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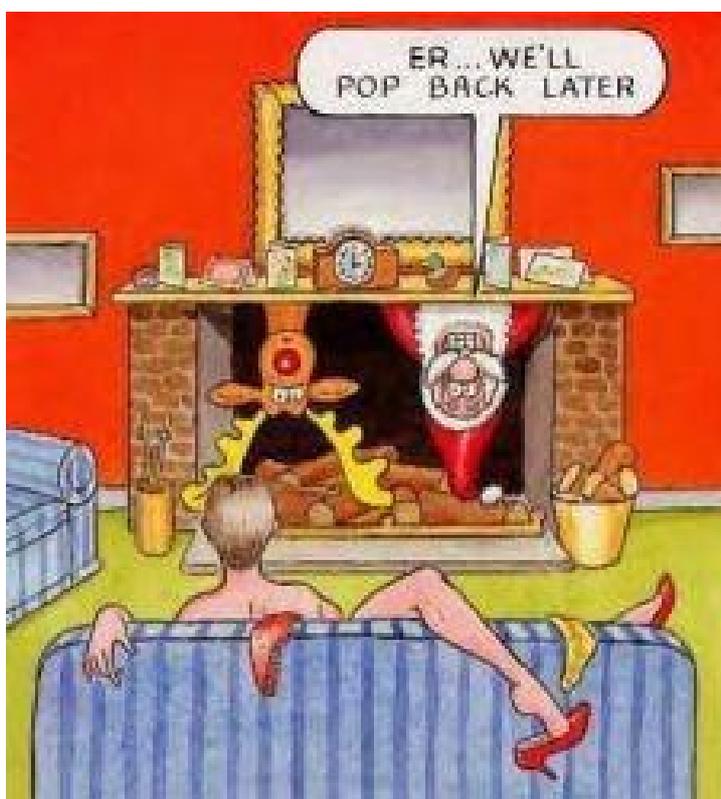
MASTER

COPY

Newsletter of the Wellington Masters Athletics Inc.

Volume 10 Issue 5

December 2011



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

WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2010-11

EXECUTIVE:

President:	Brian Watson	06 364 7758
VPresident:	John Hammond	04 292 8030
Secretary:		
Treasurer:	Graham Gould	973 6741

COMMITTEE:

Barbara Tucker	027 271 5177
Laurence Voight	565 0718
Mark Macfarlane	234 8874
Albert Van Veen	563 8450
Peter Wrigley	973 6637

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WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2011-2012

PATRON:	Heather May	C/- 28 Kipling Street, Johnsonville, Wellington 6037	977 0525
PRESIDENT:	Brian Watson	14 Hewson Crescent, Otaki Beach, Otaki 5512	06 364 7758
VICE PRESIDENT:	John Hammond	148 Wellington Road, Paekakariki, Kapiti 5034	04 292 8030
SECRETARY:			
TREASURER:	Graham Gould	PO Box 5887 Lambton Quay, Wellington 6145	973 6741
COMMITTEE:	Laurence Voight	17 Tarras Grove, Kelson, Lower Hutt 5010	565 0718
	Mark Macfarlane	3 Shackle Lane, Whitby, Porirua 5024	234 8874
	Barbara Tucker	15 Brees Street, Epuni, Lower Hutt 5011	027 271 5177
	Albert Van Veen	95 Kamahi Street, Stokes Valley, Lower Hutt 5019	563 8450
	Peter Wrigley	42 Judd Crescent, Naenae, Lower Hutt 5011	973 6637
SUBSCRIPTIONS:	Veronica Gould	PO Box 5887 Lambton Quay, Wellington 6145	973 6741
EDITOR:	John Palmer	122 Onslow Road, Khandallah, Wellington 6035	479 2130
MASTERS RECORDS:	Mark Macfarlane	3 Shackle Lane, Whitby, Porirua 5024	234 8874

LIFE MEMBERS

Jim & Colleena Blair (2004); Bruce & Noeleen Perry (2008); Heather May; Richard Harris (dec'd) 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
KAPITI:	John Hammond	148 Wellington Road, Paekakariki, Kapiti 5034	04 292 8030
OLYMPIC:	Brian Watson	14 Hewson Crescent, Otaki Beach, Otaki 5512	06 364 7758
	Tineke Hooft	1 Tombane Lane, Papakowhai, Porirua 5024	237 9676
RIMUTAKA:	Mike Clark	12B City View Grove, Lower Hutt 5010	566 8755
TRENTAM UNITED:	Diane Rogers	42 Elmslie Road, Pinehaven, Upper Hutt 5019	528 2316
SCOTTISH:	John Hines	Flat 29, Berkley Dallard Flats, 70 Nairn St, Wellington 6011	384 3231
UNIVERSITY:	Richard Brandon	PO Box 6108, Wellington 6140	476 5758
WAIRARAPA:	John Ihaka	7 Kowhai Grove, Featherston 5710	308 9656
WGTM HARRIERS:	Neil Price	11 Hurman Street, Karori, Wellington 6012	476 6956
WGTM MARATHON:	Bruce Perry	Apt 512, 134 Burma Road, Johnsonville, Wellington 6037	
WGTM MASTERS:	Colleena Blair	Flat 4, 39 Kiln Street, Silverstream, Upper Hutt 5019	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

NI Championships & Coming Events

On November 25th to 27th 2011, Wellington Masters hosted the North Island Masters Track and Field Championships at Newtown Park. Although there were some issues in the early stages with venues and problems getting the results from the Sportscore computer system, once the championships were completed, the feed-back from the competitors and officials who took part were very positive and most said that it was a very well organised event and they had an enjoyable weekend in Wellington.

As the chairman of the LOC, I would like to thank all those officials from the Wellington Centre who officiated over the weekend (and in some instances competed as well). Without their dedication, these championships wouldn't have been the success that they were.

I am also extremely grateful to David Lonsdale who took a load off my mind and made my job a lot easier by organising the non-stadia events out at Trentham. David had an efficient team of helpers and officials and the 10km events were well organised and went off with out any hitches – thank you David.

In March 2013, Wellington Masters will be hosting the NZ Masters Track and Field Championships at Newtown Park. The dates are Friday 1st March to Monday 4th March and around 300 athletes are expected to attend from all around New Zealand.

However, before this event takes place we have the Wellington Centre Championships which will take place over two weekends - Saturday 18th and 25th February. As per last year these will be a combined Masters and Open grade championships. Entry forms for these championships will be available shortly.

Other Masters events coming up this year are the Classic Relay in May, the Johnsonville 8km road run and walk in July and the 10km run and walk at Lower Hutt in November (see "Coming Events" for the dates).

Our membership is very strong at the moment with the NI Championships boosting our numbers and once the calendar starts to pick up momentum, we are likely to increase our present membership even more.

Over the past couple of months some of our members have not been in the best of health. Our thoughts and best wishes go out to Heather May, Harold Alcock, Noeleen Perry and Mark Macfarlane.

Finally I would like to apologise for this issue of the Master Copy coming out after the Christmas/New Year break. With the NI Championships taking up a large amount of my time and then having to cope with an extremely busy period at work, I was way behind in getting the material ready for printing, uploading onto the Masters website and posted out to those members who receive a hard copy version.

Safe training in 2012.

John Palmer
Editor

BITS and PIECES

Scorching Triathlons

The 2012 dates are:

*Saturday 28th January, 2012
Sunday 12th February, 2012
Sunday 4th March, 2012 (at Pauatahanui)
Sunday 25th March, 2012

All Triathlons are based at Scorching Bay

*The January event clashed with the Wellington leg of the NZ Ocean Swim series so the event has been moved to the Saturday. This was the consensus of the membership when asked what their preference was for a new date.

* * * *

PORIRUA 5km SERIES

Run and Walk Series

Wednesday evenings:

11th, 18th and 25th January
1st February.

Start time 6pm from the Mill on Kenepuru Drive.

Entry fee: \$5.00 per entrant.

Organised by Aurora Harrier Club.

* * * *

MASTERTON

Wairarapa to get an All-Weather Track

Construction on the latest all weather track in the country will commence this week (17/10) at the Colin Pugh Sports Bowl. It is anticipated that the Pelorus Trust eight-lane, coloured blue track will be finished by late February, early March.

The All Weather Athletic Track Trust has been raising funds for the track for the past four years. Trust secretary Mark Harris said that the Trust had raised most of the \$900,000 required to build the track, with the bulk of the funds coming in over the past two years. He said that there were about 25 tracks in the country, but Wairarapa would be one of the smallest regions to build one.

It is anticipated that one of next summer's Regional Teams Competitions will be staged on the new track,

and that the Track and Field Committee will be looking to other events there. The new venue will be a boon for Wellington, with the likelihood of the Newtown track being re-laid next summer.

* * * *

MEMBERSHIP

At current membership now stands at 85. The North Island Masters Track and Field Championships certainly helped to boost our numbers. Welcome to new/and returning members:

Laurence Voight (WMA)
Vanessa Story (Manawatu/Wanganui)
Robyn & Geoff Iremonger (Scottish)
Michelle Scriven (Paraparumu T&F)
Lynne Plimmer (Lower Hutt)
Jon Roskvist (Trentham United)
Robert Hannan (Wainuiomata)
Anne Hare (Scottish)
Desmond Tiedemann (Lower Hutt)
Phil Jensen (Lower Hutt AAC)
John Morrow (Kiwi)
Ross McBeth (WMA)
Gavin White (WMA)
Bob Stephens (Scottish)
Dawn Melrose (WMA)
Renaë Creser (Olympic).

* * * *

VACANCY

There is a vacancy on the committee of Wellington Masters for the position of Secretary. The task is not an onerous one with the committee only meeting once a month for an hour/hour and half. There are minutes to be taken and the odd correspondence to be sent out. Wellington Masters own a laptop which is available for use in the role. If you are interested in this position or require more information please contact the President or Secretary.



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HEALTH

Not Disposable

We have evolved into a disposable society.

We're lucky if our television lasts 10 years. Same with cars. Computers? Two or three years, tops! We grumble every time we need an upgrade, but the truth is few of us would prefer Windows 3.1 to our current operating system!

Unlike mechanical devices, some say our bodies are designed to last 120 years... or possibly even longer. To achieve this feat, our bodies are designed to survive.

In fact, many everyday symptoms are merely our body's innate survival strategies at work, keeping us alive and as healthy as possible without any conscious input from us.

Runny nose? Survival strategy. Extra mucus production enhances immune system function, helping to fend off cold and flu bugs.

Coughing? Survival strategy. Expel foreign material from airway passages.

Perspiration? Survival strategy. This cooling system keeps vital organs and tissues at healthier temperatures.

Butterflies in your stomach? Survival strategy. Warns you of an imagined impending physical or emotional threat.

Bleeding from a cut? Survival strategy. Blood contact with the air invokes the body's clotting response.

Gas? Survival strategy. Remove toxic food from the digestive tract as quickly as possible.

Vomiting? Survival strategy. Remove toxic food from the digestive tract even more quickly!

Pain? Survival strategy. Our body's on-board early warning system tells us we need to make a change.

When you consider how many survival strategies our bodies use, you understand why the nervous system is so important — it orchestrates the whole show.

* * * *

How'd You Sleep Last Night?

If you aren't getting enough sleep or enough high quality sleep, the problem may simply be the amount of light you're exposed to.

Drowsiness at Work

Melatonin, which is a hormone produced by the pineal gland in the brain, affects both our desire to sleep and the quality of our sleep. Darkness enhances melatonin production, while light inhibits it. Therefore, shift workers typically experience drowsiness when at work and suffer from insomnia when they try to sleep during daylight hours.

Night Lights

Because bright lights can disturb the normal production of melatonin, make sure your bedroom is completely dark. Create a darker environment by using light-blocking blinds, lined curtains or even an eye mask to block out all light.

Don't overlook night lights and bright clock radio lights! Even an area of light the size of a coin falling onto your skin can affect the production of melatonin.

The Elderly Suffer Too

A major health complaint for the over-65 population is difficulty sleeping. Many elderly people do not spend sufficient time outdoors and therefore, lack an adequate amount of bright light exposure.

Getting outside more, or increasing the level of light in their homes during the day and early evening hours may actually alleviate the major cause of their sleep distress!

Editor's note: These articles are reproduced with the kind permission of Dr Louise Hockley, Back to Living Chiropractic, 85 The Terrace, Wellington 6011, telephone 04 499 7755 or visit the website www.chiro.co.nz

* * * *

GINGER GEMS

We all know that ginger is a handy cooking ingredient, but it's also been widely used for its healing powers over the centuries. Take a closer look at some of ginger's marvelous medicinal properties:

- Antiemetic - treats feelings of nausea, particularly due to motion sickness, pregnancy and the side effects of chemotherapy.
- Antiviral - helps combat the common cold.
- Anti-inflammatory - the chemical components of ginger inhibit the formation of prostaglandin chemicals which are responsible for inflammation. Many arthritis sufferers use ginger to help ease aches and pains.
- Antihistamine - helpful in the treatment of allergies.
- Antispasmodic - used to calm upset stomachs and provide relief from bloating, gas and diarrhoea.
- Anxiolytic - ginger may bind to receptors in the brain helping to reduce anxiety.
- Lowers cholesterol levels and helps prevent clot formation.

Ginger is a truly ingenious ingredient, but a word of caution: it can react with some traditional medications so it pays to check with your doctor before stocking up on this ancient remedy.

CHAMPIONSHIP SCHEDULE OF EVENTS

Thursday 5th. April

Registration open from 12.00 noon at State Athletics Centre in Albert Park.

Friday 6th. April

10000m; 60m; 100m; 800m; 1500m Walk; Long Jump; Hammer; Shot Put; Coaches Forum.

Saturday 7th. April

5000m Walk; Sprint Hurdles; 1500m; 200m; Steeplechases; 400m Heats; Discus; Javelin; High Jump; Athletes Forum.

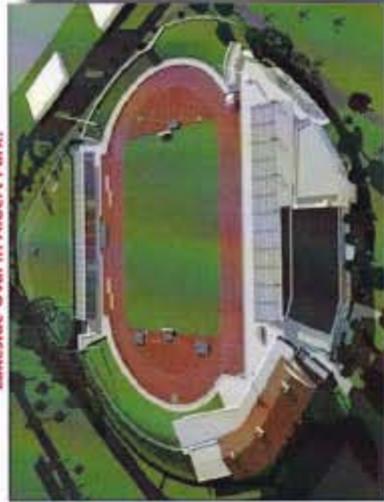
Sunday 8th. April

5000m; 400m Finals; 4x100 Relay; Long Hurdles; Sprint Championship; Throws Pentathlon; Triple Jump; Pole Vault; Dinner / Awards Night.

Monday 9th. April

Cross Country; Road Walks; 4x400 Relay; Pentathlon; Weight Throw; Throws Championship.

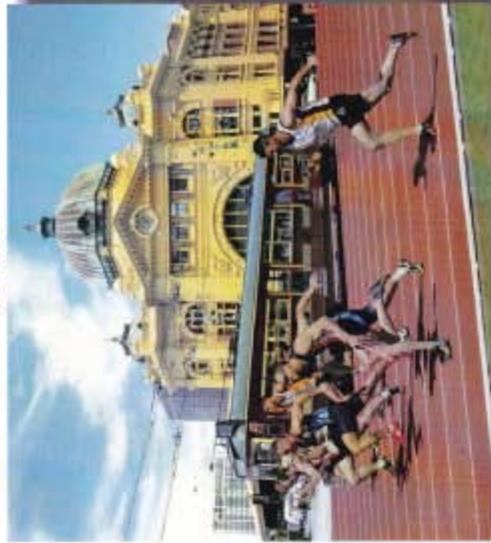
The new State Athletics Centre at Lakeside Oval in Albert Park.



AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIPS

6th - 9th April 2012

Melbourne
Victoria



Hosted by

VICTORIAN MASTERS ATHLETICS INC.

www.vicmastersaths.org.au

FOR MORE INFORMATION GO TO:

www.vicmastersaths.org.au

Or Contact

Graeme Rose
Chairman L.O.C.
03 9836 2350

email - grarose@yahoo.com

Russell Oakley
President V.M.A.
03 9720 8835

email - oakanru@bigpond.com

On behalf of Victorian Masters Athletics I take great pleasure in inviting Masters Athletes from all over Australia to join us as we stage the 40th Australian Masters Athletics Championships in Melbourne over Easter 2012. Any athlete over 30 years of age can compete in our events by joining the Masters Organisation in their State and, of course, we welcome overseas visitors.

The Championships will be held at Melbourne's brand new State Athletics Centre at Albert Park, located a short tram ride from the City and within walking distance of many hotels. Parking is available around the centre.

The Road Walks will be held in Fawkner Park, a short distance from the Main Stadium and on the course used for the Australian 50km Open Championships. Cross Country races will be at Yarra Bend Park on the other side of the City, and we will be providing Transport to this Venue from central locations.

The Victorian Government is a proud sponsor of this event.

Russell Oakley

President
Victorian Masters Athletics

ACCOMMODATION

Accommodation in the City, St.Kilda Road or Suburbs like Albert Park, South Yarra, South Melbourne and Prahran are all located in suitable proximity to the State Sports Facility.

We are appointing a "Billet Officer" to link Melbournians with a spare bedroom to interested interstate visitors. Depending on the responses we get, we would hope to billet visitors with hosts in similar events so that they may share transport.

We have made arrangements for accommodation with the Mercure Chain with prices starting from \$90.00 through to \$179.00

Here is a list of some other accommodation options :

- Big 4 Discovery Holiday Park, Doncaster East (23 km East of City) Ph. 03 9844 3637
- Big 4 Aspen Gardens Holiday Village, Braybrook (9 km West of City) Ph. 03 9318 6866

ACCOMMODATION (CONTINUED)

- Discovery Holiday Park, Chelsea (30 km South East of city). Ph. 03 9772 2485
- Family Park S E Holiday Village, Chelsea Heights (32 km South East of City) Ph. 03 9772 8436
- Melbourne Central YHA, Flinders St, Melbourne Ph. 03 967 0 9840
- Melbourne Metro YHA, 78 Howard St, North Melbourne Ph. 03 9329 8599

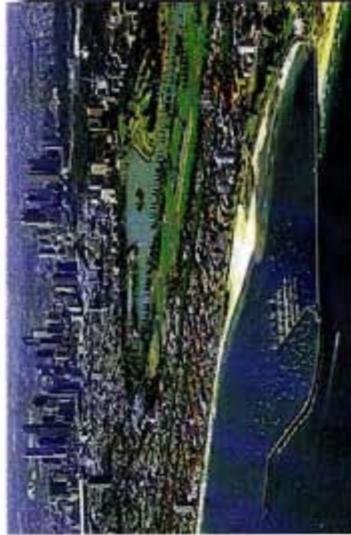
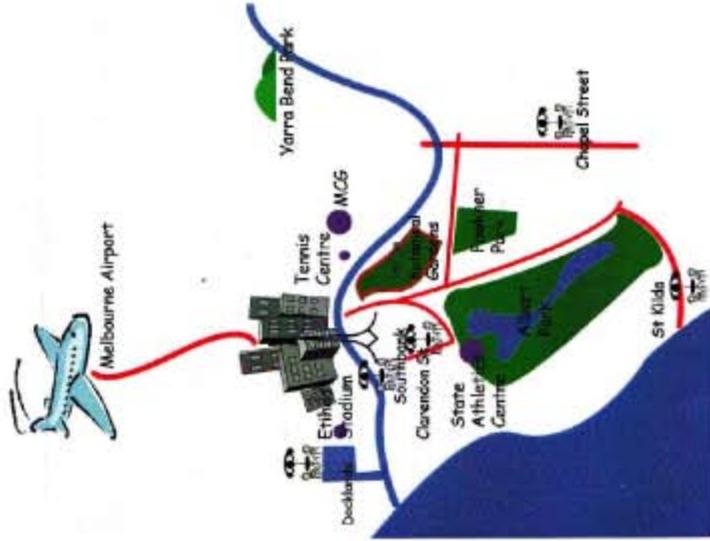
A more comprehensive list of accommodation will be provided in the lead up to the games.

Marvelous Melbourne

Melbourne offers many attractions within minutes of the Main Stadium.

- Great shopping in the City or Chapel Street.
- Restaurants, Cafes and Bars in the Streets and the Laneways of Melbourne or in Prahran, St.Kilda and Albert Park. Docklands and Southbank are close at hand.
- You could take a Ferry to Williamstown for lunch.
- Run "The Tan" and visit the Botanical Gardens.
- Visit the MCG. The National Sports Museum is housed at the "G".
- Further afield are The Dandenongs; The Vineyards of the Yarra Valley; Healesville Sanctuary or The Great Ocean Road.

You'll find Melbourne is Marvelous.





RECIPE

Tortellini bake

A fabulous no-fuss dinner when you're tired after having a big run or bike ride. Serve with a big green salad.

Ingredients:

- 2 x 300g packets fresh meat-free tortellini pasta
- Large jar tomato pasta sauce
- Bag baby spinach, chopped
- 180g reduced-fat ricotta
- ½ cup shredded reduced-fat mozzarella

Method:

- Step 1: Preheat oven to 220°C. Spoon pasta into a 7 cup capacity baking dish. Add sauce and spinach. Mix to combine. Spoon into a 7 cup capacity baking dish. Top with crumbled ricotta and mozzarella.
- Step 2: Bake uncovered for 15-20 minutes or until bubbling around the edges. Garnish with parsley.

Time to make: 20 minutes

Portions: 4.

Christmas Mince Ice

An easy, no-cook, make-ahead dessert that looks and tastes fabulous, is a godsend for multitasking cooks. This one is also easily made bigger to feed a tribe and the fruit topping can be varied to suit what is available.

Ingredients:

- 2 litres vanilla ice cream
- 1½ cups fruit mince
- 1½ cups chopped mixed fruits e.g.: red cherries, apricots, raisins, cranberries, ginger
- ½ cup fruit juice
- 2-3 tablespoons brandy
- 1 sponge cake (large slab or double round)

Topping:

- 1 fresh ripe peach, sliced
- 1 punnet fresh raspberries
- 1 tablespoon liquid honey
- Squeeze of orange or lemon juice
- ¼ cup grated white chocolate
- Raspberry coulis to serve.

Method:

- Tip ice cream into a large bowl and allow to soften slightly. Add fruit mince and dried fruits and mix to combine.

- Stir brandy into juice. Cut sponge in half and trim to fit snugly in the base of a lined 23cm spring-form tin. (If using a round sponge, cut each half through the middle to make 4 layers, and use what you need from 2 layers to cover base.)
- Brush half the liquid over the sponge.
- Add half the ice cream mixture and smooth top. Repeat with remaining sponge as needed, liquid and ice cream mixture. Cover with foil and freeze (at least overnight).

Topping:

- Toss peaches and raspberries with honey and a squeeze of orange or lemon juice.
- To serve, transfer cake to a platter and decorate with the fruits and white chocolate. Serve with raspberry coulis.

Serves 10.

* * * *

Magnificent Magnesium

The proper ratio of magnesium to calcium is required for proper assimilation of both minerals.

With all the attention the media has given to osteoporosis and the importance of getting enough calcium, they've overlooked its relationship to magnesium. The body keeps these two minerals in balance. When you increase one without the other, your body simply disposes of the excess.

Experts at the Cornell Medical Centre observe that 60-70 percent of American women are magnesium deficient. However, they warn that it is important that calcium/magnesium levels don't get too high. Elevated levels can lead to uncomfortable gastrointestinal issues. Whole-grain breads, fortified cereals, leafy vegetables, kale, broccoli, tofu, soybeans, low-fat cheese, milk and yogurt are good choices when trying to achieve a proper balance.

In addition to maintaining healthy teeth and bones, calcium has a number of other functions. One of them is the transmission of nerve impulses, muscle contraction and relaxation, which are all functions that directly relate to the effectiveness of your chiropractic care.

* * * *

Ø Going to church doesn't make you a Christian any more than standing in a garage makes you a car.

Ø Why does someone believe you when you say there are four billion stars, but check when you say the paint is wet?

Ø A bus is a vehicle that runs twice as fast when you are after it as when you are in it.

NUTRITION FOR HEALTHY MUSCLES

The muscles of endurance athletes really take a beating. During workouts, muscle cells are damaged by the strain of repetitive, intense contractions. The cell membranes are disrupted by free radicals produced through aerobic metabolism. Muscle proteins are broken down for use as fuel. And so on.

During long periods of training for important races, it is all too easy for these physiological stresses to get out of hand, causing chronic inflammation, injury, and even overtraining syndrome. Nutrition plays a critical role in preventing these problems. The right diet will enable your muscles to better absorb the stress of hard training and stay healthy despite it.

Including plenty of antioxidant-rich fruits and vegetables in your diet will increase your muscles' total antioxidant capacity and thereby limit free radical damage to muscle cell membranes. Be sure also to consume 0.8 to 1.0 gram of protein per pound of body weight daily to supply your muscles with the raw materials they need to repair damage and adapt to your training. Finally, don't forget to make healthy unsaturated fats, and especially omega-3 polyunsaturated fats, a regular part of your diet. These healthy fats will help your muscle cells maintain healthy membranes.

The timing of your protein intake is also important. Try to get at least 20 grams of protein along with 60 grams of carbohydrate within 45 minutes of finishing each hard workout.

* * * *

PAYING ATTENTION TO DIET QUALITY

The concept of diet quality gets surprisingly little attention. Much more attention is paid to things like the macronutrient composition of different diets (i.e. the proportions of carbs, fats, and proteins), the glycemic index of different diets, and restrictions such as meat and gluten avoidance. But research has clearly shown that the relative quality of one's diet is the only thing that really matters. The typical vegetarian diet is only healthier than the typical omnivorous diet, for example, because it's a higher-quality diet. But a high-quality omnivorous diet is just as healthy as a typical vegetarian diet.

Any third-grader knows the difference between high-quality and low-quality foods. In *Racing Weight*, Matt Fitzgerald categorizes fruits and vegetables, whole grains, lean proteins, low-fat dairy, and essential fat sources as high-quality foods. Low-quality food categories are refined grains, sweets, whole-milk dairy and fatty proteins. Low-quality foods need not be strictly forbidden, as meat is prohibited in a vegetarian diet. You just need to make a consistent effort each day to base your meals and snacks on high-quality foods and avoid low-quality foods. By doing this you will maximize your health without the feelings of deprivation that come with more restrictive diets that, according to science, aren't any healthier.

* * * *

THE LASTING ENERGY MYTH

Imagine you're at your local nutrition store, trying to choose between two sports drinks. One contains complex

carbohydrates and not much sugar, which, according to the packaging, provides "lasting energy" during exercise. The other sports drink contains a lot more sugar and says nothing about sustained energy. Which sports drink should you buy?

The answer might surprise you. The sports drink with more sugar and no promises of lasting energy will have a significantly greater positive effect on your endurance performance than the other product. While lasting energy sounds good, what you really need during intense exercise is fast energy, and any supplement that provides "lasting" energy provides it slowly.

Even during easy workouts, your muscles burn carbohydrate at a much faster rate than you could ever replace it with carbs consumed in a sports drink. The only fuel source that needs to last during exercise is the carbohydrate stored as glycogen in your muscles and liver, because when these stores run low, you bonk. A sports drink that provides fast energy allows your muscles to conserve glycogen and thus extends endurance.

A sports drink that is designed to provide lasting energy will deliver carbs too slowly to delay the glycogen bonk. Examples include sports drinks that contain large starches, which take forever to break down into usable glucose, and sports drinks whose main sugar is galactose, which must pass through the liver before it reaches the muscles and therefore delivers energy at half the rate other sugars do.

In a 2009 study, a galactose-only formulation was compared to a 50 percent galactose/50 percent glucose formulation and an 80 percent glucose/20 percent fructose formulation, the fast-sugar formulation, in a stationary cycling workout. All three formulations contained the same total amount of carbohydrate. Average power output was significantly higher when the subjects drank the fast-sugar sports drinks than it was when they consumed the sustained-energy sports drink.

The fastest energy carbs are glucose, sucrose, dextrose, and maltodextrin. Look for these in your sports drink.

* * * *

A doctor was addressing a large audience in Oxford

"The material we put into our stomachs should have killed most of us sitting here, years ago. Red meat is full of steroids and dye.

Soft drinks corrode your stomach lining. Chinese food is loaded with MSG. High transfat diets can be disastrous and none of us realizes the long-term harm caused by the germs in our drinking water.

But, there is one thing that is the most dangerous of all and most of us have, or will eat it. Can anyone here tell me what food it is that causes the most grief and suffering for years after eating it?"

After several seconds of quiet, a 70-year-old man in the front row raised his hand, and softly said, "Wedding Cake".

Health - General

Bananas

Never, put your banana in the refrigerator! This is interesting. After reading this, you'll never look at a banana in the same way again.

Bananas contain three natural sugars - sucrose, fructose and glucose combined with fiber. A banana gives an instant, sustained and substantial boost of energy. Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes.

But energy isn't the only way a banana can help us keep fit.

It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

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

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

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

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

Brain Power: 200 students at a Twickenham (Middlesex) school were helped through their exams this year by eating bananas at breakfast, break, and lunch in a bid to boost their brain power.

Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

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

Hangovers: One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.

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

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

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

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

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

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



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

continued from previous page

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

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

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

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

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

So, a banana really is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around. So, maybe its time to change that well-known phrase so that we say, "A banana a day keeps the doctor away!"

* * * *

Good Food to Boost Your Mood

For a mood pick-me-up, ditch the doughnuts. Lack of important vitamins may be the cause of your blue feelings – eating more of foods rich in vitamin B, folic acid and iron is a healthy way to improve your mood. If you want a feel-good snack, up your vitamin B intake by eating Vegemite on wholegrain toast or a handful of dried fruit.

Grab an orange, which is rich in folic acid, or choose a breakfast cereal fortified with iron.

Some studies suggest that a low intake of selenium may affect your mood. A handful of Brazil nuts, a boiled egg or grilled fish are all excellent sources.

* * * *

Oils Essential

The heart-healthy reputation of olive oil is well known, but eating a variety of plant oils can give healthy – and tasty – benefits.

Avocado – Rich in vitamin E for healthy skin. Enjoy its subtle, nutty taste cold, or cook with it.

Flaxseed – Mild-flavoured and full of essential omega-3 fats that fight inflammatory disease. Omega-3s are destroyed by heat, so use cold in salads, smoothies and yoghurt.

Grapeseed – A light flavour and high smoke point; good for salad dressings and for cooking at high temperatures.

Hemp seed – Derived from cannabis, but it won't get you high. Hemp seed is a good source of omega-3s and has a mild, sweet, nutty flavour; use cold.

Pumpkin seed – Has a toasted flavour. It may alleviate prostate and bladder problems. High in omega-3s.

Sesame – Adds strong flavour to Oriental food. High in vitamin E; may reduce blood pressure.

* * * *

The Greek Bail-Out - Informal Explanation

It is a slow day in a little Greek Village. The rain is beating down and the streets are deserted. Times are tough, everybody is in debt, and everybody lives on credit.

On this particular day a rich German tourist is driving through the village, stops at the local hotel and lays a €100 note on the desk, telling the hotel owner he wants to inspect the rooms upstairs in order to pick one to spend the night.

The owner gives him some keys and, as soon as the visitor has walked upstairs, the hotelier grabs the €100 note and runs next door to pay his debt to the butcher. The butcher takes the €100 note and runs down the street to repay his debt to the pig farmer. The pig farmer takes the €100 note and heads off to pay his bill at the supplier of feed and fuel. The guy at the Farmers' Co-op takes the €100 note and runs to pay his drinks bill at the taverna. The publican slips the money along to the local prostitute drinking at the bar, who has also been facing hard times and has had to offer him "services" on credit. The hooker then rushes to the hotel and pays off her room bill to the hotel owner with the €100 note.

The hotel proprietor then places the €100 note back on the counter so the rich traveller will not suspect anything. At that moment the traveller comes down the stairs, picks up the €100 note, states that the rooms are not satisfactory, pockets the money, and leaves town.

No one produced anything. No one earned anything. However, the whole village is now out of debt and looking to the future with a lot more optimism. And that, Ladies and Gentlemen, is how the bailout package works.



Don't forget nominations for

WELLINGTON MASTERS
ATHLETICS INC.



ATHLETE OF THE YEAR

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

Award:

Known as the Wellington Masters Athlete of the Year Award.

Period Covered:

From 1 January to 31 December.

How Nominated:

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

Criteria for Award:

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

Achieving a World Record or a World Best Performance.

Achieving a New Zealand Record or New Zealand Best Performance.

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

Achieving a meritorious performance or performances.

Closing Date:

The 20th January following the year for consideration.

Selection:

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

Presentation Date:

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

Form of Award:

A trophy has been donated by Colleena & Jim Blair and this year was awarded to Anne Hare.

ROAD SAFETY

BAD DREAMS

Dangers of driver fatigue

Do you ever nod off for a couple of seconds? Chances are you have done, without even being aware of it. As one of the keynote speakers at the AA Research Foundation's symposium on driver inattention, distraction and fatigue in September, Dr Richard Jones called attention to this surprisingly common phenomenon and why drivers should be aware of it.

A microsleep is defined as a brief loss of consciousness for between 0.5 to 15 seconds (more than 15 seconds is classified as sleep). In that time a person is completely non-responsive, and their eyes fully or partially closed, until they snap back to normal awareness, quite possibly unaware of their lapse.

Jones and his colleagues at the Christchurch Neurotechnology Research Programme have been studying microsleeps for several years and their findings indicate they happen a lot. People taking part in the research did visual tracking testing, like using a joystick to continuously follow a target on a monitor while their brain activity and eye movement were recorded. This allowed the researchers to see exactly what was happening, if they lapsed during the test.

In one of their studies, the average number of lapses per person was 39 over a one-hour period, with an average lapse duration of 3.4 seconds.

In another study, 80% of the subjects had microsleeps even while being tested in a noisy and uncomfortable MRI scanner. The average rate of microsleeps per person was 79 in one hour, with the average duration being 3.3 seconds. Eight people had some lapses of more than 15 seconds.

The frequency was a shock for the researchers.

"When we did our first study, we were hoping we might get one or two people having a microsleep," says Jones. "The numbers took us by surprise and if you told a subject at the end of the test, 'did you realise you had 120 microsleeps in that hour', I'm sure they would have been completely blown away."

The idea that our brains are naturally inclined to switch off momentarily, particularly when engaged in a monotonous or repetitive activity, is obviously of huge importance to road safety, but Jones makes it clear

this research is not saying we are all constantly nodding off while driving.

"Our tests are in laboratories where there are no consequences for lapses of concentration of a few seconds, like there would be if you were driving; and we think the consequences of having a microsleep does alter your propensity to have them."

He is sure microsleeps do play a significant role in crashes on our roads, though.

"It is impossible to prove whether someone who drifts into oncoming traffic or doesn't take a corner was having a microsleep because you can't test for it afterwards. But, our research does indicate there is a strong propensity for people to have them and there is no doubt at all that a lot of the serious accidents on the road involve microsleeps.

In terms of the relationship between microsleeps and fatigue, the participants in the tests had had their sleep measured for a week beforehand to ensure they were fully rested, so tiredness was not a factor. However, the researchers got one group to do a second test when they had only had four hours' sleep the night before, and the number of microsleeps they had jumped higher.

Some car manufacturers are investigating technology where video cameras monitor the driver's eyes and an alarm is sounded if they are judged to be drowsy but, while this is a positive step, Jones doesn't think it is the ultimate solution.

His team focused on establishing what happens in the brain when a person is about to have a microsleep, with a view to one day being able to prevent them happening.

For example, he can imagine technology where commercial drivers or air traffic controllers wear caps that monitor their brain activity and alert them when they are about to nod off.

As for now, Jones thinks that being more aware of microsleeps, and especially the increased risks when tired, is the best defence drivers have against them.

"If you pick up the signs you are getting drowsy, the best thing to do is to stop driving. If you have to keep going the two best things are to drink coffee, which does work, or stop somewhere safe and have a power nap of about 15-20 minutes. If you have more than 20 minutes you'll probably come out of it too drowsy."

Sports Drinks - Do they Work?

Sports Drinks, Bars and Gels - Do they work?

Whether sports drinks, gels and bars improve performance is a question I get asked all the time, so here is my answer.

Sports Drinks

Despite what many people may think sports drinks are not 'just full of sugar'. Sports drinks in fact, have less sugar and calories than fruit juice and soft drink and are regarded as the sports supplement with the single greatest potential to enhance performance. Examples of sports drinks include: Powerade, Horleys Replace, Powerbar Endurance and Leppin Enduro Booster.

Sports drinks are an ideal to consume pre and post training as well as during competition because they are:

- Flavoured and contain salt. Voluntary fluid intakes are greater than when compared to water, even when athletes claim they don't like the taste.
- Designed to contain between 6-8g carbohydrate per 100ml. This is the ideal concentration to ensure rapid delivery of fuel and fluid from the intestine to muscles so you are able to work at your peak for longer.

Sports Bars

Sports bars also offer a compact source of carbohydrate and protein during exercise. Because they are solid, they can be useful if you have a tendency to get hungry during exercise. They can also be used as a snack, however they are a lot more expensive than 'regular' bars which, for most people work just as well.

Sports Gels

Compared with sports drinks, sports gels provide a highly concentrated source of carbohydrate (65-70%) and therefore provide a large fuel boost in a single serve. In situations where it is not practical to carry large amounts of sports drink, gels are a great alternative as they are a compact fuel source (although, they still need to be taken with at least 150ml of water).

Sports gels are liquid lollies that come in a wide variety of flavours and vary considerably in texture. Some are like toothpaste and others thin like water, so it is vital that you test them before using them in competition.

When used in the right environment, sports products can be very beneficial. It is important to remember though, that a well balanced diet, including a variety of foods from all four major food groups, should form the foundation for any high performance diet.

By Kath Fouhy, BSc, PG DipDiet, NZRD - 20/09/08



The Role Regular Exercise Plays in Reducing High Blood Pressure (Hypertension)

It is no great surprise that our lifestyles are becoming increasingly sedentary with more time now spent in front of a computer television screen and less time spent doing physical activity than ever before. It is also no great surprise that leading sedentary lifestyle increases the development of hypertension (High Blood Pressure) by 30-50% when compared to those who exercise regularly (Baster & Baster – Brooks, 2005). But did you know that if you develop hypertension, the risk of suffering a heart attack or stroke are significantly increased.

While taking medication is one way to mitigate the risks of hypertension, it is important to consider the side effects and the associated costs related to taking prescription drugs. Leading a balanced lifestyle with regular exercise has been shown to reduce hypertension significantly and it is the most cost effective and healthy strategy. Aerobic activity such as walking or jogging at a low to moderate intensity for 15 - 30 minutes has been shown to have the greatest effect (American College of Sport Medicine, 2004), and also has a positive spin off in reducing the risk of other cardiovascular associated illnesses, diabetes etc.

But if you are suffering from uncontrolled high blood pressure don't just launch into a new training routine, it is paramount your exercise program is monitored by a qualified professional with experience in cardiac rehabilitation. This is important due to the risk of a cardiac event occurring during exercise is greatly increased high if the exercise program is not designed with an understanding of cardiac physiology. By having a qualified professional during exercise sessions creates a safe environment because they know what the signs and symptoms are for a cardiac event and what appropriate action needs to be taken.

The best treatment is prevention, so if you have a family history of high blood pressure, take the initiative and get yours checked. If you do have high blood pressure take control of it and get more out of life through a well-designed exercise program.

* * * *

A drunk woman, stark naked, jumped into a taxi at a cab rank.

The Indian driver opened his eyes wide and stared at the woman. He made no attempt to start the Cab.

"What's wrong with you Luv, haven't you ever seen a naked woman before?"

"I'll not be staring at you lady, I am telling you, that would not be proper, where I am coming from".

"Well if you're not bloody staring at me Luvie, what are you doing then?"

"Well, I am looking and looking, and I am thinking to myself, where is this lady keeping the money to be paying me with."

- COMING EVENTS -

2012

Feb

5-12	Oceania Masters Athletics Championships	Tauranga
11	Buller Gorge Full & Half Marathons	Westport
18	Wellington Centre T&F Champs - 1 st day (combined with Masters)	Newtown Park
18	Taupo Great Lake Relay	Taupo
25	Wellington Centre T&F Champs - 2 nd day (combined with Masters)	Newtown Park
26	AMI Round the Bays Half Marathon & 7km Run & Walk	Frank Kitts Park

Mar

2-5	NZMA T&F Championships	Mt Smart Stadium
31	Rotorua to Taupo 100km Flyer (Cycle Race)	Rotorua start

April

6-9	Australian Masters Athletics Championships	Melbourne
28	Rotorua Marathon, Half Marathon, Quarter Marathon & 5km	Rotorua

May

6	Masters Classic Relay	Trentham Memorial Park
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June/July

30-1	34 th Gold Coast Full & Half Marathons plus associated events	Gold Coast, Australia
22	Johnsonville 8km Road Run and Walk	Bannister Ave, Johnsonville

Nov

4	Lower Hutt 10km Road Run and Walk	Huia Pool
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2013

Mar

1-4	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 2011/2012 YEAR
(1 September 2011 to 31 August 2012) = \$50

NAME(S): _____

ADDRESS: _____

BIRTH DATE(S): _____ EMAIL: _____

CONTACT PHONE No. _____ CLUB (if any) _____

How to Pay:

\$50 (\$100 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:
gvgould@xtra.co.nz

NOTE: Wellington Masters Athletics singlets and tee shirts are also available from Veronica Gould at a cost of \$30 and \$50 respectively.

Please advise any change of address as soon as possible

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