

THE MASTER COPY

Newsletter of the Wellington Masters Athletics Inc.

Volume 10 Issue 2

May 2011



The Scottish men's team after winning the Hamlin Trophy for the 1st Masters Men team at the Classic Relay held Sunday 8th May, Trentham Memorial Park. Pictured are Peter Wrigley, Michael Wray, Bill Twiss and Jonathon Harper. Absent: Paul Brydges.

Photo: Courtesy Scottish website.

Next Masters event:

Johnsonville 8km Road Run & Walk
Sunday 17th July

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.

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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

CAPITAL RUNNERS:		PO Box 1973, Wellington 6140	
H V HARRIERS:	Albert Van Veen	95 Kamahi Street, Stokes Valley, Lower Hutt 5019	563 8450
H V MARATHON:	Trevor Knowles	105 Major Drive, Kelson, Lower Hutt 5010	565 0294
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UNIVERSITY:	Richard Brandon	PO Box 6108, Wellington 6140	476 5758
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WGTN HARRIERS:	Neil Price	11 Hurman Street, Karori, Wellington 6012	476 6956
WGTN MARATHON:	Bruce Perry	Apt 512, 134 Burma Road, Johnsonville, Wellington 6037	
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

Classic Relay - Where to From Here?

The 26th Masters Classic Relay was held on Sunday 8th May at Trentham Memorial Park, and as in recent years the turnout was again low - one more team this year than had entered last year. It is difficult to know why the numbers have dropped over recent years, but looking at the number of events in the running programme for the Wellington Centre, those members who are affiliated to a harrier club, race Interclub on the Saturday as their loyalty to their club, and therefore pass when approached to join a team to take part in the Classic Relay as they have raced the previous day. It is not only the Interclub events but also the other events that are on that members choose to take part in - rather than supporting Masters and competing in the Relay. I also know that in past years some members have used Mother's Day as a reason not to take part.

It has been suggested and discussed at committee level to hold the Relay on another Sunday - other than Mother's Day. In the end the status quo is maintained and Mother's Day wins out again. Another reason why Mother's Day is retained is that the following week after the Relay, Trentham United Harriers make a booking (on behalf of Wellington Masters) for the use of Trentham Memorial Park for the following year so the event has somehow become cemented on Mother's Day.

This year while the relay was in progress, some members had a discussion about why the day isn't changed to another Sunday in an effort to attract more Master's teams, and also Open teams - as was introduced a few years back in an attempt to attract more participation. Up to now no Open teams have competed in the relay.

Members present at this year's event unanimously agreed that the event should be retained on the Masters calendar and not disappear as the Ruamahanga Relay did some years back, though the reason for the demise of this event was through other reasons, rather than lack of support. When asked at the prize giving if there were any objections to the committee again looking at changing the event from Mother's Day there were no objections to a change but in fact, unanimously endorsed a change away from Mother's Day. Trentham Harriers, as requested by the President and one or two other committee members present, have tentatively booked Mother's Day and the following Sunday for the 2012 event. The committee will make this decision at their next meeting and a confirmed booking will then be made.

If we can't increase the number of teams taking part, the committee is left with no option other than to consider dropping the Relay from the Masters programme. Some committee members put a lot of time into organising the relay and Trentham Harriers also spend a good deal of time setting out, and afterwards, taking up the course. Most of the events that we put on are self-funding and usually break even or make a small amount of profit. It then comes to the situation where the committee has to weigh up the organisational time spent and the number of athletes taking part and is the financial outlay and benefits worth persevering with the event.

I am sure that it won't come down to this decision, but all scenarios have to be examined.

Finally, "good luck" to all the Wellington Masters who are traveling to compete in the World Masters Athletics Championships at Sacramento in July.

John Palmer,

Editor

BITS and PIECES

RESULTS – WELLINGTON MASTERS T&F CHAMPIONSHIPS

In the results in the last issue of The Master Copy I inadvertently published the time for Dougal Congalton in the 5000m as 31.39.88. This should have read 21.39.9. I apologise for this oversight on my part.

Also from the track and field championships are the results for John Hines. He gave these to me after the championships and informed me that he walked by himself (as he had been officiating) and kept his own time in both races.

Saturday 5th February - 5000m = 39.38

Saturday 19th February - 3000m = 22.59

* * * * *

OBITUARY

Wellington stalwart Ian Priest died on Wednesday 13 April, aged 68.

Ian was a Life Member of Athletics Wellington and served a term as President. He was a Council member of Athletics New Zealand on four occasions representing Wellington at Athletics NZ AGM in 2002, 2003, 2007 and 2009.

Ian served on numerous committees of Athletics Wellington. He was secretary and chairman of the cross country and road committee and he was the officials coordinator and until recently held the key role of Wellington Centre registrar. He was heavily involved at the track making a valuable input into the electronic results system and pre-registration. He was an enthusiastic race director of popular events such as the Hutt River Trial races and the Aurora handicap marathon.

He was the president of the Aurora Harrier Club and president of the Petone Lions Club.

OBITUARY

On Tuesday 5th April 2011, long serving Wellington Centre official, Gary Amies passed away. His funeral was held in Lower Hutt.

* * * * *

Kapiti Duathlon Dates for 2011

The dates are June 5, July 31 and September 18. The June event will be on the current course from Mazengarb Park, Paraparaumu commencing at 9.00am. The venue for the July and September events will be advised later on.



Generation Y

People born before 1946 were called The Silent generation.

The Baby Boomers are people born between 1946 and 1959.

Generation X, people have been born between 1960 and 1979.

Generation Y, are the people born between 1980 and 2009.

Why do we call the last group Generation Y?

Is it because they say....

Y should I get a job?

Y should I leave home and find my own place?

Y should I get a car when I can borrow yours?

Y should I clean my room?

Y should I wash and iron my own clothes?

Y should I buy any food?

* * * * *

CONGRATULATIONS

To Peter Wrigley, on his nomination in the Dominion Post Wellington Sportsperson of the Year Awards in the category, Official of the Year, in the field of athletics.

* * * * *

Bounce Back Even Faster

Are you always dragging the day after a long run? The problem may lie in what you do the day before. Try to stay off your feet, hydrate throughout the day, and emphasis carbs in your diet without overeating. Speed recovery with a 10- to 15-minute ice bath right after your long run.

* * * * *

Running well is a matter of having the patience to persevere when we are tired and not expecting instant results.

- Robert de Castella, world champion marathon runner

Miscellaneous Pics



Anne Hare (left) with the Wellington Masters Sportsperson of the Year Award. Anne was chosen as the recipient of this award for 2010. It was presented by John Palmer after a recent Scottish Harrier pack run. – Photo courtesy David Lonsdale who apologises for the poor quality of the photo.

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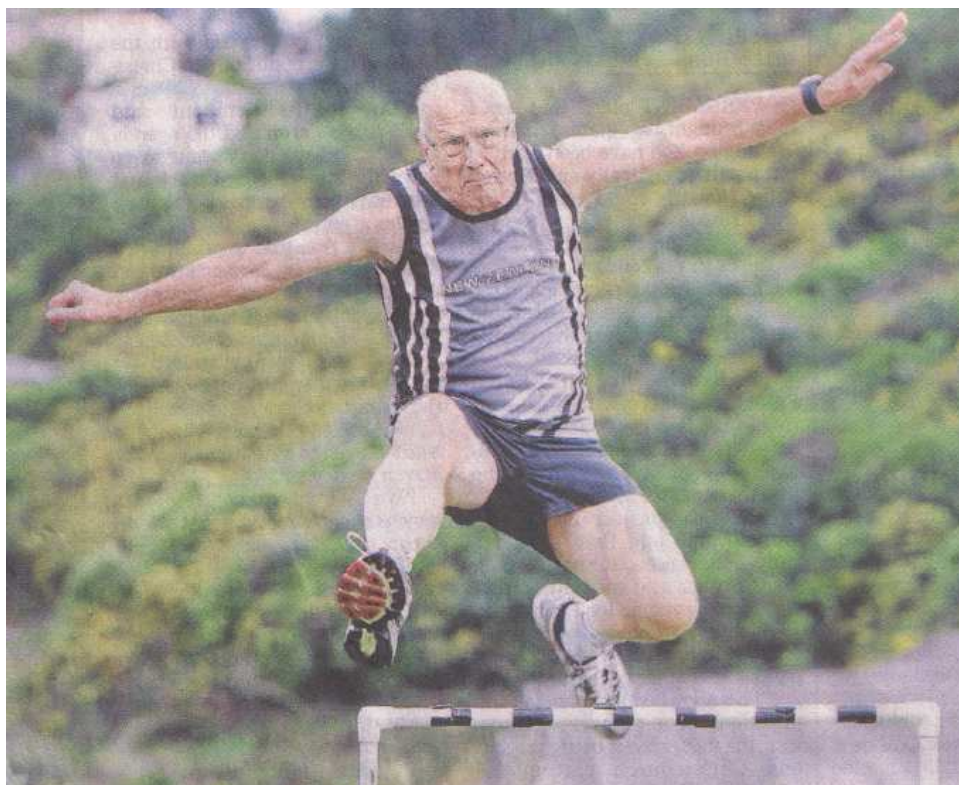


Photo of Peter Hanson (74) which appeared in the Dominion Post 12 May, training for the 300m Hurdles for the upcoming World Masters Athletics Championships to be held in Sacramento in July.

HEALTH

Taste of Italy

Italians are wont to say that pasta is inbuilt in their DNA: a meal, a tradition, and a way of life.

For as long as we can go back in history, pasta has been both our staple and our comfort food. Not only do we like it, but just like a high-performance Ferrari or Maserati requires fuel, carbohydrates give us what we need - in the right doses and every day.

Today's consumers seem to have learned a lot from the failings of the Atkins diet and other low-carb fads. Many nutritionists and athletes knew these fads wouldn't work, and most Italians shunned them simply because their long history taught and repeatedly reminded them that pasta was good for you. Most everyday families need to understand that grain-based foods including pastas should be an integral part of a balanced diet and healthy lifestyle.

Pasta's origins are ancient. The idea that Marco Polo brought it back from China is just a myth, albeit a romantic one. We know that both the famous Roman orator Cicero and the poet Horace, who lived in the century before Christ, were fond of lagana, the ancestor to modern lasagne.

A few centuries earlier the Etruscans also made pasta, and paintings in one of their famous tombs depict rolling pins, cutters and other pasta-making utensils.

But dry pasta, as we know it today, was probably invented in Sicily, and written records of 'long strips of wheat pasta' date as far back as the twelfth century (well before Marco Polo was born).

While pasta has gone on to colonise the world, it still holds its central place in the Italian diet. Infants start weaning with baby pasta and move on to bigger shapes and richer sauces in just a few years. For fussy young palates pasta is Mamma's number one ally because all sorts of vegetables can be mixed into a pasta sauce.

Australia's National Health and Medical Research Council (NHMRC) recommends that people eat at least four or five serves of grain-based foods per day, such as pasta. Rich not only in carbohydrates but also in protein, pasta makes a great staple for growing up, and fast living. The array of B vitamins and iron found in pasta is essential for growing bodies and its nutritional credentials don't stop there. The blend of complex carbohydrates means sportspeople too rely on pasta, with many athletes following a strict diet of pasta and salad during training.

Also reaping the benefits of this wonder food are triathletes and marathon runners. There is never a more endorsed night-before-the-race meal than pasta. With its low glycaemic index rating, pasta provides sustained, slow-release energy.

Containing almost no fat or sodium and cholesterol-free, hospitals, schools and work canteens always have pasta on the menu, dressed with healthy sauces, and appropriate to the season or the dietary requirements of the diners, often even with gluten-free and wholemeal varieties.

Together with taste, nutritional value and versatility, one of the greatest attractions of this dish has always been price. In Italy pasta is now eaten from north to south by all classes, but in the past it used to be the meal of choice of the peasants, who could not afford to eat other proteins every day. In the end the peasant diet proved to be the healthiest of all, associated with considerable longevity. How convenient to know that you can both save money and live longer, thanks to a plate of pasta!

Adding pasta to soups and salads will quickly and effortlessly transform them into main dishes, and if you add some kind of beans* as well you get a meal that is high in protein but low in fat. Even a plate of pasta with a fresh tomato sauce or basil pesto, topped with grated Parmesan cheese, is described by Italian nutritionists as a perfectly balanced meal.

Pasta is easy to make and it is never boring. New Zealand offers many varieties of pasta, and plentiful fresh ingredients for sauces that are easy and quick to prepare, or even to improvise. So if today we need to beat the recession, or just keep an eye on the family budget, pasta means we do it with style and taste.

* See page 8 for a soup recipe with pasta and beans.

* * * *

Why Good Digestion Matters So Much

Poor digestion and irregular bowel movements seem to go hand in hand-in-hand. Tend to your digestive health and good bowel health should follow.

Irregular bowel movements can be caused by bad diet, lack of exercise, side-effects from medicines, pregnancy and old age, to name a few. They are the sign of your digestive system not working as it should.

If there's an imbalance in the gut where bad bacteria outweighs the good, food may not move through your system the way it's supposed to.

Why is Digestion so Important?

Food digestion involves the mixing of food, its movement through the digestive tract, and the chemical breakdown of large molecules of food into smaller molecules that can be absorbed into the blood and carried to cells throughout the body.

Digestion begins in the mouth, when we chew and swallow, and is completed in the small intestine where food is dissolved in juices from the pancreas, liver and intestine.

It's a production line that depends on all parts of the digestive system working in unison. When one falls out of line, your 'regularity' and overall digestive health will be affected.

Running Legend Loses Cancer Battle

NEW ZEALAND distance runner Allison Roe has lost a friend as well as an extraordinarily gifted rival with the passing of Norwegian great Grete Waitz.

Waitz, 57 died on 20th April after battling cancer since 2005.

A pioneer of women's distance running, she won the New York marathon a record nine times, setting a world record time in her maiden victory in 1978 before posting her last win there in 1988.

Roe, who interrupted Waitz's dominance in New York when she won the celebrated event in 1981, said she was deeply saddened by the news.

"She was the most beautiful, humble and one of the most gracious people I ever met."

Roe said Waitz was an inspirational figure and she took particular pleasure in beating her in 1981.

"She was the world record holder and it was a real thrill to be able to beat her," said Roe, who won both the New York and Boston marathons in 1981.

Waitz transformed women's distance running after New York marathon race director Fred Lebow invited her to compete at the height of the 1970s running boom.

Waitz, who had not previously run on the roads or in the United States or even competed in a half marathon, set a world best of 2hr 32min 30sec despite cramping badly.

She set three world best times at New York and set a fourth world best of 2hr 25min 29sec in the 1983 London event months before winning the first world marathon title in Helsinki.

She put an end to the myth that women could not handle the same workloads as men, running 160km a week in training and headed to Los Angeles in 1984 for the first women's Olympic marathon. A back injury disrupted her training and she admitted later that she was not mentally prepared for a race in which she finished second behind American Joan Benoit Samuelson.

Reproduced from the Dominion Post, 21/4 2011.

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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	

* * * *

MEMBERSHIP

At the time of going to press, our membership stands at 84. Welcome to new member:

David Hood (Trentham United).

* * * *

RUNNING THE "CHI" WAY

You don't have to take Tai Chi to enjoy ChiRunning, and you can apply the ChiRunning method to other activities, including walking, hiking and dancing. Here's how to add Chi to your next run:

- Run with good posture; don't bend at the waist.
- Lean from your ankles slightly when you run.
- Don't reach forward with your legs when you run. Let them swing out behind you as your body falls forward.
- Land on your mid-foot, not on the ball or the heel.

ChiRunning is based on the ancient Chinese martial art of Tai Chi, and is a mind body approach to running based on the precise, gentle, physical principles of tai chi.

* * * *

YOUR DUCK IS DEAD

A woman brought a very limp duck into a veterinary surgeon. As she laid her pet on the table, the vet pulled out his stethoscope and listened to the bird's chest.

After a moment or two, the vet shook his head and sadly said, "I'm sorry, your duck, Cuddles, has passed away."

The distressed woman wailed, "Are you sure?"

"Yes, I am sure. Your duck is dead," replied the vet.

"How can you be so sure?" she protested. "I mean you haven't done any testing on him or anything. He might just be in a coma or something."

The vet rolled his eyes, turned around and left the room. He returned a few minutes later with a black Labrador retriever. As the duck's owner looked on in amazement, the dog stood on his hind legs, put his front paws on the examination table and sniffed the duck from top to bottom. He then looked up at the vet with sad eyes and shook his head.

The vet patted the dog on the head and took it out of the room. A few minutes later he returned with a cat. The cat jumped on the table and also delicately sniffed the bird from head to foot. The cat sat back on its haunches, shook its head, meowed softly and strolled out of the room.

The vet looked at the woman and said, "I'm sorry, but as I said, this is most definitely, 100% certifiably, a dead duck."

The vet turned to his computer terminal, hit a few keys and produced a bill, which he handed to the woman.

The duck's owner, still in shock, took the bill. "\$150!" she cried "\$150 just to tell me my duck is dead!"

The vet shrugged, "I'm sorry. If you had just taken my word for it the bill would have been \$20, but with the Lab Report and the Cat Scan, it's now \$150."



RECIPE

Pasta e Fagioli

(Pasta with Beans)

This is a classic Italian thick soup, similar to minestrone, but generally made in winter. A little cooking secret is revealed here: you will need to blend part of the vegetables and beans before adding the pasts, and this step will give your soup an irresistible restaurant-like flavour.

Ingredients:

- 1 medium onion, peeled
- 1 garlic clove, peeled
- 1 medium carrot, peeled
- 1 celery stick with leaves, washed
- 2 tbsp parsley leaves, washed
- 2 tbsp extra virgin olive oil, plus more for drizzling
- 1 sprig fresh sage (optional)
- 1 l vegetable stock
- 1 l water
- 1 tbsp tomato paste
- 2 x 400 ml cans cannelloni beans
- 200 g pasta elbows
- Freshly ground black pepper to serve.

Method:

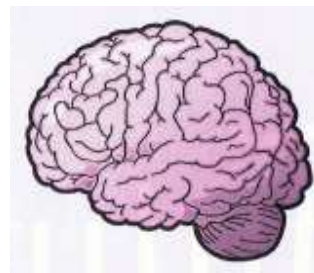
- Finely chop the first 5 ingredients, either with a food processor or by hand, with a large knife or a half-moon knife.
- Heat 2 tablespoons of extra virgin olive oil in a large stock pot, then add the chopped vegetables and, if using, the sage leaves.
- Sauté the vegetables for 3-4 minutes, stirring, then add the vegetable stock, the water and the tomato purée. Cover with a lid and simmer for 30 minutes.
- Add the content of the two cans of beans (liquid included, do not drain the beans) and simmer for 5 more minutes.
- After 5 minutes take out 500 ml of soup, trying to collect as many beans and vegetables as possible. Blend, either in a blender or with an immersion blender.
- Add the pasta to the remaining soup and bring back to boiling point, stirring from time to time. When the soup is simmering add the blended vegetables to cook for 20 more minutes, stirring from time to time.
- Let the soup rest for 5 minutes before serving, drizzled with some more extra virgin olive oil and freshly ground black pepper.

Serves 6.

TIP: Don't throw away the hard crusts of Parmesan cheese: they can be added to thick soups like pasta e fagioli or minestrone, when you add the stock, for that extra flavour burst.

* * * *

BRAIN EXERCISES



If you don't use it you lose it applies to most parts of the body, and the brain is no exception. Here are some tips for keeping your brain in great shape.

MEMORY TIP

Your brain remembers material much better when the data is organised. Learn information for tests or exams alphabetically, categorically or chronologically.

WORKING OUT YOUR MIND

Specific games can be effective for exercising different parts of the brain. Doing a crossword can be great for developing and maintaining language skills, while board games can help improve concentration. Try Sudoku to improve your problem-solving skills.

Websites to keep you sharp:

www.playwithyourmind.com

www.brainmetrix.com

www.matica.com

* * * *

Beating the Winter Blues

Seasonal Affective Disorder (SAD), or the winter blues, affects around six per cent of the New Zealand population. It is thought that SAD is related to the amount of light you are exposed to, and this affects the circadian rhythm, which controls our body clock.

The good news is that SAD is fairly easy to combat, and can be alleviated with a few simple activities. Enjoying a social situation can be counteractive, as a decrease in socialising is a natural consequence of SAD. Exercise gets the heart rate up, and is another great way to stop yourself from feeling down.

Finally, spend some time outdoors to expose yourself to natural light. Double up by walking, jogging, or even snow skiing to factor in the activity component.

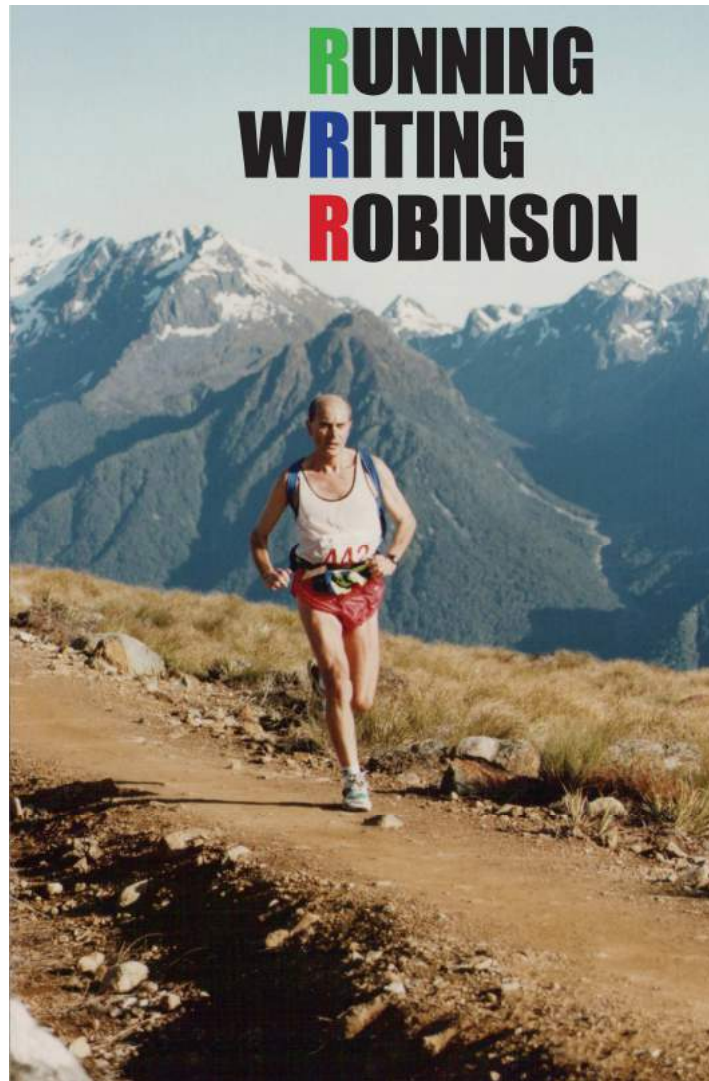
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A woman is sitting at home on the veranda with her husband and she says "I love you."

He asks "Is that you or the wine talking?"

She replies "It's me talking to the wine."

*** BOOK REVIEW ***



Edited by David Carnegie, Paul Millar, David Norton and Harry Ricketts

Roger Robinson, Emeritus Professor of English, has been honoured by his wide circle of close friends and admirers from the worlds of elite distance running, sports journalism, creative writing, academia and many others with the publication of *Reading, Writing, Robinson* by Victoria University Press.

Edited by colleagues in the School of English, Film, Theatre, and Media Studies, the volume has over fifty contributors, ranging from Lorraine Moller and Roger's own son Jim among the runners, Tim Chamberlain and Lynn McConnell among the journalists, Fiona Kidman and Joy Cowley among the creative writers, Patrick Evans and Lawrence Jones among the academics, and Mike Hill, Phillip Mann, and Jeremy Commons among former colleagues at Victoria University Wellington.

Made up of memoirs, tributes, poems, running essays and literary essays this book will please anyone who shares Roger's love of running, writing and fascinating people.

ISBN: 978-0-86473-6390, paperback, \$40, Victoria University Press.

To purchase: <http://www.victoria.ac.nz/vup/2011titleinformation/RWR.aspx>

For more information or a review copy contact:

VICTORIA UNIVERSITY PRESS, PO Box 600 Wellington, Telephone 04 463 6580 - www.vuw.ac.nz/vup

Get Strong to Prevent Common Running Injuries

Strength Training - the Key to Preventing Common Running Injuries

For most people the aim of any running event is simply to finish. Often crawling over the line in discomfort or agony is considered enough, particularly at longer distances such as the marathon. However with correct preparation even distances of 100 miles/160km can be completed in relative comfort.

It's essential to keep the long runs for aerobic endurance. However, varied intensity training as well as resistance training, benefits the runner. High intensity running develops the body's ability to manage difficult terrain, as well as long ascents and descents. And in order for the legs to move the body along as well as for the body to stabilize itself, being strong is critical.

Strength and strength endurance are critical for running in order to have power in the stride and to overcome the terrain, distance and repeated ascents, descents etc. Strength and strength endurance must be developed for the body to cope well. Much of running is spent on one-leg, and on uneven ground, so stability is also critical.

This does not mean runners need to become solid and beefy weightlifters. Far from it, however there are benefits of weight training in stabilizing the knee, hip, ankle and low back - often places where runners experience pain and injury. Simple resistance exercises with relatively low weights, is sufficient to build the required strength.

For stability, your body must be strong enough to comfortably control bodyweight plus 10kg, in all directions, and in unstable environments. Once this is achieved, this is a good basis from which to develop strength endurance.

Stabilization of the spine, pelvis and knee begins in the abdominals. Excellent strength endurance here is vital. Whilst the abdominals do not require the strength of a wrestler, they need to be able to endure hours of repetitive activity, controlling the runner's bodyweight and the weight of the legs swinging underneath. Often with good control and strength here, many of the niggles that plague runners (IT band syndrome, runners knee, achilles niggles, and back pain) soon reduce and even disappear. As these symptoms reduce, running form and efficiency of movement also increase.

Strength and strength endurance is also significant in delaying muscle fatigue. A strong set of prime movers increases the ability to store glycogen. The cells also become more efficient in energy use and this will postpone muscle fatigue. Lactate threshold also increases, which will assist with recovery, and this is the key to being able to run up hills well.

Running need not be uncomfortable and certainly needn't leave you with joint pain. There's a lot more to it than simply popping out for a run. Using simple resistance training methods and adding some intensity training can improve comfort, reduce injury and improve running performance.

By Rob Cousins BPsyc, CHEK Ex Coach.

* * * *

How Posture Affects Running Performance

Posture is Critical in Preventing Injury and Improving Performance

Has your coach or personal trainer ever told you to stand up straight and pull your shoulders back? If the answer is yes, this is probably because they understand the influence posture has on your ability to perform optimally, recover quickly and avoid injury.

There are a number of common and easily identifiable postural faults that afflict runners, many of which stem from an inability to stabilise the pelvis - one of your bodies primary control centres¹. Left unaddressed your performance will suffer and the likelihood of injury increase. In the lead up to a big event there are few things more frustrating than an injury that takes you away from your sport, let alone the effort required to re-establish your form.

Three Common Faults found in Runners

Optimal posture is the position in which your body asserts the least amount of load on your joints and muscles, as your body is held in equilibrium. If you observe a person with an optimal posture standing

1) Anterior Pelvic Tilt

This is when the angle of your pelvis from back to front is too great, reflecting in your running as over pronation (ankle rolling inwards) potentially leading to plantar fasciitis, shin splints, achilles tendonitis or a range of knee problems¹.

2) Rounded Shoulders and Upper Back

Running is a forward moving sport so there is a tendency to develop an imbalance between the chest and back musculature, where chest muscles shorten and their counterparts in the back lengthen. This results in your shoulders being pulled forward placing load on your ribs and tension in your neck and shoulders. As a consequence your ability to utilise your lungs is reduced, which in an aerobic sport like running, will be detrimental to performance².

3) Forward Head Posture

With every centimetre that your head is forward of your midline, there is an exponential increase in load placed on the neck and upper back. Combined with the impact forces associated with running this puts significant stress on your cervical spine and supporting musculature.

An Ounce of Prevention is worth a Pound of Cure

Optimal static and dynamic posture can be achieved through discipline, persistence and a corrective programme tailored to your specific needs. This will not only have you looking and feeling better, it will help you train and perform optimally.

The staff at Pulse Personal Training are more than happy to get you on the right track with a comprehensive assessment and programme. From this they can devise a stretching plan to target short-tight muscles and a conditioning programme to strengthen long-weak muscles. Over time these will complement one another to create balance in your work out.

By Hamish Abbie BPhEd, BComm, CHEK L1, XLR8 Coach

Editor's Note:

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Pulse
personal training

w. www.PulsePT.co.nz
p. 04 499 9955

IMPROVE YOUR BRAIN POWER

As we age, our brain ages too. The good news is that with healthy choices from a younger age, we are much more likely to keep our brain in great shape for a lifetime. Increasingly, research confirms that we can improve our brain power at any age, so why not start right now?

Getting older does not have to mean sickness and strife. Contrary to popular belief, a healthy brain doesn't necessarily lose neurons as it ages. In fact, unless you develop a specific disease that causes loss of nerve cells, then with the right encouragement your brain can continue to produce and develop new cells throughout your lifespan. You are never too young to start living a "brain healthy" lifestyle, and looking forward to a healthy and active old age.

The Infinite Power of the Brain

Laughing out loud, scratching your ear, feeling a love-rush for your children, and reading this article....what could they possibly have in common? They share the same "master of operations" - your brain; a mysterious 1.5kg organ that runs on electrical impulses and chemicals.

Have you ever wondered what happens in your brain when you finally learn to play the piano or dance a waltz? Repeating the action over and over re-activates the same brain "message circuits" each time, until your brilliant brain actually changes its own structure or function to make these circuits even stronger. This amazing ability of the brain to actually change and adapt as a result of experience, is called "plasticity". In just the same way, when a particular message circuit is not used for a long time, it withers away. Hence the old adage "use it or lose it".

New Zealand has an ageing population and with increasing numbers of older people, neurological disorders such as Alzheimer's and Parkinson's disease are on the rise. Over 42,000 New Zealanders already have Alzheimer's and this number is set to double every 20 years. While our genetic makeup influences our disease risk, it is increasingly evident that our lifestyle choices can reduce our risk of a wide range of brain diseases.

TOP TIPS FOR BRAIN HEALTH

Brain Gym

Give your brain new workouts often. Activities that challenge and stimulate us intellectually offer the greatest brain health benefits. Break out of old routines and master a new skill. Become a Sudoku fanatic or start doing crosswords. Why not learn a new language; start writing, or learn a new computer skill.

Move it, move it

The more physically active you are, the more likely your brain is to stay healthy as you age. Regular aerobic exercise can help prevent (or at least delay) the onset of Alzheimer's disease. Physically fit older people have faster reaction times and learn new information more quickly compared with the unfit. Aim for a minimum of 30 minutes of aerobic activity at least three, and preferably five, times a week. Choose an activity that involves plenty of people contact and reap even greater brain health rewards.

People power

Humans are social creatures, and meaningful contact and connection with others is vital for our mental, emotional and physical health, including our brain health. A large study showed that people, who regularly engage in leisure activities involving social connection, were less likely to develop dementia. Invest time and energy in building relationships and friendships with others, and one day your brain will thank you.

Eating for brain power

Nourish your brain with the raw ingredients it needs to restore and renew itself, well into old age. Vital brain foods include: antioxidant-rich fruits and vegetables, especially dark green leafy vegetables and berries; oily fish; flax oil and nuts and seeds for vital omega 3 fatty acids; and a daily, balanced multivitamin and mineral formula. Studies show that women, who eat plenty of leafy green vegetables, have lower rates of decline in learning and memory tests when they reach their sixties.

Healthy heart, healthy brain

We now know that the same lifestyle and dietary factors that contribute to heart disease also increase the risk of Alzheimer's disease and age-related decline in brain function. Protect your brain health by staying slim, and keeping cholesterol, blood sugar and blood pressure in a healthy range. You'll help prevent cardiovascular disease and reduce the likelihood of old age dementia.

Rest and Relax

The brain needs 7-8 hours of quality sleep every night for optimum health. Other brain-healthy choices include minimizing stress, avoiding cigarette smoke and other social drugs, and limiting alcohol consumption to two to four glasses a week.

CROSS COUNTRY & ROAD COMMITTEE, INTERCLUB & MISCELLANEOUS RACES FOR 2011/12

Date	Event	Organising Club
<u>2011</u>		
29	Scottish 3 Peaks Run - Event One	Wellington Scottish Athletics
June		
1	Wellington Secondary Schools XC Championships	
5	Aurora Handicapped Marathon – Upper Hutt	Aurora Harriers
11	Dorne Cup – Trentham, Upper Hutt	Hutt Valley Harriers
11	10km Road Walk at NZIC Campus, Trentham	
18	New Zealand Secondary Schools XC Championships	
19	Harbour Capital 10km, Half and Full Marathons (incorporating Wellington Marathon Championship)	Wellington Marathon Clinic
25	Taranaki Walks Weekend	Race Walking Taranaki
26	Scottish 3 Peaks Run - Event Two	Wellington Scottish Athletics Club
July		
2	North Island Cross Country Championships, Taupo	
9	Wellington Cross Country Championships, Waikanae	Kapiti Harrier & Multisport Club
17	Masters 8km Road Race & Walk, Johnsonville	Wellington Masters
23	New Zealand Cross Country Championships, Christchurch	
30		
31	Scottish 3 Peaks Run - Event Three	Wellington Scottish Athletics Club
August		
6	Wellington Road Running & Race Walking Championships	
9	Scottish 5km Race, Wellington Waterfront	Wellington Scottish Athletics Club
10	Wellington Secondary Schools Road Championships	
13	Bays Relay - Island Bay to Kilbirnie	Wellington Harrier Athletic Club
16	Scottish 5km Race, Wellington Waterfront	Wellington Scottish Athletics Club
20	New Zealand Road Championships, Wellington	
23	Scottish 5km Race, Wellington Waterfront	Wellington Scottish Athletics Club
September		
3	NZ Road Relay Championships, Hunua Ranges, Auckland	
6	Scottish 5km Race, Wellington Waterfront	Wellington Scottish Athletics Club
10	Marton to Wanganui Relay (Walkers)	
14	Wellington Secondary Schools Road Relay, Trentham Memorial Park	
17	Possible Wellington Road Relay Championships (Ekiden)	
18	Pelorus Half Marathon, 10km, 5km, Petone (incorporating Wellington Half Marathon Championship)	Hutt Valley Marathon Clinic
20	Scottish 5km Race, Wellington Waterfront	Wellington Scottish Athletics Club
27	Scottish 5km Race, Wellington Waterfront	Wellington Scottish Athletics Club
October		
2	Masters 5km & 10km Road Races, Lower Hutt	Wellington Masters
4	Scottish 5km Race, Wellington Waterfront	Wellington Scottish Athletics Club
5	Wellington Secondary Schools Road Race	
9	Masterton Full & Half Marathons	Athletics Masterton
11	Scottish 5km Race, Wellington Waterfront	Wellington Scottish Athletics Club
November		
25-27	North Island Masters Track & Field Championships	Wellington Masters
December		
11	New Zealand Secondary Schools Road Race, Wellington	CC & R Committee
<u>2012</u>		
January		
21	Hutt River Trail	Aurora Harriers
22	Don Melrose Memorial Road Races	Kapiti Harrier & Multi Sport Club
February		
12	Round the Bays	
March		
5	Karori Gut Buster, Karori Wildlife Sanctuary	
12	Hutt News 10 km	Hutt Valley Harriers

Below are excerpts from the Minutes of the 2011 AGM of NZMA Incorporated held at Hastings on the Friday 4 March 2011.

Board Reports:

President's Report. The report highlighted the contributions to our sport by the late Clem Greene who was a founder of the NZ Veterans Athletics and Oceania Veterans Athletics. Acknowledgement of the assistance given by the 4th WVG T was also acknowledged.

Secretary's Report. The report highlighted the adoption of the new membership data base and thanked Centres for their input. The update had reduced postages by some 50%.

Treasurer's Report. The audited financial statements and the budget were approved. The budget showed a profit for the year of \$1700. There had been a write off during the year of the old uniform stock.

Subscriptions. The Board's recommendation that the subscriptions remain unchanged was adopted.

Election of Officers.

With the withdrawing of the nomination of Mr Allan Gardiner there was no need for an election. The Chair welcomed the new Board members. Mrs K Gillum-Green and Mr A Stark to the Board.

The following officers were elected for the ensuing year.

Patron: Mr Donald Bruce Chatterton.

President: Mr Mike Weddell.

Vice President: Mrs Christine McCahill.

Secretary/Treasurer: Mr Stewart Foster.

Directors:

Mr John Campbell (Auckland)

Mrs Karen Gillum-Green (Taranaki)

Mrs Marcia Petley (Waikato/Bay of Plenty)

Mr Andrew Stark (Canterbury)

Mr J Tobin (Hawkes Bay-Gisborne).

Legal Adviser: Mr Alan Galbraith QC.

Auditor: Mr Rob McGregor.

Remits:

Remit No 1: Submitted by the Manawatu-Wanganui Centre.

"THAT the 60 metre sprint be included as a championship event at the NZ Masters Track and Field Championships."

Points in support of the remit.

(a) It is usually the most popular event at an athletic meet.

(b) It is an Oceania Championship event.

This remit had been submitted by the Waikato/Bay of Plenty Centre in 2010 and was lost.

After discussion the chair put it to the meeting and the remit was passed unanimously.

Remit No 2: Submitted by the Wellington Centre.

"THAT the 60m hurdles be recognised as an official NZMA event and be contested at NZMA National Championships".

The remit was put to the meeting and was lost - 15/4.

Editor's note:

The Wellington Centre submitted this remit as it felt that it went hand in hand with the 60m sprint. It was suggested the Wellington Centre trial this event to see if it is popular and worth submitting again at a later date.

Following the Northland report it was decided the Waikato/Bay of Plenty would conduct the 2012 North Island Championships and Northland the 2014 Championships.

The amended championship roster is therefore:

National Championships:

2012	Auckland
2013	Wellington
2014	Southland
2015	Waikato/Bay of Plenty
2016	Otago.

Island Championships:

North Island	South Island	
2011	Wellington	Timaru
2012	Waikato/Bay of Plenty	Nelson
2013	Wanganui	
2014	Northland	
2015	Hawkes Bay/Gisborne	
2016	Auckland.	

Website: The website is available for Centres to publish their news as well as information about contacts or coming events. Currently there are some Centres that have not taken up this opportunity and are to be encouraged to do so.



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Telephone: 04 576 5151

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26th Wellington Masters Classic Cross Country Relay

Trentham Memorial Park, Upper Hutt, Sunday 8th May 2011

The ground was a little soggy underfoot in parts but overall the surface was pretty good for running/walking on. Early morning rain disappeared for the conditions to turn out sunny and warm though there was a gusty wind to contend with over parts of the course. Only 14 teams (seven running and seven walking) - one up on last year - took part. There were entries in all grades except the Masters Women's grade.

Fastest laps for the runners were Michael Wray (15:10) and Tineke Hooft (18:04). Fastest walkers were Peter Baillie (24:44) and Robyn McArthur (26:15).

Open

Scottish

Michael Wray	0:15:10
Paul Brydges	0:16:35
Peter Wrigley	0:17:59
Jonathon Harper	0:17:21
Bill Twiss	0:15:30
	1:22:35

1 of 1

250+

Hutt Valley Harriers

Herve Kadio	0:15:50
Mike Lynskey	0:18:29
Tony McKone	0:17:52
Albert van Veen	0:21:11
David Trow	0:19:50
	1:33:11

1 of 1

300+

Olympic

Malcolm Standrill	0:18:47
Peter Hanson	0:23:07
Brian Rusbridge	0:19:08
Harold Alcock	0:23:03
Mark Handley	0:16:10
	1:40:15

1 of 1

Mixed

Trentham United A

David Hood	0:16:45
Darryl Robinson	0:16:07
Sue van der Jagt	0:19:24
Kelly Fields	0:19:10
Paul Homan	0:17:38
	1:29:05

1 of 4

Trentham United B

Helen Bassett	0:24:15
David Henderson	0:22:16
Diane Rogers	0:25:17
Alistair Gordon	0:21:08
Gill McNaught	0:19:54
	1:52:52

2 of 4

Scottish

Richard Sweetman	0:21:07
Maryanne Palmer	0:23:14
John Palmer	0:21:13
Sharon Wray	0:22:26
Michael Browne	0:27:33
	1:55:26

3 of 4

Olympic

Tineke Hooft	0:18:04
Jean Skilton	0:23:03
Rob McCrudden	0:23:29
Elizabeth Dixon	0:28:23
Donna McDonald	0:25:38
	1:58:37

4 of 4

Walkers

Scottish A

Peter Baillie	0:24:44
Robyn McArthur	0:26:15
Kevin Watson	0:25:08
	1:16:07

1 of 5

Trentham A

Jon Roskvist	0:25:55
Jackie Wilson	0:28:45
Patrick Tito	0:30:21
	1:24:21

2 of 5

Scottish

Ian Morton	0:27:55
Bart Jones	0:33:53
Murray Gowans	0:34:34
	1:36:22

3 of 5

Trentham

Christine Jacobson	0:31:35
Pat Scholes	0:34:12
Lou Gilmer	0:33:44
	1:39:32

4 of 5

Trentham B

Anna Jones	0:34:14
Margaret Bowmar	0:36:36
Jenny Lippross	0:29:59
	1:40:09

5 of 5

Walkers 150+

Scottish D

Peter Tearle	0:37:53
John Hines	0:33:59
Margaret Bray	0:38:43
	1:50:35

1 of 1

Note:

When entries closed for the Relay there were 15 teams entered but on race day one team didn't show.

This would have been two more teams than last year if all entered teams had made the start line.

One of the Walking teams disqualified itself after one of its members took a short cut after coming off the road and onto the track soon after the start. A protest was lodged by another team, but after discussion amongst the team members, the offending team took themselves out of consideration for any placing. The team hasn't been included in these results.

This shows why it is important for team members to familiarise themselves with the course beforehand.

* * *

2011 SCOTTISH 3 PEAKS CHALLENGE

Event One 29 May:

Wrights Hill, Brooklyn Wind Turbine, Tinakori Hill - (hills, hills and more hills).

Event Two 26 June:

Odell's Reserve (Khandallah), Mt Victoria, Wilton Substation - (the navigational Challenge).

Event Three 31 July:

Mt Albert, Mt Crawford, Hawkins Radar Station - (the distance challenge).

Start and finish at Scottish clubrooms (south end of Prince of Wales Park, Salisbury Terrace, Mt Cook). You can start any time between 8am and 9am but you need to be back by noon as that is when the clock stops.

Tackle as many peaks as you like. Tackle three peaks, two peaks or just try the one peak. Race it or treat it as a Sunday run with a difference.

Three Peakers - you need to be fit and used to distance running - each event is 20+km.

Those choosing **two peaks** - the distance is 11-15km.

Refreshments and showers are available at the Scottish clubrooms.

All prizes are spot prizes - randomly drawn.

Entry fee is \$10.00 payable on the day when you register.

walking

Human beings were made to walk. It is the most basic of all physical activities. It is also convenient, enjoyable, safe and healthy. You can enjoy the sights, sounds and fresh air – and your need for fitness will take care of itself.

Walking is ideal for people who have been inactive or prefer less vigorous activity. It offers multiple health benefits. It is relatively easy on muscles and joints, and carries a low risk of injury.

Remember the Golden Rule of any physical activity. Go at your own pace, particularly at the beginning. With walking you can go as slow or as fast as you like – but a brisk pace produces better results.

A Gentle Stroll

Whoever said the best things in life are free could easily have been a walker. Walking is fun, healthy and easy on your bank balance. Your only investment need be a good pair of shock-absorbing shoes.

But don't hit the streets with too much passion! Start slowly and listen to your body. Cultivate the walking habit by establishing a routine. If you are a morning person, don't try walking every night after dinner. You won't last.

Physical activity will only become a habit if it's fun. If you like to socialize but don't have someone to walk with, join a walking group.

If you want to walk, do it. Start today. If you enjoy it, you can do it again tomorrow.

Picking up the Pace

Brisk walking offers all the benefits of other forms of aerobic exercise – without the pain and risk of injury. It is an extremely effective cardiovascular workout and rivals running as a calorie burner.

Brisk walking is a skill sport. When you increase your speed, technique becomes more important – the correct arm swing, stride, breathing and posture will help your speed and efficiency.

If you are ready to break out of a stroll, it may be appropriate to take some technique classes.

Why Take a Walk?

Walking will assist:

- *Cardiovascular health* – increasing your heart rate and circulation through a more efficient intake of oxygen.
- *Muscular strength* – a tonic for the muscles! Muscles in many groups will be strengthened.
- *Healthy bones* – walk or you're chalk. A little regular activity will help prevent osteoporosis which causes brittle bones, especially in women.

- *Energy expenditure* – walk off your wobbles. You'll burn calories, add tone to your legs and help deflate that spare tyre.
- *Posture* – walking tall will help you maintain good posture. This is particularly important as you get older.
- *Relaxation* – ever noticed how hard it is to walk and worry at the same time? A brisk walk in the fresh air is a great way to unwind.
- *Social life* – talk while you walk. Make new friends and enjoy yourself while walking your way to better health. Join a walking group.
- *Local knowledge* – you don't have to be a tramper to drink in the beauty and tranquility of our farmland and native bush. Our towns and cities are dotted with walkways and parks. Explore them!
- *Self esteem* – you will get fitter, your body will be more toned and you will feel better about yourself. Isn't it worth it?

How to Start

A step-by-step approach -

Make it a Habit – Pick a walking time that suits your lifestyle, your biorhythms and your schedule. You know the best time to walk.

Be Flexible – Be committed to walking but not obsessed. It's not the end of the world if you miss a walk – but don't let a day off ruin a good habit.

Avoid Boredom – When you start to get in a rut, change your route or your routine.

Walk Tall – Keep the body straight and let your arms and legs do the work. Stride naturally and let your arms swing gently to develop rhythm and help balance.

Challenge Yourself – Walk briskly for a minimum of 20 minutes. You deserve all the health benefits that walking brings.

Write it Down – Using your calendar or diary may help to keep you motivated.

With a Little Help – Friends, family, partner or dog. Seek moral support. It will help you stick with it.

Be Patient – It won't happen overnight, but it will happen. It may take up to six weeks to feel the benefits of regular walking.

How Long Should I Walk?

A suggested programme for absolute beginners:

Weeks 1 - 2: Walk 10 minutes every second day and 10 minutes at the weekend.

Weeks 3 - 4: Walk 15-20 minutes every second day and 30 minutes at the weekend.

Weeks 4 - 5: Walk 20-30 minutes most week days and 30 minutes at the weekend.

* * * *

Being over the hill is much better than being under it!

GREAT training runs in New Zealand

A Run from Betsy Eyre Park to Heaven

By Greg Lautenslager

On any given Saturday morning at half past 10, the little road between Betsy Eyre Park on Brook Street in Nelson is lined with cars and runners loosening up for their weekly long run. The head coach of the National Academy of Distance Running arrives and scribbles a map on his dry erase board.

From the starting point at Betsy Eyre Park, the coach could direct them anywhere. But anywhere he directs them the runners can be assured of going up and down a mountain, through a forest, over and/or through and along streams, and atop a rocky, dirt trail that provides a panoramic view that stretches over the city to the sea.

One Saturday they might climb up to the Dun Mountain Trail, another Saturday perhaps Fireball Road, and yet another Saturday Fringed Hill. But the mainstay is the Tantragee Loop and its many variations.

Runners go from Betsy Eyre Park 2km up the Old Codgers Track, a gradual climb, and past the Water Treatment Plant to the Tantragee Saddle. They run down a steep dirt road until it forks. They can go left down a dirt road through a forest or right down an open area along Harry's Track (a track named for Athletics Nelson runner Harry Dixon after he fell last winter and cut his knee on a rock) to the Pipe Bridge.

Either track leads to the Matai Trail, a narrow gently rolling, winding trail flanked by the Matai River, 4.5km from the start. Runners go left and follow the trail under several bridges and exit onto Nile Street. That's 9km for the runners who went left at the Tantragee fork and 10km for those who went right. From Nile Street, runners go left to Tasman Street and then onto Brook Street and to the finish back at Betsy Eyre Park. The shorter loop is 11km and the longer loop is 12km.

Now for some variations of the Tantragee Loop. After runners go left at the fork on the trail through the Tantragee Saddle, they can go right about 1km on the Matai Trail to the Pipe Bridge. Then they go right, over the fence and back through the Tantragee Saddle along Harry's Track on a deceptively tough uphill and rolling grade to the top of the Tantragee, before heading down the Old Codgers Track and back to Betsy Eyre Park.

This run is only 9.5km but quite challenging. Instead of going right at the Matai Trail, runners can go left and run to the first bridge on Matai Road. Instead of going under the bridge, they go up to the road and run 4km along the winding paved road to the Pipe Bridge and run back through the Tantragee the same as above. This run is 17km. Runners can extend the run to 20km by going under three bridges along the Matai Trail, exiting at Nile Street and going right on Nile and right on Matai Road back to the Pipe Bridge.

One other variation involves the coach driving his Mitsubishi Chariot to the Matai Dam. It follows the same route as the Tantragee Loop. After crossing the Pipe Bridge, runners go right on Matai Road. Within a kilometre the paved road becomes a dirt road and snakes alongside the Maitai River and between tall rows of trees. The distance from the Pipe Bridge to the dam is 6.5km, making the run 11km. Runners can go longer (up to 22km) by going left on the Matai Trail and then hooking up to the Matai Road and running back to the dam. Once they reach the dam, they warm down with a walk up the steep footpath along the dam and for a glorious lookout over the lake. Most runs, the coach drives half the runners in his Chariot to the dam, and they run back to Betsy Eyre Park. He meets the others after they arrive at the dam and brings them back to the start.

After running so many kilometres through the Tantragee it is easy to see where Athletics Nelson runners - Dominic Channon, Dallas Bowden, Julian Matthews, Josie Wilcox, Mandy Russ, Peter Meffan, Harry Dixon, Matt Lambert, and many others - have gathered the strength to develop into champion runners.

Greg Lautenslager is the head coach/director of the National Academy of Distance Running in Nelson. For a look at the Tantragee Loop and other trails in Nelson, go to www.nzrunningacademy.co.nz

* * * *

CADENCE DRILL

Try this cadence drill to correct over-stride and keep feet low to the ground:

The Research: Studies have clearly shown that as runners become faster, their stride length decreases. Therefore, the way to get faster is to increase turnover of feet and legs. Even those who lack a fast bone in their bodies will benefit from turnover drills because they teach the body to find a more efficient motion.

The Drill: after a slow km warm-up, select a level and traffic-free stretch of road, trail or track. Without picking up your speed, count the number of times either your left foot or your right comes down in 30 seconds. Jog or walk for a minute or so and run back, counting again, with the goal of increasing the count by one or two. Repeat this four to six times, with the same projected increase each time but without a significant increase in effort.

How often? If you do this drill once a week, you'll intuitively learn to stay low to the ground with an increasingly lighter touch of the foot. You'll see more progress when doing it twice. But you'll lose two weeks of progress if you miss a week.

Reproduced from Jeff Galloway's Newsletter May 2011 or for more information go to: jeffg@jeffgalloway.com

- COMING EVENTS -

2011

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	33 rd Gold Coast Full & Half Marathon & related events	Gold Coast
17	Johnsonville 8km Road Race and Walk	Olympic Clubrooms

August

14	Woodbourne Half Marathon & 10km	Blenheim
21	5 Bridges Full and Half Marathons & 10km	

Sept

3	Hawkes Bay Full and Half Marathons & 10km	
	Round Rarotonga Road Race	Rarotonga
25	Tauranga City to Surf 12km Fun Run/Walk	Tauranga

Oct

2	Lower Hutt 5 and 10km	tba
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
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2013

Mar	NZ Masters T&F Championships	Newtown Park
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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 and any other Master's material. 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:
gvvgould@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