frequently, he says, people come to the clinic thinking they have insomnia when they actually have periodic limb movement disorder (otherwise known as restless leg syndrome). Symptoms include a crawling, itching sensation in the lower legs and, when a person has fallen asleep, the constant involuntary muscle twitches cause arousal in the brain, compromising the quality of sleep.

Research indicates that sleep-related disorders reduce quality of life for an estimated 240,000 New Zealanders, but only a small percentage of people ever seek treatment. "Sleep is important. It's not something we should be trying to skip on," says Dr Bartle. "We should be asking more questions. There are usually ways that any sleep problem can be helped, so enquire about it and follow it up. So your dad snores like a train, stops breathing and keeps waking up? That's not normal."

* * * *

Why is it that if someone tells you that there are 1 billion stars in the universe you will believe them but if they tell you a wall has wet paint you will have to touch it to be sure?

TAP YOUR INNER RUNNER

Winning the mental battle to hit the road

Focus on Time, Not Distance

Thinking in terms of mileage may seem overwhelming. Instead, commit to a set number of minutes. Time goals allow you just to be out there, without the pressure of feeling like you have to cover a specific distance.

Listen to Negative Feelings

Rather than trying to block out discomfort and negative thoughts, recognise them and try to find a solution. Focusing on what you're feeling can help you find a productive way to alleviate it - whether it's changing your form or taking a walk break.

Think Ahead

When running is the last thing you want to do, remember how good you feel afterward. That memory alone can get you out the door.

Reward Yourself

On Monday, promise yourself a treat that weekend for accomplishing your week's running goals. Ice cream tastes better when it's earned.

Set Goals the Night Before

Not all goals need to be big or long-term. Think about what you want to achieve on tomorrow's run. Seal the commitment by writing down how long you'd like to go.

* * * *

STUMBLING BLOCKS

Common nutrition mistakes that trip up runners

Making Energy Bars a Meal

High in sugar and low in fibre, energy bars are perfect on long runs, but not ideal for weight loss. They won't keep you full for long, making it likely you'll overeat at your next meal.

Overdoing Sports Drinks

Sports drinks are high in energy and meant to provide fuel for running an hour or longer, or if you're working out at a high intensity for at least 45 minutes. Otherwise, water or a low-carb sports drink is your best option.

Not Fuelling Up Mid-Run

You have 90-100 minutes of carbs in your system. Run longer without mid-run fuel and you'll hit the wall, which won't help you lose weight. Consume 30 to 60 grams of carbs (try a sports drink or gel) for every hour you exercise to keep energy levels high.

Overeating Post-Workout

Runners know they need recovery fuel after a workout, but they often overestimate how many kilojoules they burn, which leads to overeating. If you do an easy workout that's 45 minutes or less, you don't have to eat like you've run a marathon.



Vege Patties with Herbed Yoghurt

Ingredients:

400g kumara, peeled and chopped
2 x 300g cans chickpeas, drained and rinsed
3 teaspoons ground coriander
1 1/2 teaspoons smoked paprika
3/4 cup fresh breadcrumbs
1/4 cup chopped fresh coriander
1/4 cup chopped fresh mint
1/2 cup low-fat Greek yoghurt

Method:

Step 1: Boil kumara for 10 minutes or until tender. Drain well. Add chickpeas, coriander, paprika, breadcrumbs and half the fresh coriander. Mash well to combine.

Step 2: Shape 1/2 cupfuls of mixture into 8 patties. Spray with oil. Cook in a non-stick pan over a medium-high heat for 3 minutes on each side or until golden.

Step 3: Meanwhile, combine mint, yoghurt and remaining fresh coriander in a bowl. Serve 2 patties with green salad and a dollop of herbed yoghurt.

Preparation time: 25 minutes - Serves 4.

and for something sweet....

Nectarine and Plum Compote

Ingredients:

2 nectarines, stones removed, sliced
6 plums, stones removed, sliced
225ml orange juice
1/4 - 1/2 teaspoon ground ginger
4 tablespoons reduced sugar apricot jam
2-3 teaspoons cornflour

Method:

Step 1: Place fruit in a pan with juice, ginger and jam.

Step 2: Cook over a gentle heat until jam becomes liquid and fruit softens.

Step 3: Mix cornflour with a little of the hot liquid to form a paste. Return paste to pan and stir until mixture is thickened. Serve with a scoop of vanilla ice cream.

Tip: Vary the compote thickness by adding less or more cornflour. Served with a low-fat yoghurt, this compote is perfect for breakfast. For a variation, use peaches or apricots.

Preparation time: 25 minutes - Serves 4.

* * * *

New Zealand Earthquake

Hello Ladies and Gentlemen

I write to convey my personal condolences to you on the terrible tragedy that has again struck Christchurch. I have been watching the live coverage on television and am shocked at the extent of the damage and destruction that has occurred in the beautiful city of Christchurch. In 2006 this was the venue of one of the most enjoyable Oceania Regional competitions that I have attended and I had the opportunity to visit the cathedral that now lies in ruin and view many other places in the city that has been so severely damaged.

I hope that New Zealand Masters members have escaped the suffering and damage and wish them all well as they move into the recovery stage of this disaster.

I have forwarded an expression of support to Mike Waddell on behalf of the WMA and can assure you that the Masters Athletics Community is thinking of you all at this time.

My sincere regards
Stan Perkins
WMA President

* * * *

DIVORCE versus MURDER

A nice, calm and respectable lady went into the pharmacy, walked up to the pharmacist, looked straight into his eyes and said, "I'd like to buy some cyanide."

The pharmacist asked, "Why in the world do you need cyanide?"

The lady replied, "I need it to poison my husband."

The pharmacist's eyes got big and he explained "Lord have mercy! I can't give you cyanide to kill your husband, that's against the law! I'll lose my licence! They'll throw both of us in jail! All kinds of bad things will happen. Absolutely not! You CANNOT have any cyanide!"

The lady reached into her purse and pulled out a picture of her husband in bed with the pharmacist's wife.

The pharmacist looked at the picture and said, "You didn't tell me you had a prescription!"

WALKING ARTICLES REQUIRED

I don't seem to have any problems locating articles and relevant information relating to running and health, but where I do seem to come unstuck is obtaining suitable material relating to walkers. If any members, (especially the walking fraternity) have any material that they feel is well suited to walking, or could be of interest to other members, then please send it to me so that I can include it in upcoming issues of the Master Copy.

Of course any articles are greatly received - no matter what the topic!

Your help is greatly appreciated.

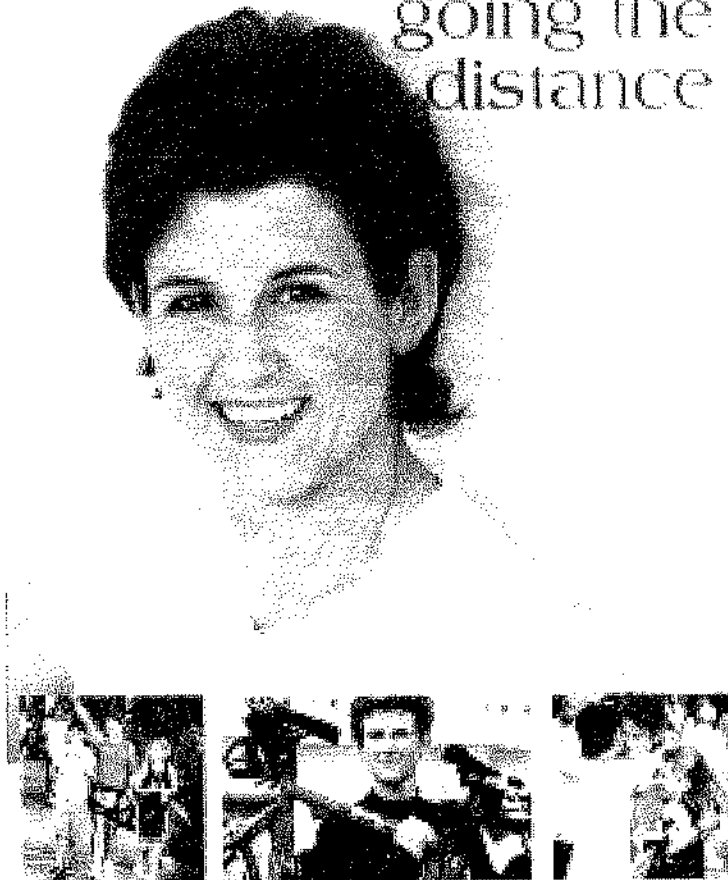
John Palmer - Editor

* BOOK REVIEW *

Late last year I found this book in a sale at Whitcoulls. It is an amazing story of a person who had reached the depths of despair - this book is all about how Tracey Richardson turned her life around - a wonderful motivational story. - (Editor).

tracey richardson

going the
distance



Published by Random House, 18 Polond Road, Glenfield, Auckland.

www.randomhouse.co.nz

Contains 12 Chapters over 206 pages with two sections of coloured photos.

ISBN 1 86941 742 9

Training in your Target Heart Rate Zone

How to use your Heart Rate to Train more Effectively

For years fitness professionals, exercise enthusiasts and athletes, have used Target Heart Rate Zones as an easy and objective method to quantify and monitor training intensity.

Using your Target Heart Rate Zone when exercising can help you maintain your own best pace - not so hard that it hurts and not so slow that you don't get results.

To calculate your Target Heart Rate Zone you must first determine your Heart Rate Max (HRM). This can be done by subtracting your age from 220. To determine your zone you then multiply your HRM by the percentage range relevant to the zone you intend to train in.

Heart Rate Max (HRM) = 220 - Age = _____ x % Training Heart Rate Zone.

How to determine your Heart Rate Training Zone

There are 5 distinct heart-rate training zones, each of which are believed to incite a different training response. The one that best suits you depends on your current level of fitness and your training goals.

Healthy Heart Zone (Warm Up) 50-60%HRM. This is the best zone for people starting out with their fitness programme, as it is not too strenuous and carries a low risk of injury. It is also a safe zone to stay in if you have high blood pressure or a history of heart disease. Consistently holding this level of intensity for 30 minutes most days, has been shown to reduce body fat, blood pressure, cholesterol and the risk of degenerative disease.

Fat Burning Zone (Weight Management) 60-70%HRM. If you are slightly overweight and relatively inactive this is the best zone for you, as it will permit you to exercise at a steady pace for long periods. This zone provides the same benefits as the healthy heart zone, but is more intense and burns more total calories (85% from fat).

There is some debate as to whether or not there is a magic "Fat Burning Zone" however evidence suggests that a greater percentage of fat is burned in Zone 2 than in the more intense Zone 3. For successful long-term weight management, the most important thing is consistent calorie burning. In other words, exercise as long as you can, as frequently as you can, at a level you find comfortable.

Fitness Zone (Aerobic Conditioning) 70-80%HRM. This zone is right for you if you want to improve your cardiovascular and respiratory condition. This is not a zone for you to start out in, if up until now you have been relatively sedentary. If you're fairly fit and want to maintain or improve your current level of fitness then this will be your preferred training zone. In this zone it is estimated that 50% of your calories burnt are from fat stores.

Athletic Performance Zone (Anaerobic Conditioning) 80-90%HRM. Training in this zone puts a lot of stress on you and should not be done unless you have a solid base of fitness. The aim of working in this zone is to improve your VO2 max, teaching your body to better tolerate lactic acid build up and fight fatigue. This is ideal for sport specific training and should be included in any performance conditioning programme.

Red Line (Maximum Effort) 90-100%HRM. You should only train in this zone if you are in very good shape and have been cleared by a physician to do so. Although this zone burns the highest number of calories, it is very intense and so most people can only train in this zone for a very short period of time.

How to determine your heart rate?

Polar Heart Rate Monitors offer the most convenient and accurate way to monitor your heart rate. Certain models even allow you to pre-programme your Target Training Zones, with the monitor emitting audible cues when you fall out of your zone.

An alternative is to take your pulse from your carotid artery. Count the number of beats you feel over a period of 10 seconds then multiply this figure by 6 to get your heart rate. You can count for a longer period of time to get a more accurate reading but be sure to be consistent in your method.

Editor's Note:

This article has been reproduced with kind permission from Hamish Abbie, Pulse Personal Training, Wellington.

Pulse
PERSONAL TRAINING

Hamish Abbie
Head Trainer - Pulse Personal Training
w. www.PulsePT.co.nz
p. 04 499 9955

* * * * *

A lady goes to her priest one day and tells him, 'Father, I have a problem. I have two female parrots, but they only know to say one thing.'

'What do they say?' the priest asked.

They say, 'Hi, we're hookers! Do you want to have some fun?'

'That's obscene!' the priest exclaimed, then he thought for a moment....

'You know,' he said, 'I may have a solution to your problem. I have two male talking parrots, which I have taught to pray and read the Bible... bring your two parrots over to my house and we'll put them in the cage with Francis and Peter. My parrots can teach your parrots to pray and worship and your parrots are sure to stop saying that phrase in no time.'

'Thank you,' the woman responded, 'this may very well be the solution.' so the next day she brought her female parrots to the priest's house....

His two male parrots were holding rosary beads & praying... Impressed she walked over and placed her parrots in with them. After a few minutes, the female parrots cried out in unison: Hi, we're hookers! Do you want to have some fun?'

There was stunned silence...

Shocked, one male parrot looked over at the other male parrot and says 'Put the beads away, Frank, our prayers have been answered!'

A Runner's Guide to Good Health

MEDITERRANEAN CUISINE is not only one of the most flavourful diets in the world, but - thanks to a wealth of delicious, fresh ingredients - it is also one of the healthiest. Make sure you include some of these staples in your own diet.

1. TOMATOES

Bright red tomatoes get their colour from an antioxidant called Lycopene. Research has linked diets abundant in tomatoes to lower cancer rates. Refrigeration diminishes their flavour, so store fresh tomatoes at room temperature.

2. WINE

Research shows drinking moderate amounts of alcohol (such as red or white wine) with a meal can help lower your risk of developing heart disease and diabetes.

3. LEAFY GREENS

Arugula, mustard greens, and other leafy greens are great sources of fibre and antioxidant vitamins, such as beta-carotene and vitamin C. Mediterranean cuisines feature leafy greens in many ways, from simple salads to the quintessential Greek spinach pie spanakopita.

4. PASTA

Whole-wheat pasta has a lower glycemic index (or GI) than "white" pasta. This is the key for anyone at risk of diabetes, since low GI foods keep blood-sugar levels from spiking. With either pasta, including vegetables and unsaturated fats (like olive oil) also lowers a meal's GI.

5. FRUIT

Most Mediterranean cuisines serve fruit for dessert, from figs stuffed with mascarpone to strawberries and mangoes in sweet wine. Low in kilojoules, fruit is high in fibre, vitamins A and C, essential minerals such as potassium and magnesium.

6. FISH

A source of lean protein, fish is also plentiful in omega-3s. These fats protect against abnormal heart rhythms and reduce inflammation, which may help runners recover faster. Fish that are rich in omega-3s include salmon, mackerel, herring, tuna, sardines, and lake trout.

7. BEANS

Whether dried or canned, beans provide a generous amount of fibre and plant-based protein, making them a healthy alternative to meat in everything from soups

to casseroles. The classic Italian dish pasta fagioli combines beans and pomodoro sauce.

8. BROCCOLI

In addition to abundant fibre and antioxidant vitamins, broccoli and its cruciferous cousins - including cabbage, cauliflower, and Brussels sprouts - contain cancer-fighting substances called isothiocyanates.

9. CAPSICUMS

Red, yellow, green, and even chocolate-coloured, capsicums add a painter's palette of colours to meals - along with a healthy dose of vitamins A and C. Roasting or grilling intensifies their flavour and gives them a creamy texture.

10. GARLIC

Garlic helps keep total cholesterol and blood pressure down. Different varieties taste different, so experiment to find ones you like. Store garlic away from heat and the sunlight to prevent it from sprouting.

* * * *

MEMBERSHIP

At the time of going to press, our membership stands at 77. Welcome to new members:

Ralph Tonks, Capital Runners;
Jonathon Harper, Scottish;
Bill Childs, WMC;
Jacqueline Wilson, Trentham United;
Margaret Bray, Scottish;
Robyn McArthur, Scottish;
Darren Day, WHAC;
William Twiss, Scottish; and
Graham McPhail, Kiwi.

* * * *

COLOUR PATCHES

The following are the colour patches for each Master's age group and should be worn when competing at Championship events.

| | |
|-------------------|------------|
| 30+ Light blue | 70+ Lilac |
| 35+ Light Green | 75+ Maroon |
| 40+ Gold | 80+ Orange |
| 45+ Black | 85+ White |
| 50+ Red | 90+ Brown |
| 55+ Emerald Green | |
| 60+ Royal Blue | |
| 65+ Yellow | |

*** SOCIAL EVENT ***

*** MYSTERY CAR RALLY**

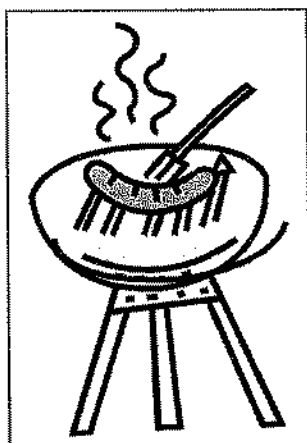
*** FUN RUN**

*** BARBECUE**

SUNDAY 27th MARCH 2011

Start 2pm at the Plimmerton Weigh Station with a Car Rally ending at the Otaki Beach Surf Club on Beach Road.

At approx 4 pm there will be a 5km Fun Run followed by a Barbecue (area has been booked).



All facilities required are in this area - changing rooms, toilets, grass area etc.

There will be no results, no fees (a gold coin donation to assist with the cost of the food would be appreciated), and no prizes.

Masters will supply the food but numbers attending would be appreciated.

Please contact Brian Watson, telephone 06 364 7758 or email cwtzimwatson.watson@gmail.com and let him know if you will be attending or if you require any more information about the event.

Obituary

CLEM GREEN

Members of both Masters and Wellington Scottish Athletics will be sad to learn that the death occurred in Christchurch recently of Clem Green. Clem and his family lived at the top of Hargreaves Street, next to the upper ground of Prince of Wales Park. From the late 1950s, they all became members of Scottish and Clem acted as de facto caretaker of our original club house on top of the bank at the southern end of the main ground. He was never one of our leading athletes, but won the Murphy Cup in the tough 20 mile cross country at Trentham three times: 1965, 1968 and 1971.

But it is in the Veterans/Masters side of athletics that he will be particularly remembered, being one of the founders of the movement in NZ. In the early 1970s he was part of a band of keen Vets running in Scottish who in 1971 organized the first (unofficial) vets champs at the NZ Cross Country Championships. In his role with the Education Department, he traveled a lot around NZ and made contact with many others interested in Vets activities, which led to the formation of the NZ Veterans Association. Once this was established, Clem put his energies in "spreading the gospel" further a field as his work also took him around the South Pacific. In 1972, Clem, Bruce Jenkins, Max Browne, Ted Taylor and their wives participated in nine Vets events across Australia, further cementing relationships and the expanding Vets organisation. This led to his participation in the World Veterans Association, their World Championships - together with quite large NZ contingents and ultimately leading roles in their administration. In 1989 he was elected a Life Member of Scottish.

His efforts for Veterans - now Masters - were rewarded over the years with a number of honours: Life Member, then Patron NZ Masters Assn., Patron Oceania Masters Assn., Life Vice President World Masters Assn. and from the Queen a QSM. In retirement, he moved to Duvauvache on Banks Peninsula, at the last change on the Takahē-Akarōa Relay. Each open year he would be at the changeover wearing his gold Scottish top to support our teams. In recent years he moved to a rest home in Christchurch. We salute his memory and the contribution Clem made to our sport - both for Scottish and the wider Veteran's movement.

Article courtesy Scottish website.

* * * *



Kind sponsor and printer of "The Master Copy" magazine

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Telephone: 04 576 5151

Please support our sponsor whenever possible

THE SPUD REPORT

Make nutrient-packed meals with this overlooked carb.

Some runners dismiss the lowly potato as little more than a fattening carb source, but the truth is spuds are full of key nutrients that boost performance, trim waistlines, and even help ward off cancer. Stock up on different varieties for an array of nutrients, and store potatoes in a cool, dark, dry cabinet.

Replenish Carbs - One large baked potato contains 37 grams of carbohydrate - or about 10 per cent of most runner's daily needs - that readily enters the bloodstream and quickly restocks spent glycogen stores.

Boost Fibre - The type of fibre in potatoes keeps your intestinal-tract muscles working and blocks a small amount of kilojoule absorption. In fact, research shows men and women who eat fibre from vegetables such as potatoes have less body fat and smaller waists.

Speed Recovery - Red and purple-fleshed potatoes get their colour from antioxidants, such as procyanidins, zeaxanthin, and lutein. These powerful pigments help stave off cancer and age-related vision loss. Potatoes also contain antioxidants similar to those in broccoli and spinach, which may aid in recovery from tough runs.

Help Your Heart - A single potato provides a hefty dose of potassium and 35 per cent of your daily vitamin C needs. Vitamin C and potassium are both important for healthy heart function.

* * * *

60 MINUTES

People who exercise for an hour a day are 18 per cent less likely to suffer upper respiratory-tract infections than those who are inactive, according to a study from Sweden. Moderate activity boosts immunity.

Retirement

Five Retirement Focal Points

Health

Living longer lives, as we are, there's more potential for parts of us to wear out or act up. Regular medical check-ups are important, keeping up with must-do checks like prostate (PSA) tests for men and mammograms and cervical smears for women. Also, keep tabs on blood pressure, cholesterol levels, eyesight and hearing. And have your skin checked out professionally - for now is when your skin might be showing the long-term effect of all the days you spent unprotected in the sun in those long-ago endless summers. Mental health is also crucial. Keep learning; stay involved in interests and causes. Volunteering and mentoring can bring huge satisfaction.

Fitness

A strong and supple body aids your general health, maintains good balance and movement, and also makes life more fun. Now you can do the things you didn't have time for before - such as walk New Zealand's fabled bush tracks, swim well enough to compete in masters' events, carve down your golf handicap, go dancing, or play a cracking good tennis match. Your local gym will welcome you. If your joints are giving you trouble take up low-impact exercise like tai chi, pilates or yoga, all of which are brilliant for increasing body strength and improving posture.

Relationships

Retirement is a new phase. If you're in a long-term relationship you now get to spend much more time together. Some love it; other find it difficult to adjust, especially if one partner (often the man) suddenly no longer has work to get immersed in, and the other feels their space is being invaded. You'll need to talk a lot about how best to negotiate this stage of life. It's important for you both to have your own interests and independent time. Singles find friends more important than ever. And for lonely singles, late-life love can be on the cards.

Finances

If you can, keep working part-time - it is good for both cash flow and self esteem.

If you've set up a trust, make sure it's properly run - keep accurate records and make sure IRD returns are up to date.

Balance the health insurance cover you receive with a cost that is manageable. To review your health insurance cover and discuss the best options for you, contact your health provider.

Update your will. Now is the time to set up an Enduring Power of Attorney, giving someone you trust the power to look after your affairs if in the future you can't do it yourself.

When considering investment advice, check that your advisor is a Certified Financial Planner, and a member of the Institute of Financial Advisers (IFA). Think about risk and return before you put precious cash into any investment.

Fun

With everything to consider, it's easy to get too serious. So aim for fun! Your family's grown up and you're on your own, with a limited number of years of good health and reasonable funds left. If there's a trip you've long wanted to take, and you can afford it, then say yes and do it now. Otherwise, maybe flee the suburbs for a city apartment, move to the country, learn how to sail, or ride a Harley - maybe next year will be too late. The right time is now.

* * * *

THINGS TO PONDER

1. Is it good if a vacuum really sucks?
2. Why is the third hand on a watch called the second hand?
3. If a word is misspelled in the dictionary, how would we ever know?
4. If Webster wrote the first dictionary, where did he find the words?
5. Why do we say something is out of whack? What is a whack?
6. Why does "slow down" and "slow up" mean the same thing?
7. Why does "fat chance" and "slim chance" mean the same thing?
8. Why do "tug" boats push their barges?
9. Why do we sing "Take me out to the ball game" when we are already there?
10. Why are they called "stands" when they are made for sitting?
11. Why is it called "after dark" when it really is "after light"?
12. Doesn't "expecting the unexpected" make the unexpected expected?
13. Why are a "wise man" and a "wise guy" opposites?
14. Why do "overlook" and "oversee" mean opposite things?

WELLINGTON MASTERS T&F CHAMPIONSHIPS -- 2011 RESULTS

| Grade | Name | Result | Wind | Grade | Name | Result | |
|------------------------------|------------------|----------|------|-----------------------------|------------------|----------|------|
| Day 1 (5th February): | | | | High Jump | | | |
| 100m | | | | M40 | John Turner | 1.60 | |
| M40 | Rod Plimmer | 12.50 | 2.7 | Day 2 (12 February): | | | |
| | John Turner | 12.55 | 2.7 | 10,000m | | | |
| M45 | Mike Baxter | 13.57 | 2.7 | M65 | Dougal Congalton | 50:54.24 | |
| M65 | David Trow | 16.94 | 2.7 | 500m Track Walk | | | |
| M70 | Peter Hanson | 16.76 | 2.7 | W50 | Terri Grimmett | 32:16.69 | |
| M75 | Jack Powell | 18.80 | 2.7 | W65 | Daphne Jones | 37:18.03 | |
| 800m | | | | M55 | Phillip Grimmett | 32:37.65 | |
| W55 | Jenny McDonald | 2:37.55 | | M60 | Peter Baillie | 26:47.46 | |
| M55 | Richard Brent | 2:23.25 | | Day 3 (19 February): | | | |
| M60 | Jonathon Harper | 2:41.46 | | 100m | | | |
| M65 | David Trow | 4:10.17 | | W70 | Judy Hammond | 17.68 | 0.3 |
| M80 | Michael Browne | 4:10.24 | | 200m | | | |
| 5000m | | | | M40 | Rod Plimmer | 25.52 | 0.8 |
| M40 | Grant McLean | 15:46.31 | | M50 | Gary Rawson | 26.22 | 0.8 |
| | Colin Price | 19:10.84 | | M65 | David Trow | 34.7 | -1.7 |
| M45 | Neil Price | 20:22.87 | | M75 | Jack Powell | 39.58 | -1.7 |
| M65 | Dougal Congalton | 31:39.88 | | 400m | | | |
| M70 | John Hines | 39:04.00 | HT | M65 | David Trow | 1:14.93 | |
| M80 | Michael Browne | 32:02.60 | | M75 | Jack Powell | 1:40.29 | |
| 110m Hurdles | | | | 1500m | | | |
| M40 | John Turner | 20:47 | 1.8 | W55 | Jenny McDonald | 5:14.04 | |
| Triple Jump | | | | M40 | William Twiss | 4:36.70 | |
| M40 | Rod Plimmer | 10.55 | 0.4 | | Murray Peebles | 4:54.82 | |
| M70 | Peter Hanson | 6.27 | 1.8 | M60 | Jonathon Harper | 5:23.19 | |
| Shot Put | | | | M80 | Michael Browne | 8:29.48 | |
| W40 | Michelle Ward | 8.69 | | 3000m | | | |
| W80 | Colleena Blair | 5.46 | | W60 | Bernie Portenski | 11:0.10 | |
| M45 | Mike Baxter | 7.67 | | M40 | Murray Peebles | 10:34.45 | |
| M60 | Peter Jack | 5.03 | | M55 | Richard Brent | 10:48.10 | |
| M70 | Peter Hanson | 7.82 | | Long Jump | | | |
| M75 | Jim Blair | 7.40 | | W70 | Judy Hammond | 2.94m | 0.0 |
| Discus | | | | M40 | Rod Plimmer | 5.20m | 0.1 |
| W40 | Michelle Ward | 25.57 | | M45 | Mike Baxter | 4.87m | 0.3 |
| W80 | Colleena Blair | 12.78 | | | Mark Macfarlane | 4.56m | 0.8 |
| M40 | Rod Plimmer | 22.72 | | M50 | Gary Rawson | 4.67m | 0.1 |
| M45 | Mike Baxter | 24.26 | | Shot Put | | | |
| M60 | Peter Jack | 14.47 | | W70 | Judy Hammond | 5.45 | |
| M75 | Jim Blair | 23.79 | | Discus | | | |
| Javelin | | | | M40 | Rod Plimmer | 24.75 | |
| W40 | Michelle Ward | 15.29 | | M50 | Gary Rawson | 28.48 | |
| W80 | Colleena Blair | 9.00 | | M60 | Peter Jack | 13.71 | |
| M45 | Mike Baxter | 22.23 | | M75 | Jim Blair | 23.14 | |
| M75 | Jim Blair | 20.79 | | Javelin | | | |
| Hammer | | | | W70 | Judy Hammond | 13.39 | |
| W40 | Michelle Ward | 20.51 | | M40 | Rod Plimmer | 33.33 | |
| W80 | Colleena Blair | 13.29 | | M45 | Mike Baxter | 29.22 | |
| M45 | Mike Baxter | 17.47 | | M50 | Gary Rawson | 33.09 | |
| M60 | Peter Jack | 17.64 | | M60 | Peter Jack | 11.42 | |
| M75 | Jim Blair | 18.91 | | M75 | Jim Blair | 22.09 | |
| Weight Throw | | | | 2000m Steeplechase | | | |
| W40 | Michelle Ward | 9.44 | | M70 | Peter Hanson | 11:32.80 | |
| W80 | Colleena Blair | 5.22 | | 300m Hurdles | | | |
| M45 | Mike Baxter | 6.29 | | M70 | Peter Hanson | 1:07.80 | |
| M75 | Jim Blair | 8.29 | | 1500m Track Walk | | | |
| 1500m Track Walk | | | | W50 | Robyn McArthur | 8:35.44 | |
| W50 | Robyn McArthur | 8:35.44 | | | Terri Grimmett | 8:54.42 | |
| | Terri Grimmett | 8:54.42 | | W60 | Barbara Tucker | 9:44.17 | |
| W60 | Barbara Tucker | 9:44.17 | | | Margaret Bray | 13:14.98 | |
| | Margaret Bray | 13:14.98 | | W65 | Daphne Jones | 9:53.35 | |
| W65 | Daphne Jones | 9:53.35 | | M55 | Phillip Grimmett | 8:59.84 | |
| M55 | Phillip Grimmett | 8:59.84 | | M60 | Peter Baillie | 7:30.99 | |
| M60 | Peter Baillie | 7:30.99 | | | | | |

These results were sourced from the Athletics Wellington website. The only record that I have confirmation of is the one set by Bernie Portenski in the 3000m, but I have a feeling that there may have been Wellington Masters records set in the 1500m Walk by Robyn McArthur W50; Barbara Tucker W60; Daphne Jones W65; Peter Baillie M60 and Michael Browne M80 in the 800m. My apologies if this is not correct and if I have omitted anyone's name who may have set a record. I found these names on the Scottish Harriers website. -- Editor.

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 |
| 2008 | Jim Blair |
| 2009 | Grant McLean |
| 2010 | Anne Hare |

* * * *

Keep Moving - Watch Your Form

RUNNING is a natural movement, so good running form should feel natural. Some of the best runners in the world have terrible form! But that's not to say that you shouldn't strive to start out with good posture habits.

Head - Keep it up - your eyes should be looking ahead. Keep your chin up and back, not dropped toward your chest or jutting out in front of you.

Shoulders - One word: relaxed. Many runners tense their shoulders so they creep towards their ears. This causes fatigue and slows you down. Shake out your arms and keep your shoulders low and loose.

Arms - Your legs do what your arms tell them to do, so you want your arm swing to drive your legs forward in a nice straight line. That means swinging your arms forward and back, not across your body. Keep your elbows bent about 90 degrees and cup your hands into loose fists with fingers lightly touching your palms.

Torso - Run "tall", so your back is comfortably straight. Avoid leaning forward from the waist.

Hips - Pointed straight ahead and upright, not tilted forward or back.

Legs and Feet - Your feet should feel quick and light. You want to feel springy, like you're popping off the ground. Shorten your stride so your feet land directly underneath your body. Land on your heel to mid-foot and push off through the ball of your foot.

Keep Moving - Seek Inspiration

In the end, running should be fun; and even veteran runners use outside assistance to keep the fun factor high. Here's how they stay inspired.

Training Diary - A simple journal offers insight into how far you've come, what's working, what's not, and keeps you on track to meet your goals. Some items to consider recording:

- type of run (duration/kilometres/special workout);
- effort level;
- food and drink consumed before, during and after;
- weather; and
- how you felt.

Running Partners - According to researchers at Penn State University in the USA, having an exercise partner improves the odds that you'll stick with working out. Here's why: your run flies by when you are talking with a friend, and knowing a partner is waiting for you is great motivation to leave the comfort of your chair.

Music - If you've ever taken an aerobics class, you know the powerful effect music can have on performance. Certain types of music can help lower the perception of fatigue and enhance feelings of vigour and excitement. Just be sure to keep the volume low so you're aware of your surroundings.

Look the Part - The beauty of running is in its simplicity. All you need is a good pair of shoes. Go to a speciality running store where trained professionals will evaluate your feet, watch you run, recommend the right shoes, and then let you go out for a test drive. You'll leave with a comfortable pair of shoes that will have you running pain- and injury-free.

* * * *

Little Johnnie's neighbour had a baby.

Unfortunately, the baby was born without ears.

When mother and new baby came home from the hospital, Johnnie's family was invited over to see the baby.

Before they left their house, Little Johnnie's dad had a talk with him and explained that the baby had no ears.

His dad also told him that if he so much mentioned anything about the baby's missing ears or even said the word ears, he would get the smacking of his life when they came back home.

Little Johnnie told his dad he understood completely.

When Johnnie looked in the crib he said, "What a beautiful baby."

The mother said, "Why, thank you, Little Johnnie."

Johnnie said, "He has beautiful little feet and beautiful little hands, a cute little nose and really beautiful eyes. Can he see?"

"Yes", the mother replied, "we are so thankful; the Doctor said he will have 20/20 vision."

"That's great", said Little Johnnie, 'coz he'd be stuffed if he needed glasses".

- COMING EVENTS -

2011

Mar

4-7 NZ Masters T&F Championships Hastings

April

2 Avanti Rotorua to Taupo 100km Flyer (Cycle Race) Starts at Rotorua

18 115th Boston Marathon Boston

30 47th Lion Foundation Marathon, Half Marathon, 10k & 5km Rotorua

May

1 Nelson Shoe Clinic Half and Quarter Marathon Stoke, Nelson

8 Masters Classic Relay Trentham Memorial Park

June

5 Christchurch Full and Half Marathon and 10km Christchurch

19 Armstrong Motor Group Full & Half Marathon and 10km Westpac Stadium

July

2 North Island Cross Country Championships Taupo

2-3 33rd Gold Coast Full & Half Marathon & related events Gold Coast

17 Johnsonville 8km Road Race and Walk Olympic Clubrooms

Sept

Round Rarotonga Road Race Rarotonga

25 Tauranga City to Surf 12km Fun Run/Walk Tauranga

Oct

2 Lower Hutt 5 and 10km Yba

9 Melbourne Full and Half Marathon plus associated events Melbourne

Wairarapa Full and Half Marathon and 10km Masterton

Nov

12 Rimutaka Incline Run and Walk Kaitoke

13 Athens Marathon Greece

25-27 North Island Masters Track & Field Championships Newtown Park

2012

Feb Oceania Masters Athletics Championships Tauranga

2013

Mar 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-ordinators 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 2010/2011 YEAR
(1 September 2010 to 31 August 2011) = \$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**
and forward the completed form to Veronica Gould at the above or email to:
vgould@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