

THE

MASTER

COPY

Newsletter of the Wellington Masters Athletics Inc.

Volume 11 Issue 1

April 2012



They're tights but not as
we know them – see pages 6
and 7

WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2011-12

EXECUTIVE:

President:	Brian Watson	06 364 7758
VPresident:	John Hammond	04 292 8030
Secretary:	John Palmer	479 2130
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.

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LIFE MEMBERS

Jim & Colleena Blair (2004); Bruce & Noeleen Perry (2008); Heather May; Richard Harris (dec'd) and John Palmer (2010).

CLUB CO-ORDINATORS

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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	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

Remits from AGM

Remit No. 1: Submitted by the Wellington Centre.

NORTH ISLAND CHAMPIONSHIP BEST PERFORMANCES

Part One:

"THAT Best Performances at the North Island Track and Field Championships conducted on all weather facilities will be automatically approved following certified results being forwarded to NZMA".

Part Two:

"THAT Best Performances at North Island Track and Field Championships conducted on grass track venues be submitted on the appropriate application forms, for consideration by NZMA".

Note: It is also necessary to have accompanying certification by a qualified Surveyor regarding track specifications and ground level requirements for field events held on grass track venues.

The Remit was put to the meeting in two parts.

Part One: Put and won unanimously.

Part Two: Put and won unanimously.

Remit No. 2: Submitted by the Taranaki Centre.

B GRADE WALK SECTION

"THAT New Zealand Masters Athletics introduces a B grade walk section for Master Men and Master Women, into their championships where walking events are currently included".

There was considerable discussion and noted that there were contradictions in the definitions. Notes to the remit stated that the B grade walker **would not be judged**, whereas the presentation paper stated "in our remit we propose the introduction of a "B" grade walk division as outlined in our remit, where athletes could enter as a "B" grade walker, and be judged under the normal walking rules, except for a fully straightened leg".

Mr Tobin (Hawkes Bay/Gisborne) gave notice that he wished to make an amendment:

"THAT New Zealand Masters Athletes investigate the possibility of introducing a B grade walk section for Masters Men and Masters Women, into their championships where walking events are currently included".

This was seconded by Mrs C Brunker.

The original remit was put to the meeting and was lost 19/3.

The amendment then became the motion and was put. The amendment was passed by 19/2.

The Chair mentioned that there would also need to be consultation with NZRWA.

BITS and PIECES

SAFETY MATTERS

You may not be aware that there was a "Near Miss" incident on the final day of the National Championships in Auckland.

In this case an athlete, whilst retrieving, was hit in the chest by a heavy weight during the preliminaries in the Throws Pentathlon. Had the weight connected a little further to the left of the thorax there was the possibility of a "Near Miss" becoming a serious accident.

The result was fortunately cracked ribs and severe bruising to the chest.

This is the second incident of this nature during the weight throw section of this event. The last was the Inglewood Championships.

Centres should ensure that all practical steps are taken to prevent harm and act in accordance with the requirements of the Health and Safety in Employment Act 1992 (as amended by the 2002 amendment).

The person(s) responsible for the conducting of the event could become liable if negligence was found.

As set out in the guidelines, it is important that the following matters are addressed.

1) There must be a Meeting Manager and a Field Referee appointed and these persons must be onsite.

Often this event is conducted on the Monday after the main events have been completed and the athletes themselves conduct the event.

2) All athletes and spectators should be clear and to the rear of the circle.

There is generally a lot of chatter going on, with athletes and others standing about.

3) Ensure that the preliminaries are controlled and similar to the jumps a cone placed in the circle until the weight has been retrieved. During the event the throw is being measured so it is not possible for a throw to take place.

4) Check that there is a qualified first-aider on site. (This is the minimum). St Johns is even better.

5) Ensure that the event is conducted in accordance with the WMA Rule 221.

6) Rule 221(3) is specific "It is required that 2 hands be used at all times when throwing the weight".

Athletes should be made aware of this requirement prior to commencement of the event. So on entering the circle it is two hands from there-on. Failure results in a foul.

Would you please advise your officials of the responsibilities and ensure that safety is paramount.

Two near misses in this event in two years is two to many.

Stewart Foster,
Secretary,
RABQSA Health and Safety Auditor 14260.

* * * *

MEMBERSHIP

Our current membership now stands at 90. Welcome to new/and returning members:

Tony Price (Masterton);
Barrie Joslin (Carterton);
Gordon Cameron (Mana);
Steve Plowman (Scottish); and
John Skinnon (Scottish).

* * * *

NOW THAT'S PAIN RELIEF

On a lighter note, a mother with a migraine was delighted to read the label on her paracetamol packet: "Take two and keep away from children".

VACANCY

There is still a vacancy on the committee of Wellington Masters for the role of Secretary.

The Secretary's role is not an onerous one with the committee only meeting once a month for an hour to an 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 Acting Secretary. (Phone numbers at front of newsletter).

HEALTH

BACK BENDS FOR BACK PAIN

The ancient art of yoga may well be a powerful weapon in battling backache. A recent study, commissioned by Arthritis Research UK, found that yoga exercises probably work better for chronic, lower back pain than conventional treatments. Such treatments include painkillers, other forms of exercise and physiotherapy.

Around 300 backache sufferers were enrolled in the study: half of them were prescribed a three-month yoga programme and the other half allocated 'usual' care.

Questionnaires on disability level (inability to perform everyday physical tasks) were completed at the start of the trial and three, six and 12 months later. While there was minimal change in disability scores in the usual care group, those performing yoga reported a lower level of disability on all three questionnaires.

However, yoga may not be the most appropriate form of exercise for everyone, so before you twist into a pretzel, consult a doctor.

* * * *

AN APPLE A DAY!

Is it true that, "An apple a day keeps the doctor away"?

Numerous studies have concluded that it has a ring of truth for many reasons, particularly because of the fibre content in the apple peel (don't remove it!) and the high antioxidant properties present in apples that fight damage to your body's cells.

Adding an apple to your daily diet is beneficial because:

- Increasing the amount of fibre in your diet helps lower cholesterol, aids in weight reduction, reduces abnormal sugar (insulin) level surges, reduces your risk of heart disease and colon cancer and makes you feel fuller so you don't overeat.
- Eating apples may protect you from getting serious lung disease. In fact, a University of Nottingham, England study, conducted over nine years, found that the lungs of those who ate more apples were three years younger than their counterparts who did not eat apples and other fruits.
- Similar research conducted in Finland concluded that the more apples you eat, the more you reduce your risk of disease.
- The antioxidants in apples help prevent diabetes, asthma, heart disease and cancer, particularly lung cancer. Anything you can do to reduce your risk of serious illness is something worth doing, particularly when it concerns your diet.

A healthy diet, regular exercise, and chiropractic adjustments increase your ability to ward off disease and help to maintain

The Master System

The nervous system is made up of two parts: the central nervous system (CNS) and the peripheral nervous system (PNS).

The brain and spinal cord comprise the CNS. The spinal cord transmits sensory messages to the brain and motor messages from the brain. Sensory nerves carry messages to the brain. If you touch a hot stove, pain receptors on certain types of nerve cells tell your brain to move your hand. Motor nerves send signals from the brain to the muscles in the body. These nerves help us to do things such as walk, kick a ball or pick up an object.

The PNS transports messages between the CNS and the body. It consists of cranial and spinal nerves that carry messages to and from every nerve in your body. Part of the PNS is called the autonomic nervous system. The actions of the autonomic nervous system are automatic - actions such as breathing, heartbeat and digestion.

The autonomic nervous system is made up of the sympathetic and parasympathetic nervous systems. The sympathetic system alerts the body when there is an emergency or danger. When this happens, your heart beats faster, your blood pressure rises and your pupils dilate in what is called a "flight or fight" response. The parasympathetic system returns your body to normal once the danger has passed.

Chiropractic care is designed to restore the integrity of your nervous system so that everything works the way it's supposed to. That's why it's vital to have your spine checked regularly for optimum health and well-being.

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

* * * *

A married man was having an affair with his secretary. One day they went to her place and made love all afternoon. Exhausted, they fell asleep and woke up at 8pm. The man hurriedly dressed and told his lover to take his shoes outside and rub them in the grass and dirt. He put on his shoes and drove home.

'Where have you been?' his wife demanded.

'I can't lie to you,' he replied, 'I'm having an affair with my secretary. We had sex all afternoon.'

She looked down at his shoes and said:

'You lying bastard - You've been playing golf!'

Feeling the SQUEEZE

The humble tight has made a comeback, and they're not quite as humble as they once were. They're come a long way since the 1980s variety that was more often than not paired with some brightly coloured leg warmers. Today those tights are for more than just keeping you warm. Today they keep you warm, and help you perform at your best.

Compression tights are the latest must have accessory for serious and not so serious runners alike. Head out for a run around your local running track and you can bet your bottom dollar they will be the most popular fashion item of choice.

And they are big business. By 2013 it's been estimated that the worldwide market will be worth between \$134 and \$156 billion.

So apart from keeping your legs warm, what do they do? The biggest claim made by the makers of compression apparel is that they help break down lactic acid. And as a result help you perform better, and recover quicker. But the multi-billion dollar question is: Do compression garments work?

"This is one of the most commonly asked questions by coaches, athletes and our personal training students. Historically, compression garments were used by medical professionals to promote patient blood flow and prevent blood clotting after surgery," says Melissa Arkinstall, exercise physiologist for Exercise Research Australia.

"The potential benefits of increased blood flow and the removal of waste products that accumulate during training and competition led to compression garments being used by high performance athletes to enhance performance and promote recovery."

It is now common place to see runners of all ages and levels embracing this technology by donning one of the several types of compression garments available when on their ritual Sunday run.

"Studies have reported that compression garments may provide "ergogenic" or performance benefits both during exercise and recovery. One explanation is that these garments increase the removal of fatiguing by-products which accumulate in our muscles when we exercise at higher intensities," says Arkinstall.

"Compression garments have also been reported to enhance the warm-up process by aiding in increasing skin temperature, leading to increased muscle temperature, and a reduction in injury risk during exercise. In relation to recovery, compression garments have been noted to reduce the effects of delayed

onset muscle soreness (DOMS) in the days immediately following high intensity exercise.

Interestingly, the research to date does not suggest any real discrimination for what type of athlete is best suited to using compression garments. However, some would suggest that these garments may provide a competitive advantage to players of team sports such as basketball, netball, volleyball and Australian Rules Football by increasing vertical jump height and repeated jumping power.

Arkinstall believes that runners over any distance and of any ability can benefit from using compression garments. "Although studies are not conclusive as what type of runner would benefit most from the use of compression garments, it is reported that compression garments can improve muscular power, strength and improve the runners own perception," she says.

"This would suggest that sprinters and middle distance runners may benefit more than those competing in longer distance events."

However, those of you who do run longer distances don't despair quite yet as there is also evidence to suggest that compression garments may reduce vibration in the muscle during exercise, resulting in a reduced energy cost. This would pose a great benefit to those who click over a greater number of kilometres each week.

Five years ago you could only buy compression tights, today runners and athletes are spoilt, and confused, by the level of choice; calf sleeves, full tights, short sleeves, long sleeves, no sleeves.

"There isn't any clear cut evidence as to what type of compression garments work best. Keep in mind that this would depend on which area of the body is being out under the most stress or which type of garment provides the user with the greatest physiological benefit," says Arkinstall.

And while many people claim that unlike your typical running shorts, the tighter the better, there is not a lot of evidence to support this.

"The research on the level of compression is unclear at this stage. It can be suggested that if the goal is to improve performance, then a level of compression the athlete finds comfortable is ideal, any higher or lower could have a physiological impact, possibly leading to a reduced performance," says Arkinstall.

"It is important to note that compression garments only contribute to small increase in performance, which may be necessary for an elite athlete looking for that extra edge."

But most of us who enjoy being active it is important to make sure that we spend time getting the basics right first such as effective exercise duration and intensities, as well as a balanced diet and recovery time.

continued on next page

continued from page 6 . . .

"These factors will play a much larger role in our ability to sustain a life-long exercise routine that brings with it many health benefits. Get these down-pat first and then enjoy spending your money on the many "performance aids" now readily available to transform your sports career," says Arkininstall.

HOW IT ALL WORKS?

Your body works efficiently as long as you get all the oxygen you need. If you exercise too hard, your body is unable to get that oxygen. As a result, lactic acid builds up in the muscles and spills into the bloodstream. It causes the muscles to hurt and makes you feel tired. Your breathing becomes harder and faster, which forces you to slow down to allow your body to replenish its oxygen. Compression garment makers claim that by placing evenly distributed pressure over the body, the garments accelerated blood flow and oxygen delivery.

JARGON BUSTER

MUSCLE OSCILLATION

The natural vibration that occurs as a muscle is flexed or it experiences impact. Think of a ripple moving up your leg as your foot hits the ground in slow motion.

DELAYED ONSET MUSCLE SORENESS (DOMS)

The general stiffness you feel between 24 and 72 hours after strenuous exercise. Once thought to be caused by lactic acid, DOMS is now known to simply be the result of over-exercised muscles.

GRADUATED COMPRESSION

To improve blood flow, some compression wear varies the amount of squeeze along its length – for example, from the ankle up to the top of the calf.

VENOUS RETURN

Often abbreviated to VR, this refers to the flow of blood back to the heart. Compression wear can aid venous return, 'balancing' the blood flow from the heart and helping flush out lactic acid.

EXERCISE INDUCED MUSCLE DAMAGE (EIMD)

This is simply a term used by sports scientists to describe the muscular wear and tear caused by exercise.

BLOOD LACTATE

Contrary to popular belief, blood lactate (or lactic acid) is not strictly a waste product. However, some tests appear to show that raised levels can lead to fatigued muscles and a reduction in running performance.

DRESS TO COMPRESS

The lowdown on the big squeeze

INCREASED RECOVERY SPEED

Used as part of the 'RICE' regime (Rest, Ice, Compress, Elevate), compression leggings – or tights – can rapidly

reduce recovery time and minimise delayed onset muscle soreness.

LESS CRAMP

Lactic acid is flushed out by the squeezing of muscles and increased venous return – which may help reduce or even eliminate cramping on the run.

GREATER RUNNING EFFICIENCY

Supports injured or prone-to-injury areas such as the calf and quad, gently squeezing and cradling problem areas, reducing muscle oscillation and helping keep muscles warm so that they can work more effectively.

LESS WASTED ENERGY

Tights reduce muscle oscillation, particularly through the quad and calf.

DECREASED INJURY RISK

The force of impact is lessened helping to support and stabilize injury-weakened areas such as the knee.

MORE OXYGEN

Compression socks increase venous return and help deliver oxygen to muscles with a tight fit around the foot and a graduated squeeze up the calf.

* * * *

Only a Farm Kid...



A Queensland farmer drove to a neighbour's farmhouse in his Holden ute, and knocked at the door.

A boy, about 9, opened the door.

"Is your Dad or your mum home?" said the farmer.

"No, they went to town."

"How about your brother, Howard? Is he here?"

"No, he went with Mum and Dad."

The farmer stood there for a few minutes, shifting from one foot to the other, and mumbling to himself.

"I know where all the tools are, if you want to borrow one, or I can give dad a message."

"Well," said the farmer uncomfortably, "I really wanted to talk to your Dad. It's about your brother Howard getting my daughter Susie pregnant".

The boy thought for a moment...

"You would have to talk to Dad about that. I know he charges \$500 for the bull and \$50 for the pig, but I don't know how much he charges for Howard."



RECIPE

Braised Asian Greens with Teriyaki-Style Salmon

Ingredients:

- ¼ cup Japanese soy sauce
- ¼ cup mirin (sweet Japanese cooking wine)
- 1 teaspoon caster sugar
- 1 teaspoon sesame oil
- 4 pieces skinned, boned salmon fillet, about 200g each
- 3 tablespoons soy bean oil
- 3 cloves garlic, thinly sliced
- 4cm piece peeled ginger, thinly sliced
- ½ cup sliced dried shiitake mushrooms, soaked in ½ cup hot water for 20 mins
- 1 bunch each choy sum and kai lan (Chinese broccoli, also gai lan) stalk ends trimmed, thick stalks sliced on the diagonal
- Salt and freshly ground black pepper
- Steamed jasmine rice for serving.

Method:

- Put the soy sauce, mirin and sugar into a small saucepan and place over a low heat. Stir until the sugar is dissolved, remove from the heat and cool completely. Stir in the sesame oil. This is the marinade.
- Place the salmon pieces, side by side, in a shallow dish just big enough to hold them. Pour the marinade over the salmon and reserve in the fridge for 30 minutes, turning the pieces frequently.
- Preheat the oven to 190 degrees C.
- Drain the salmon pieces (reserve the marinade) and place them side by side in a shallow ovenproof dish. Brush well with the marinade. Place in the oven for 15 minutes, brushing occasionally with the marinade until cooked through.
- Meanwhile, heat a wok over a high heat. Add the oil, garlic, ginger, shiitake mushrooms and soaking water and the Asian greens. Let everything get very hot, stirring frequently then cover and cook for 4 minutes until the greens are cooked but still slightly crisp.
- Uncover, taste, season and serve with the salmon with rice on the side.

Serves 4.

* * * *

TALKING IN TONGUES

Feeling unwell? Then stick out your tongue. The state it's in can present an accurate picture of your health.

- PINK, MOIST & SMOOTH** - Well done, a healthy tongue.
- WHITE** - you may be dehydrated or have oral thrush.
- BLACK, BROWN OR YELLOW** - this might mean bacterial infection, too much coffee, alcohol or tobacco.
- VERY RED** - likely to indicate a nutritional deficiency of vitamin B3, vitamin B12 or folic acid.
- PALE & SMOOTH** - get checked out for anaemia.
- ULCERS** - usually flare up under stress or due to cold viruses. If long standing beware of oral cancer.
- SWOLLEN** - may accompany a hangover but also associated with allergies, an underactive thyroid gland or streptococcal throat infection.

* * * *

DID YOU KNOW?

- One third of your life is spent sleeping but you shift positions around 45 times each night.
- About 50,000 flakes of skin drop off the human body each minute.
- The human body contains enough iron to make a 2.5 centimetre nail.
- The heart is a muscle that never rests - it beats more than 100,000 times in 24 hours.
- Fingernails grow four times faster than toenails.

* * * *

FEAST ON FIBRE - it's official

New Zealand has one of the highest rates of bowel cancer in the world, partly due to a national love affair with low-fibre, processed foods. Many of us know that a diet rich in fibre reduces the risk of bowel cancer, but until now scientists have been unsure of the approximate amounts needed to achieve this.

Researchers from the Imperial College London have recently found that for every 10g a day increase in fibre intake there is a 10 per cent drop in the risk of bowel cancer.

The report, published in the British Medical Journal, concluded that increasing dietary wholegrain intake with foods such as brown rice, cereals, oatmeal, porridge and wholegrain bread reduces bowel cancer risk. However, the study revealed that fibre found in fruit and vegetables may be less important than previously thought.

Encouragingly, the medical benefits of fibre from all sources are not restricted to bowel health and are likely to reduce the risk of heart disease, type 2 diabetes, obesity and overall mortality.

Running advice from the professionals

Gene McNaught

Over a number of years of coaching running, and just seeing others run there are a number of very simple ways of becoming a better runner. One of the most common things I see or hear of is foot injuries and often this is from wearing shoes that are past their due by date (worn out), causing pain and discomfort when running, or simply wearing the wrong type of shoe for your particular running gait. The other common mistake is going for your first run in a long time, and you feel great and carry on, but you forget about the next day and what happens when you wake up - you're stiff, sore and unable to run for about a week!

Here are some tips for you all, especially for people starting out. Get your shoes looked at, as the team at Shoe Clinic are experienced and very well trained and we'll be more than happy to advise you honestly about your shoes and tell you if you're in the correct shoe or not. The other tip is to start small and build up, you'll thank yourself for this and so will your body! Plan the event you would like to take on and give yourself (pending the distance) a good 10 weeks to build into it. You do not need to run every day, over a week you can get away with 4 runs. Taking days off in between, especially at the start, is really important for the body to recover and the muscle fibres to rebuild for your next run.

When you get into your running, mix it up. Do one day on the flat nice and easy and use this as a day to work on running nice and tall, keeping the body relaxed, and breathing easy and comfortably. The next day get up into the hills, as this will increase your overall strength, but keep it low key and DO NOT run hard and fast downhill. This will really fatigue your quads and may cause injury. The next day rest, or do a very easy short recovery run. For the next phase, head out and warm up then look at doing some nice short efforts where you increase your running pace then ease right up and recover. Get your breathing back under control and continue from there. The next day is a recovery run. Use the weekends to look at your longer runs but to start, keep it nice and slow, and just look at time on your feet.

Another key to running is to run nice and tall, as this will stop you from over striding and overloading the legs. To achieve this, from time to time, pretend you have a piece of string attached to your head that runs down your spine and then pull it, as this will bring you nice and tall and you'll run more freely (strange I know but it works). Another simple tip is, whilst you're running, suck in your belly button a couple of centimetres, as this will allow your core to engage and help stabilise you, which will help you run taller also.

If you don't like running on your own then get your partner, workmates or flat mates out and get them into it also. There are a number of running groups in the Wellington region; including a 7am Run/Walk Group on Wednesday's from Shoe Clinic in Willis Street. You'll be very surprised just how good your feel and also how your work will be more productive. The best form of medication the body can have is its own natural endorphins and one of the easiest ways to release them is exercise.

I hope you have got some nice simple ideas from this and for more information head to one of Shoe Clinics three stores in this area - Wellington, Lower Hutt or Porirua or go to www.shoeclinic.co.nz.

For more information on Running Training contact Gene McNaught from SportscoachNZ. www.sportscoachNZ.co.nz.

Editors Note: Gene is a personal friend and a Wellington triathlete who has competed at various World Championships representing New Zealand and has recently taken up coaching on a full time basis.

* * * *

Mileage Helps - But at Great Risk

If you are an experienced long distance runner/walker, you may be interested in going faster. There are many things to consider. By adding mileage to your program, you'll improve overall conditioning and improve the chance that you can achieve your time goal. But higher mileage dramatically increases injury risk.

There are some ways to increase total mileage and reduce the chance of injury:

- * By increasing mileage very gradually;
- * By adding a short additional run to a running day; and
- * By starting and finishing your running day with a mile each of very slow running (at least three minutes per mile slower than current 5K pace).

Be aware of all the early warning signs of injury or over-fatigue and back off at the first indication of trouble.

From Jeff Galloway's *Galloway Training Programs*, Phidippides Publications, 2007.

* * * *

How to Warm Up

Warming up: before races, race rehearsals, speedwork, Magic Miles.

1. Walk gently for three minutes.
2. For 6-10 minutes, walk more than you would on an easy day: if you would normally run for 3 minutes/walk for 1 minute, use a 1:1. If you normally run with a 1:1, start with 15 seconds run/45 seconds walk or 20 seconds run/40 seconds walk.
3. Get into your usual run-walk-run strategy for 6-10 minutes.
4. Do 4-8 acceleration-gliders. Gradually increase speed to what you will be running that day. No sprinting!
5. Walk for three minutes and start the workout, race, etc.

From Jeff Galloway: *Your Personal Running Journal*, p. 141

Health - General

What Causes Muscle Cramps?

Many endurance athletes and daily exercisers alike suffer the pain of muscle cramps, usually in the calves, either during a sporting event or workout session or directly after. What causes these painful cramps?

There are many possible causes for why the cramping occurs. Some of these include dehydration, low blood sugar, salt imbalance due to sweating, nerve damage, compromised blood flow, heat or cold and even a disruption of energy along acupuncture meridians. While many of these are general causes of cramps, there is disagreement whether they are actually involved in exercise-induced cramping.

Research conducted by South African doctors on triathletes, and reported in *Medicine & Science in Sports & Exercise* July 2005, found that none of these conditions seemed to actually cause the cramping. Rather, by conducting EMG studies on the athletes, the researchers demonstrated that the most likely cause of the cramping was muscle fatigue or a tear in the affected muscle itself.

The EMG studies showed noticeably higher electrical activity in the nerves that controlled the cramped muscles. They concluded that the muscle cramps appeared to be caused by exercise-induced damage to the muscles themselves. If that's the case, muscle cramping can be prevented by slowing down when you feel tightness or soreness in any particular muscle.

Regular chiropractic care, along with pre-exercise stretching of the muscles are probably the two best ways to avoid muscle cramping. Should you start to feel a cramp or tightening, grabbing your toes and stretching the calf may stop the cramp, but most often, the muscle needs to simply rest for a bit.

* * *

Try Sprouting to Improve Your Health

Sprouts are a 'living' food, with incredible nutritional value

One of the easiest and healthiest ways to improve your diet involves something you can do in your own home - sprouting!

Sprouts, also called "living food," are one of the most nutritionally complete foods you can eat. The Chinese became aware of their nutritional value many centuries ago, and for good reason - sprouts are rich in vitamins, minerals, enzymes and proteins that are essential to your diet:

- Broccoli sprouts contain a high percentage of cancer-fighting agents - in fact researchers have discovered

that 3-day sprouts contain 20-30% more of cancer-fighting antioxidants than the broccoli you buy in the supermarket.

- Sprouts are easily digested and aid in the digestive process.
- Sprouts are fresh, easy to grow and harvest and are inexpensive.
- Growing your own sprouts provides you with organically grown salad greens - no pesticides or toxic chemicals to worry about!
- Sprouts you can grow yourself can help keep your immune system functioning in tip-top condition.

The best types of sprouts to grow include alfalfa, wheat grass, barley grass, buckwheat, garlic, chives, baby sunflower, Chinese cabbage, purple turnip, and curly kale.

There are on-line resources you can visit to help you get started. Do a search on "sprouting seeds." You can also visit a health food store to obtain sprouting seeds and a wealth of information and advice on how to grow your own sprouts. Make sure the sprouting seeds are certified organic. Also, be sure to refrigerate your sprouts after picking them - although they are best eaten the day you pick them!

Editor's note: The above two articles were 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

* * * *

The Critical 72 Hours

YOU'RE MOST VULNERABLE to getting sick for up to 72 hours after a race due to elevated cortisol levels. A little common sense goes a long way in keeping you well.

- Bring alcohol-based sanitiser to the race and use it before and after you run; avoid touching your mouth, nose and eyes.
- Celebratory hugs are okay; high-fives, handshakes and kisses are not.
- Continue to eat well, stay hydrated, and get plenty of sleep.
- Get a massage, which has been shown to increase the number of infection-fighting white blood cells in circulation.
- Avoid germ areas like shopping centres.
- If you start to feel the sniffles, try a saline nasal rinse or drape a towel over your head and lean over a bowl of steaming water for 10 minutes.

21 Economic Models Explained with Cows

SOCIALISM

You have 2 cows.
You give one to your neighbour.

COMMUNISM

You have 2 cows.
The State takes both and gives you some milk.

FASCISM

You have 2 cows.
The State takes both and sells you some milk.

NAZISM

You have 2 cows.
The State takes both and shoots you.

BUREAUCRATISM

You have 2 cows.
The State takes both, shoots one, milks the other, and then throws the milk away.

TRADITIONAL CAPITALISM

You have two cows.
You sell one and buy a bull.
Your herd multiplies, and the economy grows.
You sell them and retire on the income.

SURREALISM

You have two giraffes.
The government requires you to take harmonica lessons.

AN AMERICAN CORPORATION

You have two cows.
You sell one, and force the other to produce the milk of four cows.
Later, you hire a consultant to analyse why the cow has dropped dead.

ENRON VENTURE CAPITALISM

You have two cows.
You sell three of them to your publicly listed company, using letters of credit opened by your brother-in-law at the bank, then execute a debt/equity swap with an associated general offer so that you get all four cows back, with a tax exemption for five cows.

The milk rights of the six cows are transferred via an intermediary to a Cayman Island Company secretly owned by the majority shareholder who sells the rights to all seven cows back to your listed company.

The annual report says the company owns eight cows, with an option on one more.

You sell one cow to buy a new president of the United States, leaving you with nine cows.

No balance sheet provided with the release.

The public then buys your bull.

A FRENCH CORPORATION

You have two cows.
You go on strike, organize a riot, and block the roads, because you want three cows.

A JAPANESE CORPORATION

You have two cows.
You redesign them so they are one-tenth the size of an ordinary cow and produce twenty times the milk.

You then create a clever cow cartoon image called 'Cowkimon' and market it worldwide.

A GERMAN CORPORATION

You have two cows.
You re-engineer them so they live for 100 years, eat once a month, and milk themselves.

AN ITALIAN CORPORATION

You have two cows, but you don't know where they are.
You decide to have lunch.

A RUSSIAN CORPORATION

You have two cows.
You count them and learn you have five cows.
You count them again and learn you have 42 cows.
You count them again and learn you have 2 cows.
You stop counting cows and open another bottle of vodka.

A SWISS CORPORATION

You have 5000 cows. None of them belong to you.
You charge the owners for storing them.

A CHINESE CORPORATION

You have two cows.
You have 300 people milking them.
You claim that you have full employment, and high bovine productivity.
You arrest the newsman who reported the real situation.

AN INDIAN CORPORATION

You have two cows.
You worship them.

A BRITISH CORPORATION

You have two cows.
Both are mad.

AN IRAQI CORPORATION

Everyone thinks you have lots of cows.
You tell them that you have none.
No-one believes you, so they bomb the hell out of you and invade your country.
You still have no cows, but at least now you are part of Democracy.

AN AUSTRALIAN CORPORATION

You have two cows.
Business seems pretty good.
You close the office and go to the pub for a few beers to celebrate.

A NEW ZEALAND CORPORATION

You have two cows.
The one on the left looks very attractive.

A GREEK CORPORATION

You have two cows.
You borrow against the cows from the Germans.
You kill the cows and make souvlaki.
You can't pay the interest so the Germans lend you more money.
You can't pay the interest so the Germans lend you more money.
You can't pay the interest so the Germans lend you more money.
You can't pay the interest so the Germans lend you more money.

THE ATHLETE'S KITCHEN

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Exercise, Injury & Creatine: Updates from ACSM

Each year, more than 5,000 health professionals gather at the Annual Meeting of the American College of Sports Medicine (ACSM; www.acsm.org). At the 2011 meeting (Denver, June 1-4, 2011), exercise physiologists, sports medicine doctors, and sports nutritionists shared their research and offered updates. Here are three updates that might be of interest.

The power of exercise

"Exercise is medicine" is the slogan for ACSM's public health campaign to teach people the importance of living an active lifestyle. "Exercise is better than medicine" would also be a good slogan! According to Dr. Karim Khan of the University of British Columbia, lack of physical activity is the biggest public health problem in the 21st Century. (I know, I am "preaching to the choir" because you are already active. But I'm sure you have friends and loved ones who spend too much time on the couch. Please pass along this message along to them.)

We know that exercise can reduce the risk of heart disease, certain cancers, dementia, and other diseases of aging. But what most people don't know is 16% of North Americans will die from low fitness/sedentary lifestyle. That's more than the 14% of people who will die from "smokerdiabesity" (smoking, diabetes, and obesity combined). (1)

If exercise is so good for us, why are so many people failing to exercise regularly? And how can we get them to exercise by choice? Incentives work in the short term. That is, employees who get a discount on their health insurance premium will initiate an exercise program. But in the long term, people maintain an exercise program if it gives them pleasure, makes them feel good about themselves, improves their mood, and offers friendship.

Wanna-be exercisers should take weight loss out of the equation. That is, if they are exercising just to lose weight, what happens when they reach their goal? They'll still need to keep exercising to maintain that fat loss, so they had better start a program they are interested in enjoying for the rest of their lives!

Just as MDs monitor blood pressure and weight, they should also monitor physical activity. Thanks to ACSM's Exercise is Medicine campaign, doctors are now being encouraged to prescribe exercise to their overfat, underfit, (pre)diabetic clients, telling them how often, how hard, and how long to exercise. This written prescription has been shown to help improve exercise compliance.

Nutrition for injuries

Unfortunately, part of being a runner seems to entail being injured; no fun. Runners with injuries should pay attention to their diet. If they are petrified of gaining weight (yes, petrified is a strong word, but it seems fitting to many injured athletes who seek my counsel), they may severely restrict their food intake. One marathoner hobbled into my office saying, "I haven't eaten in two days because I can't run..."

While injured runners do require fewer calories if they are exercising less than usual, they still need to eat an appropriate amount of fuel. Injuries heal best with proper nourishment. For example, if you have had surgery (such as to repair a torn ligament), your metabolic rate might increase up to 20%. Using crutches increases energy expenditure by 5 to 8%. If a wound happens to get infected, metabolic rate can increase by 50%.

When injured, you want to eat mindfully, so that you eat enough calories — but not too many calories. Before you put food into your mouth, ask yourself: "Does my body need this fuel? ... Will this food provide nutrients to help my injury heal?" Your mind may want excessive treats to comfort your sorrow, but the nutrient-poor cookies that help you feel happier for a moment can contribute to undesired fat gain that will increase your misery for the long run.

If you have ever had a broken bone, you have seen first-hand the muscle wasting that occurs when, let's say, a leg has been in a cast for 6 to 8 weeks. The good news is, according to Dr. Stuart Phillips of McMaster University, muscle strength and power returns quicker than muscle size. You can minimize excessive muscle loss by eating adequate protein. The typical (and adequate) protein intake is 0.5 g protein per pound of body weight per day ((1.1g/kg/day).

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During recovery, a better target is about 0.7 g pro/lb (1.6 g/kg). For a 150-pound athlete, that's 75 to 105 g protein for the day, an amount easily obtained through your diet. Simply choose a protein-rich food at each meal and snack throughout the day to help maximize healing and minimize muscle loss.

Creatine and health

Creatine has been shown to enhance performance in sports that require short bursts of energy (including sprinting, soccer, ice hockey, weight lifting). The question arises: Is creatine harmful? According to Eric Rawson, PhD of Bloomsburg University in PA, creatine is safe. Although critics have tried to implicate creatine in athletic events that resulted in death, other factors were involved, such as excessive exercise in extreme heat (2, 3, & 4).

The NCAA and other sports organizations discourage the use of creatine in teenage athletes. Teens who take creatine while their bodies are growing will never know how well they could have performed with simply a good sports diet and hard work. The question arises: Will athletes who take creatine be enticed to try other ergogenic aids, such as harmful and illegal steroids? The answer is unknown.

On a daily basis, the brain uses creatine to help us think and process. (Thinking requires quick energy, and creatine enhances that metabolic pathway.) Taking creatine supplements can increase brain creatine by 4 to 9%.

When the brain is tired, as happens with sleep-deprivation, creatine may be able to enhance brain function. For example, sleep deprived rugby players who took creatine improved their accuracy when throwing a ball (compared to those who did not take creatine). The effect was similar to if they had taken caffeine, another alertness-heightener (5).

Creatine might be helpful for athletes who suffer a concussion. Research with animals suggests taking creatine pre-concussion enhances recovery (6). Granted, few athletes know when they will get a concussion, but anecdotes tell us that hockey players who routinely take creatine (and have higher brain creatine status than athletes who do not take creatine) report enhanced recovery. In certain medical situations (such as muscular dystrophy, Parkinson's disease), creatine can also have a health-protective role.

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Editor's note: This article has been reproduced with the kind permission of Nancy Clark. For more information on this article and others relating to sports nutrition etc. visit the websites listed above.

* * * *

A blonde was flying in a two-seater airplane with just the pilot. He had a heart attack and died. She frantically calls a May Day:

"May Day! May Day! Help me! Help me! My pilot had a heart attack and is dead and I don't know how to fly. Help me! Please help me!"

All of a sudden she hears a voice over the radio saying: "This is the tower. I have received your message and I will talk you through it. I've had a lot of experience with this kind of problem. Now, just relax. Everything will be fine! Now give me your height and position."

She says, "I'm 5'4" and I'm in the front seat."

"O.K." says the voice from the tower.

"Repeat after me: Our Father... Who art in Heaven..."



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BETTER ON THE INSIDE

Treadmill workouts that keep you focused - and fit

THE TREADMILL IS A FINE TOOL for staying fit when the mercury drops. But it's important to have a plan of action when you hit the machine. Not only will it make the time pass more quickly, but you'll get a greater fitness boost than you would if the same type of run every time you went inside. Here are four TM workouts to do you did on the days you'd rather not risk blue toes.

THE "FAST 15" - Do this workout when you're pressed for time. Jog for three minutes. Then increase the speed to a faster pace and hold it for two minutes (it's okay if you're huffing and puffing a bit by the end). Walk for 30 seconds. Repeat the sequence. Next, extend the run portion to three minutes. Walk for 30 seconds. Repeat. Cool down with a short walk.

THE PACE BOOSTER - Warm up for six minutes by alternating 30 seconds jogging with 30 seconds walking. Then increase your speed slightly and run for 30 seconds. Walk for 30 seconds. Continue this 30/30 ratio. Increase your speed slightly with each successive run segment. Do as many cycles as you comfortably can.

THE DISTANCE RUN - Increase your speed until you're running comfortably. Run for two minutes, then walk for one minute. Repeat this 2:1 ratio three times. Bump up the ratio: Run for three minutes, then walk for one minute. Repeat three times. End the workout by running two 2:1 segments, followed by two 1:1 segments.

THE HILL CLIMB - Gradually increase your speed until you're at easy-run pace. Run for three minutes. Raise the incline to 2 per cent for one minute, then to 4 for one minute. Lower the incline and rest for one minute. Raise to 4 per cent and run for two minutes. Alternate running two minutes at an incline/jogging one minute on the flat for as long as you can.

THE SECRET

Run Like You're Outside

Compensate for the lack of wind resistance by setting the TM to a 1- to 2-per cent incline. Simulate downhill running by lowering the machine to a negative incline [not all models have this feature. Replicate the ups and downs of rolling terrain by frequently adjusting the speed and incline settings. The subtle changes work different muscles in your legs, which makes you stronger and prepares you for road running.

FACT OR FICTION

You shouldn't hold the handrails while running on a treadmill.

FICTION - Many runners struggle with their balance while on a treadmill. Use the handrails whenever you feel unsteady – they

can help you avoid straining a muscle in your foot, leg, or knee if you take an awkward step.

* * * *

Mix up your routine for more fun and better fitness

If you've been running regularly for several months, now is the time to step back and take a look at your routine. While sticking to the tried-and-true is reliable and comfortable, eventually, it can breed boredom and stall your fitness gains. Changing up your workouts, your route – even your running buddies – will be enough to stimulate your brain and keep you motivated to meet your goals. Here's how to put a spin on things so you get more of a physical – and mental – boost out of any run.

YOU ALWAYS: WALK UP HILLS

DO THIS: Run all the way up – and over. As you approach an incline, shorten your stride to lower your exertion level. At the base of a hill, start a run/walk ratio of one minute running/10 to 15 seconds walking. This will help keep your legs feeling strong.

YOU ALWAYS: RUN ON ROADS

DO THIS: Hit the trails. The scenery will inspire your mind, and the terrain will challenge your body. At first, choose a route that has stable ground with minimal obstacles like rocks, logs and creeks. Shorten your stride to keep your feet beneath you to minimise the risk of slipping. Lose the earplugs so you can hear who is approaching from ahead or behind.

YOU ALWAYS: RUN WITH PEOPLE

DO THIS: Go it alone. Occasionally running solo will help you tune into your body and how it feels at different paces, in certain weather conditions, and on varying terrain. It's an opportunity to identify where your limits are and push past them. Plus, the personal quiet time can help you solve problems – or simply relax.

YOU ALWAYS: HEAD OUT SOLO

DO THIS: Find a buddy – or three. It's hard to bail on a run when a friend is waiting for you, and having a sidekick will help you stick it out on tough runs. On faster days, monitor the speed according to the slowest person, and on long runs ensure no one is huffing or puffing.

* * * *

EYE SPY

A US study suggests that regular running could help prevent age-related macular degeneration (a visual impairment affecting the centre of your field vision). The research showed that runners who averaged 1.9 to 3.8 kilometres per week had 19 percent lower risk of macular degeneration – and runners who clocked higher mileage lowered that risk even further.

Spikes

Spikes are a runners' best friend provided you are running on the track or cross country. Spiked running shoes should fit like a glove and provide enough support to help you run on your fore-foot on the track or on grass (grass track or over cross country). Running on your forefoot is generally faster than running heel-toe and can change your running style. Spikes tend to help you lift your hips more and lean forward so therefore on the cross country you find running up and down hills is possible at a faster clip. This means you don't have to land on your heels particularly going down hill and depending on the steepness of the hill are able to stride out more than you would otherwise as the spikes provide a grip helping to avoid slipping.

Taking care of your spikes - try and keep them dry. Of course getting them wet is par for the course especially cross country so washing them between races is a good idea to avoid mould. In the summer you can get away with hardly any wet days but all the same hanging the spikes on the washing line to dry out is a good idea.

A question I am sometimes asked is should you take the spikes out every time you use them? The problem with taking them out a lot and putting them back in again is that the thread on the spike and the shoe can wear down so the best thing to do is to every so often loosen and tighten them without taking out completely unless they need to be changed. This also prevents the spikes from being stuck in the shoe for ever – a problem if you want to use the spikes for cross country where you use long spikes and the track where they are much shorter.

Because you only wear your spikes for races and a few training sessions a year they should last you a long time so wearing them with socks is also a good idea. Wearing socks inside your spikes keeps the inside of the shoes in good condition as not wearing socks creates more wear and tear on the inside of the shoe. It is possible to buy very good racing socks that you can also wear in road racing shoes. Thin socks are the best as they reduce blisters and keep the glove feel that a spike should provide.

Keeping your spike shoes in a bag also helps to stop the spikes from catching on other shoes or on the other spike shoe if you keep the spikes facing each other and in a bag. The bag can be a spike bag which you usually get when you buy the shoes. If you haven't run in spikes for a while it is important to stretch your legs well before and after as being up high on your toes can cause lower leg tightness. If you are planning to run in spikes get prepared before you start using them by doing some uphill training which forces you to run on your toes and when you start using them make sure the session is light – don't spend too much time in the spikes in the first few sessions.

Happy spike running – don't over do it. Take care out there.

Editor' note:

This article is reproduced with the kind permission from Anne Hare who had written the article for publication in the Wellington Scottish Women's newsletter in 2011. With the cross country season nearly upon us I thought that it was appropriate to publish it for the upcoming season.

* * * *

Nutrition for Masters Athletes

Your body changes over time, and so do your nutritional needs. Masters endurance athletes have to fuel themselves a little differently from their younger competitors to maximize performance.

Aging is caused in part by free radical damage to body tissues. A diet that contains lots of antioxidant-rich fruits and vegetables will slow the aging process and its effects on performance. As the body ages its antioxidant capacity – that is, its capacity to protect itself from free radicals – decreases, and antioxidant capacity, in turn, is linked to endurance performance.

Supplementing a plant-based diet with additional antioxidants may yield further benefits. A study conducted by researchers at UCLA found that three weeks of antioxidant supplementation by cyclists over age 50 yielded a 16% increase in anaerobic threshold.

Another issue of concern to Masters' athletes is recovery nutrition. Older athletes are more susceptible to muscle damage caused by eccentric muscle contractions (muscle contractions wherein the muscle lengthens as it contracts) and are not able to repair this damage as quickly between workouts. You can reduce muscle damage during workouts by drinking a sports drink containing the right balance of carbohydrate and protein. Research has shown that a 4:1 ratio is ideal. You can also greatly accelerate muscle tissue repair by consuming a recovery drink containing carbs and protein in a 4:1 ratio within 45 minutes of completing a workout.

Younger athletes can benefit from the same practices, but if you're over 40 these simple measures can almost literally turn back the clock.

Freeze Your Sports Drink

A study recently conducted by a researcher at the University of Chicago found that runners performed significantly better in a run to exhaustion in the heat when they consumed a slushie beforehand instead of a cold drink. Both drinks contained sugars in amounts similar to sports drinks. The slushie was just colder and reduced both core body temperature and perceived effort during the run.

So before your next race or hard run in the heat, consider freezing your sports drink and taking it in slushie style!

* * * *

"What," said the young man "Is the difference between wisdom and knowledge?" "Well," came the reply from his elder. "Knowledge is knowing that a tomato is a fruit. Wisdom, on the other hand, is knowing that you do not put it in a fruit salad!"

WELLINGTON MASTERS T&F CHAMPIONSHIPS – 2012 RESULTS

Grade	Name	Result	Wind	Grade	Name	Result	Wind
Day 1 (18th February):				Day 2 (25 February):			
100m				200m			
W35	Vanessa Storey	13.18	-3.0	W35	Vanessa Storey	27.35	-1.9
				W70	Judy Hammond	37.50	-1.9
M35	Gavin White	12.19	-2.7	M35	Gavin White	25.23	0.6
M40	John Turner	12.88	-2.7	M40	John Turner	26.06	0.6
M45	Mark Macfarlane	12.69	-2.7	M50	Gary Rawson	25.75	0.6
	Mike Baxter	13.68	-2.7	M55	Gordon Cameron	29.45	0.6
M50	Gary Rawson	12.22	-4.0	400m			
M55	Gordon Cameron	13.90	-4.0	W35	Vanessa Storey	1:01.88	
M60	Richard Brent	14.12	-4.0	W70	Judy Hammond	1:35.03	
M70	Peter Hanson	16.83	-4.0	M40	John Turner	57.52	
800m				M60	Rupert Watson	1:09.53	
SW	Renaë Creser	2:26.05		M70	Peter Hanson	1:28.64	
W45	Anne Hare	2:28.90		1500m			
	Helen Willis	2:54.79		SW	Renaë Creser	5:12.92	
M40	William Twiss	2:16.63		M40	William Twiss	4:36.83	
	Michael Wray	2:22.89			Michael Wray	4:45.58	
	Barrie Joslin	2:45.93			Barrie Joslin	5:26.56	
M55	Steve Plowman	2:27.60			John Turner	6:46.13	
M60	Jonathan Harper	2:40.36		M50	Gary Rawson	6:46.29	
	John Skinnon	2:50.62		M55	Tony Price	4:50.77	
	Murray McGaughran	3:17.32			Steve Plowman	5:01.70	
M70	Peter Hanson	3:43.80		M60	Jonathan Harper	5:33.42	
M80	Ellis Goodyear	3:53.54			Rupert Watson	5:52.10	
	Michael Browne	4:20.08		M70	Peter Hanson	7:28.51	
5000m				M80	Michael Browne	8:34.54	
M40	Grant McLean	15:42.34		3000m			
	Michael Wray	17:30.21		M40	Michael Wray	10:11.39	
M60	Bruce McCallum	23:34.20		M80	Michael Browne	18:15.28	
M80	Ellis Goodyear	30:33.75		3000m Track Walk			
100m Hurdles				SW	Terri Grimmer	18:07.99	
W35	Vanessa Storey	18.90	-2.0	W60	Margaret Bray	27:18.70	
1500m Track Walk				W65	Jacqueline Wilson	19:42.88	
SW	Robyn McArthur	8:19.58		W70	Daphne Jones	21:39.27	
W50	Terri Grimmer	8:36.98		Long Jump			
W60	Margaret Bray	13:21.73		W70	Judy Hammond	2.92	0.8
W65	Jacqueline Wilson	9:19.43		M40	John Turner	4.72	1.3
W70	Daphne Jones	10:16.89		M45	Mike Baxter	5.01	0.0
M65	Geoff Iremonger	9:33.56			Mark Macfarlane	4.76	0.3
M85	Peter Tearle	12:01.97		M50	Gary Rawson	5.11	-1.1
High Jump				Discus			
W35	Vanessa Storey	1.40		W40	Michelle Ward	24.75	
W70	Judy Hammond	1.03		M40	John Turner	20.75	
M40	John Turner	1.60		M50	Gary Rawson	24.48	
M45	Mark Macfarlane	1.45		M60	Rob Hannan	16.13	
	Mike Baxter	1.40		M65	Peter Jack	17.13	
Triple Jump				Javelin			
M50	Gary Rawson	11.00	2.8	W70	Judy Hammond	14.83	
Shot Put				M40	John Turner	30.95	
W80	Colleena Blair	5.21		M45	Rod Plimmer	36.04	
M60	Rob Hannan	5.51			Mike Baxter	27.22	
M65	Peter Jack	5.26		M50	Gary Rawson	32.43	
M70	Peter Hanson	8.53		M60	Rob Hannan	14.54	
Hammer				M65	Peter Jack	12.18	
W80	Colleena Blair	13.83		Pentathlon			
M40	Philip Jensen	56.72		W70	Judy Hammond	2573 pts	
M60	Rob Hannan	13.44		M40	John Turner	1946 pts	
M65	Peter Jack	17.86		M50	Gary Rawson	2733 pts	
Weight Throw				Day 3 (3rd March):			
W80	Colleena Blair	5.94		10,000m			
M40	Philip Jensen	18.38		W80	Michael Browne	1:08.11	
M60	Rob Hannan	5.89					
M65	Peter Jack	6.17					

Top 5 Tips to a Top Notch 2012

1) Hydration

Our body is on average, 75% water, slightly more at birth and less at the end of our time.

When we have adequate hydration levels it aids the nourishment and detoxification of waste in cells.

Dr F. Batmanghelidj recommends a formula for determining how much water you need to drink for normal hydration; Bodyweight (in kg) x 0.033 = litres of water to drink each day.

2) Nutrition

You are what you eat.

Your body makes 300,000 red blood cells every second; it makes a new eye ball every three days. The material to make your body comes from the food you eat. You can choose if you next body part is made out of pastries, chocolate and soft drink or a nice organic steak with organic vegetables.

When you eat real, whole foods that are full of nutrition you don't need to eat as much as you do when the foods are highly processed and contain little or 'added' nutrients.

3) Sleep

If you watch nature at dusk, animals get quite active, and then they are all tucked up asleep by the time the sun goes down. As humans we should be no different, but we have lights and television to trick our bodies into the fact it is still day time.

For optimum sleep,

- * Make sure you sleep in a dark room;
- * Don't overeat at your evening meal;
- * Balance your evening meal so that it is not too high in the glycemic index;
- * Dim the lights as you get closer to going to bed;
- * Be in bed by 10pm;
- * Don't have coffee after 3pm; and
- * Don't strenuously exercise after 6pm.

4) Movement

Movement is medicine when it is used intelligently.

Listen to your body, if you don't have the energy to workout, then work-in. Do some breathing exercises, try a stretch session. Working out is something that naturally happens once you have the energy to spare. Working-in stimulates anergin hormones, which trigger growth repair digestion and elimination, aid healing, learning and growing. When you workout while you are tired you will use gland and organ energy as muscle energy.

5) Breathing

Breath feeds all of your bodily functions, to prove how important it is, you can go days without drinking, weeks without eating but only minutes without breathing.

Our seated lifestyle has a major effect on our ability to breathe; our upper back often becomes stiff from too much time at the computer. Any dysfunction in breathing will lead to a problem in the nervous system.

Your breath helps your body be in a position to react to that stress, when you are relaxed it switches to healing your body from the stress so that it can handle the next stress that comes along.

Breathing also maintains your acid alkaline balance, as you start to increase your breathing rate; due to poor mechanics you increase your carbon dioxide levels which increases the acid level in your body. This can lead to more inflammation based diseases, and increased likelihood of injuries. - and as we all now stress leads to food cravings.

How many times a minute do you breath? Any more than 12 breaths per minute is considered a breathing pattern disorder.

* * * *

IMPROVE FLEXIBILITY BY STRETCHING IN WATER

After a long run on a hot day, few things feel better than diving into a pool. But why stop at cooling off? By taking your stretching routine underwater, you'll be able to move your joints and limbs through a wider range of motion – and with greater control – compared to stretching on land, says Scott Riewald, Ph.D., a biomechanics expert who works with Olympic athletes. "It's easier to reach and hold the point of optimal stretch, with less strain," he says. Do this routine in the pool after a run. Hold each stretch for 20 to 30 seconds, repeating twice on both legs.

HIP FLEXORS

Start in a lunge position with the left leg on a low step. Bend the right knee and shift your body weight forward so your hips drop down. You'll feel this in the front of the left hip.

HAMSTRINGS

In waist-deep water, place one foot, heel down, on a low step. Looking straight ahead, flex at the hips to bring the torso forward until you feel a stretch in the back of the thigh.

CALVES

Stand in chest-deep water and hold the wall. Step back with the right leg and press the heel down. Hold for 20 seconds, then bend the right knee slightly for a deeper stretch.

QUADRICEPS AND HIP FLEXORS

Stand on your left leg. Grasp the right foot behind you. For a deeper stretch, press the hips forward and allow the right knee to move back slightly.

HIP AND LOWER BACK

Stand on your left leg in chest-deep water. Grab your right knee with both arms and pull it tightly to the chest while maintaining good posture.

IT BAND

Position yourself so your left side is close to a wall. Cross the left foot in front of the right. Lean to the left with your torso while pushing the right hip away from the wall.

HEALTH

FACT FILES:

Eyes

The transparent cornea is the only living tissue in the human body that contains no blood vessels.

We shed more than 200 lashes from each eye every three to five months.

Blinking causes the eye to be closed for about $\frac{1}{2}$ an hour every day.

When you look at something pleasing the pupil of the eye expands as much as 45%.

Focusing on each word in this sentence causes your eyes to swing back and forth 100 times a second, in which time the retina performs ten billion computer-like calculations.

You blink on average every two to ten seconds.

The lens of the eye continues to grow throughout a person's life.

Vision experts say that the accepted red for danger, and green for safety is the wrong way around, as the human eye perceives green more quickly than red.

The iris membrane controls the amount of light that enters your eye.

Our eyes take up about 5% of our head, but a bird's eye takes up about 50% of its head. Our eyes would have to be the size of baseballs to be comparable to a bird's eyes.

The eye sees everything upside-down, but the brain turns it right way up.

Hannibal was a great military commander despite having only one eye. He lost the other eye to a disease caught while attacking Rome.

The cross-eyes of early movie star Ben Turpin were insured for £50,000 against them going straight.

Muscles

The fastest muscle in your body is the one that blinks your eye, which can allow you to blink five times a second.

It takes 17 muscles to smile, 43 muscles to frown, 25 muscles to swallow, 30 muscles to raise your eyebrows.

A dimple occurs in skin that is attached to the muscle under it.

The jaw muscle is the most powerful muscle in the body. When bringing the back teeth together for chewing, the jaw muscles can provide about 200 pounds of force.

The largest muscle in the human body is the buttock muscle.

Nerve impulses for muscle position travel at a speed of up to 390 feet per second.

The sartorius, a narrow muscle of the thigh that passes obliquely across the front of the thigh and helps rotate the leg to the position assumed in sitting cross-legged, is the longest muscle in the human body. The muscle's name is derived from the adjective "sartorial", and refers to the traditional cross-legged positions of tailors at work.

It takes 40 or 50 muscles to lift your leg and move it forward, and walking uses a total of 200 muscles.

The Auricularis muscles are used to move the ears.

The human body has over 600 muscles, making up 40% of the body's weight.

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WELLINGTON MASTERS ATHLETE OF THE YEAR

Past winners:

2000	Judy Hammond
2001	Ellis Goodyear
2002	Barry Prosser
2003	Bernie Portenski
2004	Simon Poelman
2005	Bill Nicholson
2006	Peter Baillie
2007	Colleena Blair
2008	Jim Blair
2009	Grant McLean
2010	Anne Hare
2011	Jim Blair

* * * *

GOING GREEN

Pluck the health benefits of green tea

Help with your weight

Overweight or obese exercisers burnt off 7% more belly fat when they drank green tea instead of another beverage with the same kilojoules, a new multi centre study found.

Protection against cancer

Regular drinkers are 12% less likely to develop breast cancer than non-drinkers, according to a research in 6928 Chinese women.

Healthier Gums

In a study of 940 men, the more green tea a man drank, the less likely he was to have gum disease.

- COMING EVENTS -

2012

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
16 Boston Marathon Boston
22 Moonshine Half Marathon Trentham Memorial Park
28 Rotorua Marathon, Half Marathon, Quarter Marathon & 5km Rotorua
29 Gold Coast Bulletin Fun Run (2.5, 5 & 10km) - www.gcbfunrun.com.au Skilled Park, Gold Coast

May

6 Masters Classic Relay Trentham Memorial Park
6 Nelson Shoe Clinic Half Marathon, Quarter Marathon & 5km Saxton Field, Stoke

June

24 Wellington Full and Half Marathons & 10km Westpac Stadium
30 NI Cross Country Champs Spa Park, Taupo

June/July

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

August

25-26 Sunshine Coast 2km, 5km, 10km, Half and Full Marathon Sunshine Coast, Queensland

Sept

20-28 Round Rarotonga Road Race Rarotonga

Oct

14 Mills Reef Tauranga Running & Cycling Festival Tauranga
14 Masterton Full and Half Marathons Masterton

Nov

4 Lower Hutt 10km Road Run and Walk Huia Pool

2013

Feb

9 Buller Gorge Full and Half Marathons Westport

Mar

1-4 NZ Masters T&F Championships Newtown Park

Note: While every attempt is made to provide correct dates of events, intended dates and venues can change. It is advisable to check the information from official entry forms, websites or event organisers.

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


