

THE

MASTER

COPY

Newsletter of the Wellington Masters Athletics Inc.

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Michael Wray running the fastest lap for men at the Classic Relay (above) and (below) Angela Leck ready to start her leg. Angela ran the fastest lap for women. (Photos by Sharon Wray).



WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2012-13

EXECUTIVE:

President:	Brian Watson	06 364 7758
V.President:	John Hammond	04 292 8030
Secretary:	Albert Van Veen	563 8450
Treasurer:	Graham Gould	973 6741

COMMITTEE:

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John Palmer	479 2130

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LIFE MEMBERS

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

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

CLUB REPRESENTATIVES AND MEMBERS ARE ALWAYS WELCOME.

FROM THE EDITOR'S DESK



Over the years the Masters Classic Relay has clashed with Mother's Day. On many occasions Masters' members have voiced their opinions on the clash of dates, so last year we agreed to hold the relay on a date that didn't clash with Mother's Day. The committee assumed that this change of date would mean that more teams would take part, so were disappointed to find that the change of date did not make any difference to the numbers competing.

This year we had to revert back to Mother's Day when we went to book the event on the Monday following last year's event as someone had already been in to the Upper Hutt City Council and booked the date that we were looking at for 2013. Some club coordinators told us that there was once again this resistance from harrier members to take part as it fell on Mother's Day, and adding to the issue was the Varsity's Relay which was held on the previous day, with some harriers not prepared to race two days in a row. The committee tried to be a little more pro-active for next year, so after one of the committee meetings earlier in the year, booked the event for 2014 - a date that isn't Mother's Day. That date is Sunday 4th May 2014.

However, I have already had my ear chewed by several members who have told me that the 3rd May is the 50th running of the Rotorua Marathon and that they would be taking part with other members in the marathon so wouldn't be able to take part in the Classic Relay. Also on the 4th May 2014 is the Nelson half marathon and I already know a couple of Wellington Masters will be competing there too.

I took the issue of the date clash to the committee and after some discussion it was felt that no matter what date we chose for the relay it was bound to clash with something else as there are so many events on the running calendar nowadays that athletes have to choose which event they wish to support. Though we would love those of the Masters age to support our events we are in no position to force them to do the same as those who wish to spend the Sunday with their mother should the event be moved back to Mother's Day. As the paperwork has already come through confirming our booking for the 4th May the committee has decided to go with this date for the 2014 Classic Relay.

I don't know what the solution to this problem is but if anyone has any ideas or suggestions then please submit them to the President so they can be discussed at a committee meeting. One thought I had was that maybe the relay could be moved to an earlier month, the end of March or early April as a possibility, before a lot of the interclub events kick in.

Please be aware that the committee has changed both the dates for the Johnsonville 8km and the Lower Hutt 10km in October, as they both clashed with other events on the running calendar.

Just another reminder that the AGM of Wellington Masters which will be held in September with the date to be confirmed at the next committee meeting. It will be time to elect a new committee and a new President as our incumbent President Brian Watson, has informed the committee of his intention to stand down. I would ask members to consider putting their name forward for the role of President or for coming onto the committee. Sometimes new "blood" on the committee brings new ideas to the table and maybe a solution to the Classic Relay and the dilemma that we seem to be in regarding this event.

The next Wellington Masters event is the Lower Hutt 10km on Sunday 20th October at the Huia Pool in Lower Hutt.

John Palmer
Editor

HEALTH

Shin Splints 101

Fix and prevent this common lower-leg injury

Shin splints are among the most frustrating injuries because they make a basic act – running - impossible. The term "shin splints" actually denotes more than one lower-leg ailment, but let's focus on the more common bone-related shin pain.

THE SYMPTOMS

More common (roughly 90 percent of cases): Pain in the bony part of the shin, along the tibia, during and after exercise and when you press on the area.

Less common (about 10 per cent of cases): A tightening pain in the soft, outside, muscular part of the shin, usually bad enough that running becomes impossible, and then subsides when you stop running.

WHAT'S GOING ON IN THERE?

Bone-related shin pain, called medial tibial stress syndrome, can range from a stress injury - irritation of the bone - to a stress fracture, an actual crack in the bone.

The area hurts during and especially after exercise and the tibia hurts when touched or tapped. It's generally the result of three variables: body mechanics, amount of activity and bone density.

FIX IT

See a doctor for proper diagnosis. Stress injuries can become stress fractures, which can sideline you for a long time.

Employ dynamic rest. Find another activity that doesn't load your legs. Swimming and cycling are good choices.

PREVENT IT

Change your shoes.

Try switching to a shoe that limits pronation. Arch supports can help as well.

Up your calcium and vitamin D intakes. Try 1,300 milligrams of calcium and 400 micrograms of D per day. Easy food sources are milk and yoghurt.

Follow the 10 percent rule. Never up your weekly running mileage by more than 10 per cent.

Train your hips and core. Strengthening these areas will make you a stronger runner, which improves foot strike and body mechanics.

Shorten your running stride. Doing this while increasing your cadence may help you generate better stride mechanics because you'll be putting a lot less load on your feet, shins, knees and on up the kinetic chain.

WHEN TO CALL A DOCTOR

For bone-related pain, it's best to get a doctor's diagnosis because then you'll know the severity of the injury. You'll need an MRI to determine if a stress fracture is present because stress fractures don't show up on X-rays unless they're very severe or healing. Your doctor may also do a bone-density scan (using DEXA, dual-energy X-ray absorptiometry).

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Breathing for Optimal Health

Our Top Tip for Breathing Optimally and Improving your Wellbeing

Breathing is your body's top priority so it will make whatever sacrifice it needs, to ensure you can breathe. Your first breath marks the beginning of life and your last, the end. In between these two very important breaths the average person takes well over 20000 breaths per day. Hard to believe!

Now consider how having a poor breathing technique for years can affect your body. Incorrect breathing has the potential contribute to a number of health issues such as cardiovascular problems, increased stress, visceral problems, musculo-skeletal dysfunction, etc.

Most of us breathe through our mouths, taking shallow upper chest breaths all day long. These activate the stress receptors in the upper lobes of the lungs, which in turn tell the body to go into survival mode. The results are:

1. Posture Problems due to rigid ribs, shoulders, thoracic spine and neck.
2. Tension in the diaphragm which can affect digestion and eventually lead to indigestion, heart burn etc...
3. The burning of sugar and storing of fat, as a fuel source as a consequence of the Fright/Flight Mechanism.

Top Tip for Optimal Breathing (this tip alone could add years to your life)

When it comes to breathing, the nose knows best. Try breathing IN through the nose and OUT through the nose. For optimal breathing the first 2/3's of a breath should come from the diaphragm and the last third from respiratory muscular effort. Visually this is seen as the stomach inflating for the first 2/3's of a breath, followed by the chest rising for the last 1/3.

* * * *

Add silverbeet to your daily diet and reap the rewards. Just one cup of cooked silverbeet will boost your fibre, folate, iron and potassium levels along with providing more than 100 per cent of your daily vitamin A requirements. Vitamin A stimulates the growth of new cells and keeps them healthy. Fibre in your diet is important to maintain a healthy digestive system.

BITS and PIECES

BEREAVEMENT

It is with sadness that we note the passing of our Patron Heather May. She passed away peacefully on 28th July after suffering a moderate stroke on 19th July and then, a competitor to the end, defied the doctors for another nine days before finally succumbing. Heather and her late husband Arthur have been identities in our sport, having had a long association with the Lower Hutt Club, the Wellington Centre, and Wellington Masters. Heather was presented with Life Membership to Wellington Masters in 2010 and was also a Life Member of Lower Hutt Amateur Athletic Club.

* * * *

MEMBERSHIP

Our current membership stands at 106 members. Welcome to new member Jane Flowerday (Athletics Cycling Masterton) and to returning members Paul Homan (Trentham), Bruce McCallum (Scottish) and Tineke Hooft (Olympic).

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CORRECTION . . .

In the May issue of The Master Copy in the results for the Classic Relay, Angela Leck was the fastest women (16:07) not Michelle van Looy as published in the report. My apologies for this oversight.

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NZ TRACK & FIELD CHAMPIONSHIPS

The 2014 and 2015 Athletics New Zealand Track & Field Championships will be held at Newtown Park in Wellington. The dates for the 2014 championships are March 28, 29 and 30.

Athletics New Zealand is looking forward to working with Athletics Wellington to deliver the organisation's major championship event.

Wellington City Council is welcomed as a major sponsor for the next two years, ensuring the resources required to continue to grow and improve this event for our athletes, officials, coaches and fans.

The 2014 championships are a particularly important event as the meeting will double as the Glasgow Commonwealth Games selection trials. It is anticipated that athletes who win national senior championship titles and achieve Commonwealth Games selection standards will gain automatic nomination.

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INTERNATIONAL MASTERS EVENTS

For those of you potentially interested in international championships:

We have received information that for the WMA T&F championships in October in Porto Alegre (Brazil) online registrations are now open - website address: <https://wma2013.com/en>. (Note entry closing date has been extended to 24 August).

Also for the Oceania Championships in Bendigo in January 2014 registration has just opened: their web address: <http://www.omabendigo2014.com.au/>

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CONGRATULATIONS . . .

To Peter Wrigley on being awarded the BDO Official of the Year in athletics at the Wellington Sportsperson of the Year Awards held on June 13th at the Wellington Town Hall.



Bob Stephens showing his unique way of mastering the water jump at the Dorne Cup - Photo Sharon Wray

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Lifestyle Sport Waterfront 5km Series

Fun Run & Walk Series (Weekly from August thru to April)

When: every Tuesday from 6 August
Distance: 5km
Start Times: Walkers - 5.30pm
Joggers - 5.30pm
Runners - 5.45pm
Register: from 5pm inside Chicago Sports Café, Queen's Wharf
Entry Fee: \$8 per person

The course - starts and finishes at Ferg's Kayak's. Heads out to Oriental Bay and back again.

Prize giving - Upstairs at the Chicago Sports Café where every participant gets a free drink (handle of beer, juice or soft drink) followed by a short prize giving.

Prizes - lots of spot, merit and participation prizes.

For full details go to: www.scottishathletics.org.nz

Five Bad Running Habits You Need to Break – Are You a Culprit?

Attention running enthusiasts – old and new! When was the last time you took time out to think about your running habits? Whether your concern is with fine-tuning your performance, or simply getting from A to B, here are five habits you need to break to make sure you get the most out of your run and remain injury-free.

1. Poor Posture

Good posture is key to ensuring a safe and efficient run. Begin by making sure the head is in correct alignment by gazing a couple of metres in front of you, and not at your feet, so as to straighten your neck and back. Shoulders should be kept loose, and positioned back and down. Ensure that they do not creep up towards your ears as you tire. With your head, neck and shoulders in the ideal position, naturally your torso will sit upright, opening up the chest and helping you to maximise your lung capacity. This upper body posture will help to promote ideal strides and ensure that energy is not wasted during your run.

2. Incorrect Stride

The ideal stride length is dependent on whether you plan on running shorter or longer distances. While sprinters should lift their knees to maximise their leg power, this type of stride will only tire distance runners, as it is too difficult to sustain over longer distances and is a waste of valuable energy. For distance runners, shorter strides with only slight knee lifts are preferred. Shorter strides can be further encouraged by wearing minimalist or barefoot shoes when running.

3. Ignoring Your Breathing

Listening to your iPod while running can be a great motivational tool; however, it can also act as a barrier to efficient breathing. Often when we listen to music while running, we breathe at a rate and run at a speed that syncs to the beat of the song. Try running without music once in a while so that you can pay closer attention to your breaths. Breathe in and out through your mouth, and coordinate your inhales and exhales with the steps you take to build diaphragmatic strength. Start with breathing in for two steps, then breathing out for two steps. If this is easy for you, increase the number of steps; for example, breathe in for three, and then out for three. As you build this type of strength, the efficiency of your run will also improve.

4. Skipping the Warm-Up or Cool-Down

This is a big no-no but so easily done! The warm-up phase is essential, as it prepares the body for action by gradually increasing the heart rate, breathing rate and blood flow to the muscles. Skipping this vital phase of exercise increases your chances of injury, as the body has inadequate time to adjust to the intensity of the workout. For distance runs, a light jog for a few hundred metres is recommended, while an extended warm up of up to 20 minutes is required for speed sessions, where you will be hitting top speed. A gradual cool-down is equally as important to prevent cramps, lactic acid build-up and blood pooling.

5. Skipping Recovery Time

Running is incredibly beneficial for the body but also very taxing. As such, it is important to continue hydrating in the hours after your run, stretch adequately and ice any areas of inflammation. It is also a good idea to leave a day in between your runs to give your body enough time to recover. Perhaps you could try a non-weight-bearing activity, such as swimming, or a less strenuous activity, such as yoga, in the days between your runs to give your body enough time to recover.

If you're guilty of any of these running habits, it's time to make a change! Keep these handy hints in mind on your next run to help make it the most efficient and enjoyable one yet!

For more tips, inspiration and latest on the running range, [visit The Athlete's Foot's new Training Guide online.](#)

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What a difference a mere 40 years makes...

Consider how things and priorities can change for us over such a short period. Here are some examples:

1972	Long Hair
2012	Longing for hair
1972	Acid rock
2012	Acid reflux
1972	Moving to the Gold Coast because it is cool
2012	Moving to the Gold Coast because it is warm
1972	Trying desperately to look like Liz Taylor
2012	Trying desperately not to look like Liz Taylor
1972	Seeds and stems
2012	Roughage
1972	Going to a new, hip joint
2012	Receiving a new hip joint
1972	Rolling Stones
2012	Kidney stones
1972	Driving test
2012	Vision test
1972	Queen
2012	The Queen

* * * *

MINIMAL GAINS

Tempted to go 'barefoot'? Don't just go cold turkey on cushioning or you could up your injury risk. In a study published in *Medicine & Science in Sports & Exercise*, trained runners switched from conventional to minimalist shoes. After 10 weeks, their feet were more likely to show signs of bone marrow edema (a type of inflammation) compared with runners wearing standard shoes. Researchers say that if you transition to barefoot, you should build it into your schedule very, very slowly for happy feet.

Speed Workouts: Standing Rest vs Jogging Rest

Slow Jog Rest

Sometimes you might have a rest interval that is anywhere from three to five minutes long, usually during some type of broken tempo run, like 3 x 1 km with 3 minutes rest. In this case, because the rest is so long, utilizing a very slow jog after you've caught your breath is the best option.

Like walking, a slow jog helps keep the blood flowing through your legs and body, which will make the start of the next repeat a little less jarring to the body. In addition, slowly jogging is a good way to stay moving and make the workout feel more continuous.

In terms of pace, the slow jog should be more like a shuffle than a run. You're not trying to set records or prove how tough you are — your goal is to get as recovered as possible for the next repeat. I often find that a pace about one or two minutes slower than your normal easy pace is a good fit.

Unique Use Case

Implementing a jogging rest can be a good way to "combine" workouts with a long run should you have a short training segment or miss a tempo run during the week. Often athletes use a jogging (slightly slower than normal easy pace) rest between long, marathon pace repeats to combine both a long run and aerobic threshold effort. While you shouldn't do this all the time, it can be an effective way to blend two workout goals.

A Quick Jog Rest

Training for shorter events like the 5k and the 10k requires a blend of both speed and endurance. Running a workout of 6 x 800 metres in 3:00 with 2 minutes rest is a great VO2 max workout for someone trying the break 20 minutes for the 5k. However, it's not very specific to the demands of the 5k, since the 3 minutes rest allows you to effectively recover fully between each repeat.

A better workout to prepare specifically for the 5k would be something like 6 x 800 metres at goal 5k pace with a short jogging rest at 85 percent of marathon pace. An example for a 20 minute 5k runner would look like: 6 x 800 metres at 3:10-3:15 with 200 metres jogging (8:35 pace) rest between.

In this example, while the pace of the 800-metre repeats is slower than the VO2 max session, the

speed of the rest makes this workout much more difficult and 5k specific. In this instance, you're teaching yourself how to run 5k pace with as little rest as possible.

By not fully recovering and jogging quickly between repeats, you still improve your ability to run at race pace, but you ensure you have the aerobic strength and support to maintain goal pace on race day.

Don't let the simplistic nature of a rest interval fool you. You can experiment with what you do during rest periods to change the nature and focus of any workout. It's just one more way you can fine tune your training for optimal results.

* * * *

Sleep Your Way to a Better Race Time

By Dr Robert Portman

Serious runners have to be excellent time managers as they try to juggle jobs and family responsibilities with training. All too many try to pick up additional minutes by cutting down on their sleep. Unfortunately, sleep deprivation sabotages exercise performance. Our bodies are hardwired to operate in the daytime. Studies show that as we begin to develop a sleep deficit, our ability to metabolize sugar is impaired and our blood levels of insulin increase. For a serious runner, this means less energy during the day and ultimately a less effective workout.

A second consequence of sleep deprivation for serious runners is an increase in cortisol levels. Normally, cortisol levels increase while we are sleeping, reaching a peak around 6:00am. Cortisol levels rapidly decline during the daylight hours. When we are sleep deprived, however, cortisol levels remain elevated. Increased levels of cortisol lead to reduced muscle protein synthesis and increased protein degradation, and ultimately poor post-workout recovery.

What does this all mean to the time-challenged runner? It is self-defeating to cut down on your sleep. Doing so may give you more time to work out, but it will make your training less effective. You're better off training a little less yet more effectively by giving yourself the 7.5 hours of sleep you need every night.

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

Dr Robert Portman, is a well-known sports science researcher, is co-author of Nutrient Timing and Hardwired for Fitness and the creator of The Portman Calculator: the first-ever online calculator for hydration and fitness. To find out more visit www.portmancalculator.com.

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If work is so terrific, why do they have to pay you to do it?



RECIPE

Chicken Stir-Fry

Chicken is a good source of lean protein and B vitamin niacin. This dish cooks in minutes and you can substitute minced pork or turkey for the chicken.

Ingredients:

- 2 tablespoons canola oil, divided
- 450g minced chicken breast
- 1 small onion, thinly sliced
- 3 garlic cloves, minced
- 1 tablespoon grated fresh ginger
- 3 cups green beans cut in half
- 3 cups broccoli cut into 1½ centimetre pieces
- 3 cups thinly sliced cabbage
- 3 tablespoons soy sauce
- 1¼ cups thinly sliced shiitake mushrooms
- 2 tablespoons hot chilli sauce
- 1 tablespoon rice wine vinegar or lime juice
- 3 spring onions (green and white parts) sliced
- 1 bunch coriander (about 3 cups) chopped
- 1 pinch salt (optional)
- ¼ cup chopped peanuts

Method:

Heat a sauté pan over medium-high. Add one tablespoon oil, and then add chicken. Cook until no longer pink. Remove from pan and set aside. In the same pan add remaining oil and onion. Cook until translucent (3 minutes). Add garlic and ginger. Cook 1 minute. Add green beans, broccoli, cabbage and mushrooms. Cook until slightly tender (5 minutes). Add soy sauce, chilli sauce and vinegar. Cook to reduce slightly (3 minutes). Return chicken to pan. Add spring onions and coriander. Turn off heat. Season with salt. Top with peanuts.

Serves 4.

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NUTRITION FOR MASTERS ATHLETES

By Dr. Robert Portman

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 percent 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 (such as Accelerade Sports Drink). 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 (such as Endurox R4 Recovery Drink).

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

Dr. Robert Portman, a well-known sports science researcher, is coauthor of *Nutrient Timing and Hardwired for Fitness* and the creator of *The Portman Calculator*: the first-ever online calculator for hydration and fitness. To find out more visit: www.portmancalculator.com.

Ed:- The sports drinks listed above may not be available in NZ (as the article is by an American researcher) but there are sports drinks available in NZ which will be similar to those mentioned above.

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MILK THE BENEFITS

Like death, taxes and dodgy running shorts, age-related muscle loss is an unfortunate fact of life. Scientists say we start losing bulk at around 30 - and this accelerates when we hit old age. But have protein right before or after strength training, and you could help slow the process. Young runners who combined protein with exercise gained, on average, an extra 995-grams of muscle, according to a study from Maastricht University, Netherlands. Older runners fared even better, with a 38 per cent boost - even for those who already had enough in their daily diet.

Protein Tip - The average study volunteer had an extra 42g of protein. Help your intake along with chocolate milk in the half-hour after a run.

Benefits of Therapeutic Sports Massage

A good therapeutic sports massage can be a great addition to your recovery program and your body's physical health and maintenance. Coaches, high profile athletes and sports practitioners often encourage athletes to get regular massage. It is important for you to work out which set of recovery methods will be most useful and viable for you, and to make these a regular and effective part of your recovery routine.

Why do runners need good recovery?

To complete all the sessions on their program effectively, it is essential for runners to maintain adequate physical recovery between sessions and races. It also allows runners to properly prepare for a race. The key to getting the best out of yourself and achieving your running goals is being able to consistently train and race, and this is aided by being able to recover quickly and prevent injury.

What is sports massage?

Sports massage therapy utilises deep tissue remedial massage techniques that firstly relax and warm the muscles, then unknot and lengthen them. Sports massage also includes joint mobilisations, stretching and strengthening techniques to free up joints, strengthen weak muscles and improve flexibility. Also, sports massage treats and assists in the prevention of specific sports-related conditions or injuries such as tendonitis, muscle strains and sprains, shin splints and plantar fasciitis.

What causes muscle soreness?

Some of the reasons why you may have specific muscle soreness include micro tears, tightness, adhesions, spasms, lack of nutrients or oxygen, buildup of waste products, pain receptor stimulation and nerve irritation. This can cause inefficient muscle function and restricted movement and therefore limit the effectiveness of your training.

What are some of the benefits of sports massage?

The purpose of sports massage is to enhance recovery and running performance, whereby it:

- Improves circulation and therefore the nutrition and oxygen availability to muscles that are needed for efficient function (as well as to repair "worn out" or damaged tissues);
- Stimulates the lymphatic and circulatory systems to facilitate the removal of toxins, waste and other metabolic by-products;
- Alleviates muscle spasms and nerve irritation;
- Breaks down adhesions and scar tissue;
- Accelerates recovery caused by fatigue;
- Improves the range of motion and shock absorption capabilities of the muscles, which in turn helps you to work more efficiently and reduces the risk of injury;
- Stimulates the central nervous system so that the effects reach other areas of the body and provide pain relief; and
- Provides relaxation and relieves stress, which is important for good recovery.

Excess stress and insufficient rest hampers recovery and can make you vulnerable to fatigue, illness or injury. For example, high amounts of stress can cause increased levels of hormones, including adrenaline (whereby the sympathetic nervous system or "fight or flight" response is more switched on) and cortisol (also released during stressful situations). High levels of these hormones cause the body to be more stimulated for action rather than recovery. Excess amounts of cortisol can also inhibit the action of the immune system. Therefore, it is important to switch on the body for action when required and switch off or rest adequately in between activities.

Could you benefit from a massage?

More time and investment into your health and recovery can make a world of difference to your running, but it does take extra organisation and planning. Firstly, it is important to find the right massage therapist for you. Ask your coach, club or fellow runners who they recommend or refer to a massage association to ensure the therapist is a qualified professional. Secondly, work out the right frequency for you. The frequency of massages will depend on how well you recover, regardless of how much

training you do or what level you are at. However, the more speed work, mileage and running on hard surfaces you do, the more taxing this will be on your body and, therefore, the more massage you may need. You could find that you need a massage weekly, fortnightly or monthly if you choose to make massage a regular part of your recovery program. Thirdly, organise your recovery program wisely. Schedule your massages well in advance to avoid putting them off due to busy schedules of either yourself or the therapist.

Finally, if you find that you are having difficulty recovering or avoiding injuries, it would be wise that you look into regular massage. Your massage therapist can also recommend that you consult other health practitioners where required, like a physiotherapist, sports doctor or podiatrist. A weekly running program, which consists of 90km each week (3 speed sessions, 3 interim runs, 1 long run, 2 strength sessions and undertaking constant physical work), would benefit from a regular fortnightly sports massage.

When is the best time to have a deep-tissue sports massage?

Many runners prefer to have a deep-tissue massage to work out considerable muscle stiffness and soreness after the daily session has been completed. However, runners do not usually have a deep massage the day before a race, as recovery from breaking down adhesions and soreness can take 24-48 hours following the deep massage. It is not recommended to have a deep massage inside 2-3 days of racing. Having said this, some runners may require deep tissue work for a particular area inside this period. If unsure, discuss this further with your massage therapist.

What sort of massage do runners tend to have?

Maintenance massage tends to be used most commonly by runners to aid recovery, injury prevention or to address an existing injury. This deep tissue massage often includes the full body (back and shoulder girdle, not only just the glutes and lower limbs). For example, sufficient thoracic spinal rotation is required to counteract pelvic rotation during running gait. If the back and shoulder girdle are tight, this can impede an efficient running style and also limit full breathing. The therapist will always be guided by you as to the areas you think most need addressing and the pressure of the technique you prefer. The maintenance massage tends to be of 1-1.5 hours duration.

Pre-event massage can be used right up until before a race and can even be used as an addition to the warm up. The intensity of this type of massage is light to medium, using brisk, flowing type strokes to heat and mobilise the muscles (including hamstrings, calves, quadriceps and back). The pre-event massage tends to be of 20-30 minutes duration or even 5-10 minutes if done in the warm up before a race.

Post-event massage is a fantastic way to recover following a race and can be utilised immediately following the event, or preferably within 24 hours. This type of massage is usually not as deep as the regular maintenance massage, nor as intense as the pre-event massage. However, the depth of pressure and type of technique will depend on the level of soreness or condition of the runner. This massage is used to alleviate delayed onset muscle soreness (DOMS). You often see this type of massage at the finish line after longer or big events. The post-event massage tends to last 20-30 minutes.

I'm sure you'll find regular sports massage to be a useful addition to your recovery program. With long-term application it can have a major impact on your performance and enjoyment of the sport.

Make the most of your massage

- Drink plenty of water following your massage to further aid flushing of toxins (waste products) from the body and to avoid dehydration;
- Use gentle stretching to further loosen the areas worked on;
- Have a good soak in the bath with Epsom salts;
- Get plenty of rest;
- Keep warm; and
- Have a healthy snack or meal to refuel the muscles with nutrients (this also aids in assisting the excretion of waste from the body).

MASTERS 10KM ROAD RACE RECORDS

This was first run on 14th November 1981 where 70 people competed. There are results missing in some grades for the following years: 1983, 1987, 1989, and 1990, so results are not 100% correct. In the age group times the fastest men were Ted McLachlan 31:45 in 1993 and Grant McLean 31:44 in 2008, only one second in it.

Women's Records - Running

Age	Name	Time	Year	Club
30	Susanne Cookson	41:07	2004	Scottish
35	Wendy Stewart	36:01	1991	
40	Nyla Carroll	36:59	2009	Scottish
45	Michelle Allison	37:29	2002	Scottish
50	Bernie Portenski	36:24	2002	Scottish
55	Bernie Portenski	38:24	2004	Scottish
60	Peg Fletcher	47:17	1991	Olympic
65	Peg Fletcher	50:52	1997	Olympic
70	Betty Meyers	95:59	1997	WMC

Men's Records - Running

Age	Name	Time	Year	Club
35	Rod Sutherland	32:34	1981	Masterton
40	Grant McLean	31:44	2008	Scottish
45	Brian Watson	33:45	1983	Olympic
50	Vaughan New	34:36	2006	VU
55	Don Melrose	35:36	1986	Kapiti
60	John Wood	38:52	2000	VU
65	Ellis Goodyear	40:08	1997	Capital
70	Peter Thomas	48:16	1999	Trentham
75	Ellis Goodyear	45:53	2006	Capital
80	Michael Browne	70:14	2011	Scottish

Walking Races started about 1993

Women's Age Record - Walking

Age	Name	Time	Year	Club
30	Dorritt Hahn	74:40	2008	
35	Melissa Carr	63:52	2006	Olympic
40	Amelia de Lorenzo	55:50	2002	Scottish
45	Robyn McArthur	63:05	2008	Scottish
50	Terri Grimmett	62:31	2012	Scottish
55	Margaret Bray	78:59	2006	Scottish
60	Barbara Tucker	64:35	2010	Scottish
65	Daphne Jones	72:08	2006	Scottish
70	Daphne Jones	72:07	2010	Scottish

Men's Age Record - Walking

Age	Name	Time	Year	Club
40	Kevin Watson	69:45	2000	WMA
45	Kevin Watson	62:53	2006	WMA

50	Michael Lane	58:46	2002	TRW
55	Peter Baillie	53:43	2006	Scottish
60	John Ihaka	66:31	2009	Trentham
65	John Hines	64:09	2002	Scottish
70	Peter Tearle	70:38	1997	Scottish
75	Peter Tearle	71:15	2002	Scottish
80	Peter Tearle	72:09	2006	Scottish
85	Peter Tearle	89:58	2012	Scottish

Abbreviations:

VU = Valleys United

TRW = Taranaki Race Walkers

WMA = Wellington Masters Athletics

WMC = Wellington Marathon Clinic.

These results were compiled by Brian Watson.

* * * *

Winter Riding Tips

Now we are fully into winter, here are a couple of things whilst on the bike over these chilly months:

- Lower tyre pressures give you slightly bigger foot print and better grip in the wet e.g. if you run your tyres at 100psi reduce them to 90psi.
- By cleaning your rims regularly, you will increase the life of your brake pads.
- When tyres wear down you are more likely to get punctures. Newer rubber has better puncture resistance.
- Chains should be cleaned and lubricated if you have been riding in heavy rain conditions.
- Put your mobile phone in a sealable bag to stop it from getting wet.
- Good bright lights are a must while out riding or commuting in low light conditions. Buy the brightest ones you can.
- Use ankle bands to increase your visibility to motorists. These are very effective because of the up and down movement in the beam of light from headlights.
- If you cut your tyre big time - you can use a \$10 note to sleeve it. This will stop the tube from poking out and get you home.

Safe riding, stay warm, be smart.

HILL RUNNING

Running coach Claire Smith offers tips on tackling hills

When running hills in an endurance event it is imperative to monitor the intensity at which you are running. Putting yourself into oxygen debt too often by pushing beyond your anaerobic threshold leaves the muscles tired and sluggish therefore having a negative impact on your overall time. That is, your pace on the flats and downhill stretches will ultimately suffer.

Imagine if you were running an endurance event which was completely on the flat. There is no way you would voluntarily incorporate hard sprint intervals as you went along, spiking your heart rate above threshold, because you know you would be knackered and not able to maintain your optimum 'on the flat' pace as you neared the finish line. So why spike your heart rate by 'attacking' the hills? It's going to have the same outcome.

Pulling intensity back and monitoring your heart rate (or by using other cues if you don't have a HRM like breathing, peripheral vision or ability to talk) and keeping your pace in check will allow you to put your energy where it pays better dividends, that is, maintaining your race pace on the flats and utilising the down-hills, plus leaving a bit of juice in the tank for a strong finish.

The trick to improving your speed on the hills on race day without spiking the intensity is to approach them the opposite way when training. Confused? When training, not racing, you DO want to push the anaerobic threshold and make those legs scream, ache and hurt because this is what is going to stress your body and elicit that adaptation of your aerobic system to be able to go that little bit longer or little bit faster yet still feel like you are running at a comfortable intensity or stable heart rate.

Putting in a race-day simulation run in place of your hills session every few weeks is a good way to measure improvement. Pick the same hilly course and run it maintaining the same easy intensity and steady heart rate and time it. If you are doing the hard hill sessions in the weeks between, you should start to see improvements in your time on the dummy hill run, despite it still feeling easy!

Claire Smith PT
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* * * *

The Basics of Achilles Injuries

THE SYMPTOMS

Pain in the back of the heel, the tendon just above it or possibly up where the calf muscles form a "V" on the back of the leg. The pain can be mild or debilitating.

WHAT'S GOING ON IN THERE?

The Achilles is a thick, ropelike tendon about 4 inches long connecting muscles in the lower leg to their insertion points at the heel bone. The most common injury location is the muscle-tendon junction, where the muscles converge into the tendon. These injuries tend to heal spontaneously, but not as quickly as an injury higher up in the leg, in the muscular area, because the blood flow isn't as generous.

The most serious Achilles injury is to the tendon itself. Inflammation of the tendon, called tendonitis, and chronic inflammation with fluid build-up, called tendinosis, are the most common of this type.

PREVENT IT

The best way to prevent Achilles tendinitis in the first place is by building limber lower legs. An underlying lack of flexibility, especially in your calf muscles, can be a primary cause of Achilles injuries. The exercises below target your lower leg and can be added to any workout.

FIX IT

Employ dynamic rest – With Achilles injuries, in general, swimming is fine and biking can work, but only if it's pain-free. Running is a huge no-no and will make the injury worse.

Ice it – Applying ice to the area for 15 minutes 4 – 6 times a day can help reduce inflammation and swelling.

Stretch it – Don't advocate stretching if it brings pain. Once you can do so without pain, do the classic runners stretch with your hands against a wall.

Strengthen it – A tendon like the Achilles starts to hurt because of the load on it. If you want to reduce the loading force, build up the muscles affecting that load so they can take the brunt of it. Start with eccentric calf raises: Stand with your heels hanging off a step, take 10 seconds to lower them, and then raise them back up at a normal rate. Also add in plenty of plyometric lower-body work like squats, multidirectional lunges, squat thrusts, and so on.



Farmer's walk on toes

Grab a pair of heavy dumbbells and hold them at arm's length. Raise your heels and walk forward (or in a circle) for 60 seconds. Be sure to stand as tall as you can and stick your chest out.



Split jump (with or without dumbbells)

Stand in a staggered stance, your right foot in front of your left. Lower your body as far as you can. Quickly switch directions and jump with enough force to propel both feet off the floor. While in the air, scissor-kick your legs so you land with the opposite leg forward. Repeat alternating back and forth with each repetition.

What – and how much – should you eat and drink for your pre-race breakfast?

By Monique Ryan

If you're like most runners, you spend the final days before your half- or full marathon feasting on high carbohydrate foods. But a good nutrition plan doesn't end with that last plate of pasta the night before your race. Just as important is your pre-race breakfast, which helps restock the liver glycogen (or stored energy) that got depleted overnight. "Liver glycogen keeps your blood-sugar level steady during exercise," says Jackie Berning, Ph.D., sports nutrition and metabolism professor at the University of Colorado at Colorado Springs. Your morning meal provides fuel for your brain, helping to sustain motivation and concentration during a long race. But just how much should you eat on race morning to optimise your performance? Probably more than you think. Here's how to choose the ideal amount and combination of foods and fluids to power you through to a strong finish.

The Right Stuff

The best pre-race breakfast consists mainly of carbohydrates, since they're digested most rapidly and are your body's preferred fuel source, says Anthony Meade, Sports Dietitian who works with endurance athletes. Small amounts of protein will help stave off hunger during the later kilometres. Limit or avoid fat and fibre; the former takes too long to digest, while the latter can cause bloating and GI problems. "I recommend foods like a crumpet and honey, porridge with milk and chopped fruit, or yoghurt and toast," says Wilson. Other good options include a banana and high-carb energy bar, pancake with syrup and strawberries, or the old school bowl of rice.

For runners who tend to feel queasy on race morning, sticking with liquid carbs can help prevent GI problems while still providing energy and hydration. Smoothies, juices and sports drinks all pack quick-digesting carbs that empty easily from your stomach, says Meade.

Getting Enough

While your usual toast and banana might power you through a morning of meetings, it's not enough to fuel you through a half- or full marathon. Research shows that consuming 2-3 grams of carbohydrate per kilogram of body weight is ideal for improving performance, says Berning. For a 70kg runner, that translates to 225 to 270 grams of carbohydrate – or about 4200 kilojoules, which may sound like a lot just before a hard effort. The key is to get that meal in early – three to four hours pre-race to be exact, according to the American College of Sports Medicine. That gives you enough time to digest so your stomach will be fairly empty and your muscles and liver totally fuelled. If you're not sure you can stomach 200+ grams of carbohydrate at once, you can divide them up into two smaller meals, says Berning. In that case, eat 100 to 150 grams four hours before the start; along with 300 to 600ml of water or sports drink (giving you plenty of time to hit the portalo). Between 90 minutes and two hours before the start, eat most of the remaining carbs – again, choosing easy-to-digest options.

Since many races start at 8am or earlier, you'll have to set your alarm for a very early wake-up to hit that four-hour window. If that's not realistic, you may choose to eat your entire pre-race meal just two hours before the start. But because you'll have less time to digest, eat only two gram of carbohydrate per kilogram of body weight (or 140 grams, for a 70kg runner) – sticking with foods and liquids you know are very easy on your stomach. Since you're consuming less, you do risk running out of liver glycogen, which will cause your blood sugar to plummet and may mean you hit the wall. So be vigilant about fuelling early in the race (consuming 30 to 60 grams of carbs per hour) to keep your energy levels high.

Finally, have your last 25 to 30 grams of carbs 30 to 60 minutes prior to the start. This could be an energy gel or chews (with 300 to 500ml of water) or 500ml of sports drink. "This provides the last shot of fuel to hold you over until you get into the rhythm of fuelling mid-race," says Berning.

Berning also stresses that every runner has different food and fluid tolerances, which means a plan that works for one runner might spell GI disaster for another. That's why it's key that you practice your pre-race meal strategy during training. "The stomach and gut need to be trained to handle food before a long run," says Berning. She suggests trying different combinations to find the one that works best for you. And once you find the perfect mix, stick with it. "Eat the exact same meal on race morning that you practiced with in training," says Wilson, "and you'll be set."

Reproduced from the December 2012 issue of *Runner's World*



Harvest a PB

For top performance, fuel up with these superfoods

By Liz Applegate

APPLES

They're high in cholesterol-lowering soluble fibre. A Japanese study found apples also contain an antioxidant that may protect against muscle injuries - particularly those caused by downhill running.

FUEL UP - Try an easy apple compote (see below*) for a healthy post-run treat.

BRUSSELS SPROUTS

Cruciferous vegetables like Brussels sprouts, cabbage and broccoli contain glucosinolates, which destroy cancer-causing agents. Sprouts pack more of these compounds than any other vegetable.

FUEL UP - Lightly steam and serve as a side; or cut in half, toss in olive oil, and bake at 175°C for 20 minutes.

FENNEL

One cup of fennel provides 30 per cent of your RDI for vitamin C. In a recent study, runners who boosted their intake of this antioxidant had less lung tissue damage after running in an ozone-polluted air chamber.

FUEL UP - Thinly slice fennel and sauté along with silverbeet; or use it raw in a salad with spinach and persimmons.

PERSIMMONS

This bright fruit is packed with carotenoids and catechins; both have anti-inflammatory properties that may aid in recovery from hard workouts.

FUEL UP - Lantern-shaped Hachiyas are best very soft - try blending into smoothies. The tomato-shaped Fuyu is firmer when ripe; eat it like an apple or slice it into salad.

POMEGRANATES

The seeds get their colour from anthocyanidins; these compounds help keep cholesterol levels healthy, potentially stave off Alzheimer's disease, and, according to a study from the University of Texas, US, reduce post-run soreness.

FUEL UP - Sprinkle the seeds over yoghurt; add unsweetened juice to post-run smoothies.

PUMPKIN SEEDS

Twenty-eight grams provides copper, zinc, iron and magnesium - crucial for energy metabolism. Canned pumpkin is also healthy, with three times more beta-carotene than fresh.

FUEL UP - Roast fresh pumpkin seeds and add to hot cereal. Stir canned pumpkin into soups or combine with mashed potatoes.

SWEET POTATOES

They contain more potassium (needed for healthy circulation) than bananas. In one study, eating sweet-potato extract for a week boosted levels of antioxidants and lowered markers of muscle damage after a hard run.

FUEL UP - Thinly slice sweet potatoes, toss with olive oil, and bake until crispy.

SILVERBEET

This dark green is packed with bone-building vitamin K (one cooked cup provides more than 700 per cent of your RDI). New studies show it contains a flavonoid that may help regulate blood sugar.

FUEL UP - Chop the leaves and stems and sauté with garlic and chili flakes.

WALNUTS

Walnuts contain more alphinolenic acid (a type of heart-healthy omega-3) than any other nut. In one study, eating walnuts and walnut oil eased blood flow and caused a drop in blood pressure.

FUEL UP - Use walnut oil in dressings. Add the nut to trail mix with pumpkin seeds.

Fast and Healthy

*Autumn Fruit Compote

Core an apple, leaving the peel on. Place the fruit in a microwave-safe dish; fill the centre with unsalted pumpkin seeds, chopped walnuts and pomegranate seeds. Sprinkle with Cinnamon and drizzle with honey. Cover and cook on high for three to four minutes, or until tender. Let the fruit cool slightly, and then top with a dollop of vanilla Greek yoghurt.

* * * *

A young blonde girl in her late teens, wanting to earn some extra money for the summer, decided to hire herself out as a "handy woman" and started canvassing a nearby well-to-do neighborhood. She went to the front door of the first house and asked the owner if he had any odd jobs for her to do.

"Well, I guess I could use somebody to paint the porch," he said. "How much will you charge me?"

Delighted, the girl quickly responded, "How about \$50?"

The man agreed and told her that the paint, brushes and everything she would need were in the garage.

The man's wife, hearing the conversation, said to her husband, "Does she realise that our porch goes ALL the way around the house?"

"That's a bit cynical, isn't it?" he responded.

The wife replied, "You're right. I guess I'm starting to believe all those dumb blonde jokes."

A few hours later the blonde came to the door to collect her money.

"You're finished already?" the startled husband asked.

"Yes," the blonde replied, "and I even had paint left over so I gave it two coats."

Impressed, the man reached into his pocket for the \$50 and handed it to her along with a \$10 tip.

"Thank you," the blonde said, "and, by the way, it's not a Porch, it's an Audi."

WELLINGTON MASTERS ATHLETICS

29th Annual 8km Road Race & 6.4km Walk

Olympic Harrier Clubrooms, Johnsonville

Sunday 14th July 2013

The cold, windy, wet and miserable conditions kept a lot of those who usually support this Masters event away. Nevertheless, 22 hardy souls fronted up for the event – thank you. This year 20 runners and only 2 walkers took part. As fastest male walker over the hilly four-lap course Murray Gowans (Scottish) has this honour and Daphne Jones (Scottish) for the women.

Fastest male runner over the five-lap course was Michael Wray (Scottish), chased home by Steve Plowman (Scottish). The first two women's places were held by Michelle van Looy (Olympic) and Jo Badham (Scottish).

In the teams event (run) Scottish was the first team with Olympic second.

A special thanks to Brian Watson for organising this event (for the 29th year) and for the marshals and timekeeper who had to brave the chilly conditions standing out at the finish – your support is appreciated.

It was great to see two members from Levin Harriers come down and compete this year. We hope to see them back again next year.

The Jim Lockhart and Mariette Hewitson Baton for the time closest to an age group record was awarded to Michelle van Looy.

Run (8km)

<u>Name</u>	<u>Club</u>	<u>Age</u>	<u>Race Time</u>	<u>Race Pl</u>	<u>Grade Pl</u>
Michael Wray	Scottish	M45	31:36	1	1
Steve Plowman	Scottish	M55	35:18	2	1
Michelle van Looy	Olympic	W40	35:35	3	1
Bill Twiss	Scottish	M45	35:51	4	2
David Hood	Trentham	M50	36:05	5	1
John Gallagher	Scottish	M60	38:04	6	1
Jonathan Harper	Scottish	M65	38:25	7	1
Jo Badham	Scottish	W35	38:28	8	1
David Luxton	No club	M65	39:41	9	1
Tineke Hooft	Olympic	W50	39:45	10	1
Matthew Squire	Levin	M45	44:31	11	3
John Palmer	Scottish	M65	45:09	12	2
Albert Van Veen	HVH	M65	47:27	13	3
Maryanne Palmer	Scottish	W60	47:28	14	1
Sharon Wray	Scottish	W45	48:04	15	1
Annie van Herck	Olympic	W60	49:12	16	2
Ray Wallis	Aurora	M70	49:49	17	1
Brian Watson	Olympic	M70	51:49	18	2
Robert Slade	Levin	M70	54:16	19	3
Peter Hanson	Olympic	M75	58:17	20	1

Walk (6.4km)

<u>Name</u>	<u>Club</u>	<u>Age</u>	<u>Race Time</u>	<u>Race Pl</u>	<u>Grade Pl</u>
Daphne Jones	Scottish	W70	53:08	1	1
Murray Gowans	Scottish	M65	55:47	2	1

FOOT FOES

You hate to admit it but sometimes exercising can be painful. No, we're not talking about the muscle-ache type of pain here; we're talking about foot pain that results from blisters, corns and calluses after you exercise! And this type of pain has actually nothing to do with the actual exercise you're doing.

The most common foot ailment resulting from exercise is blisters. But...they don't just appear all of a sudden – you can actually feel them starting to form. They are usually the result of ill-fitting or too-tight running shoes. Or, maybe you just have to straighten out that bunched up sock you're wearing.



Too loose, too tight or poorly fitting shoes and socks are common culprits that can cause blisters and other issues that interfere with regular exercise

Foot moisture that occurs during exercise frequently causes blisters as well. It is best to wear a moisture-absorbing sock and to powder your feet before you put on your socks. It can also help to put a thin layer of petroleum jelly between your foot and your sock to prevent blisters from forming. Make sure you're wearing shoes that fit properly as well.

Corns and calluses are two additional foot problems that can result from exercise. Both conditions involve the formation of hard, thick layers of skin; corns form on or between the toes and calluses form on the soles and heels of the feet. Both result from ill-fitting athletic shoes or from frequent rubbing, friction or pressure involving those areas of your foot.

To reduce foot problems associated with exercise, remember to:

- Wear properly fitting shoes;
- Keep feet dry by using powder and athletic socks that wick moisture away to minimize blisters caused by friction;
- Change athletic footwear often;
- Warm up before exercise and increase the amount of time you spend exercising gradually, over time; and
- Make sure athletic shoes provide proper arch support or use orthotics.

Part of suiting up and showing up for your exercise routine is making sure you are doing all you can to prevent these types of feet problems. Follow these guidelines and you'll reduce your chance of being sidelined.

* * * *

PRESERVATIVE PERILS

Have you ever looked at the list of ingredients on the packaging of items you buy at your local market? Some of them you can't even pronounce – let alone describe what they are. Should this concern you?

Many of those funny sounding names and abbreviations are food preservatives, and just because they're on the shelves doesn't necessarily mean they're safe.

Naturally, the safest way to keep unwanted preservatives out of your system is to eat a diet that consists mainly of organic fruits and vegetables. However, if you eat processed foods, become mindful of some of the most common food preservatives:

- **BHT, BHA and Propyl Gallate** – These are used to keep fats and oils in food from spoiling. In laboratory rats, they have been found to cause cancer. These preservatives usually show up in potato-based snacks, chewing gum, vegetable oil and cereal packaging.
- **Aspartame** – A sugar substitute used in beverages and found in diet foods, such as soft drinks and sweetened snacks. This artificial sweetener has been linked to an increase in lymphoma (cancer), leukemia and brain tumours.
- **Hydrogenated Vegetable Oils** – Found in products such as crackers, cookies, baked goods, and salad dressings, the process used to make these oils results in the creation of trans fats – prime fodder for the development of heart disease and diabetes.
- **Food Dyes** – Blue Dyes 1 and 2, Red Dye 3 and Yellow Dye 6 have been linked to the formation of various types of tumours throughout the body. Read food and pet food labels carefully to avoid these dyes.
- **Sulfites (Sulphites)** – These are used to prevent discoloration in certain dried fruits and frozen potatoes. However, they can destroy B1 vitamins in the food and may cause hives and difficulty breathing, particularly in those with a history of asthma and allergies.
- **MSG** – Used to flavour food, MSG may cause headaches, nausea/vomiting, and difficulty breathing in those who are sensitive to it.



Become a label reader. Become aware of everything you put into your body.

Become an educated consumer. Read food labels in order to avoid the negative effects of eating foods that contain some of the more dangerous preservatives. Naturally, the best strategy is to eat fresh foods. Try to limit your shopping to the perimeter of the supermarket where there are fewer processed foods.

Ed:- The above two articles are reproduced with the kind permission of Dr Louise Hockley, Back to Living: Wellington Chiropractors, Level 1, 50 The Terrace, Wellington 6011, telephone 04 499 7755 or visit the website www.chiro.co.nz

Greatest Races of All Time: 1996 Men's Olympic 10,000m Final

In 1996, Haile Gebrselassie's rise to the pinnacle of world distance running was all but complete. After winning the 1992 World Junior Championship double over 5000m and 10,000m, he came as close as you could to repeating the feat in his first year as a senior, winning the 10,000m and finishing second in the 5000m at the 1993 World Championships. Another stellar year followed for the Emperor of Ethiopia in 1995 as he shed nine seconds off the 10,000m world record before defending his 10,000m World Championship and then tearing an amazing 11 seconds off the world record for 5000m.

While Gebrselassie was dominating on the track, Paul Tergat was making his presence felt at cross country, winning the 1995 and 1996 World Cross Country Championships.

In the lead up to the 1996 Olympic Games, the competition for the 10,000m became even hotter when Moroccan smooth-mover Salah Hissou took Gebrselassie's world 10,000m record from him. Gebrselassie was not going to have it all his own way trying to win his first Olympic Gold. But for his challengers, the problem of beating this great champion was not an easy one – how do you beat someone who has an absolutely devastating turn of speed in the last 200m but has the fitness to run world records? If you are from Kenya, the answer is simple – you run as a team and try to tear his legs off.

The field for the 1996 Olympic 10,000m final contained, among others, three Kenyans, three Spaniards, two Ethiopians, two Brits and two Moroccans, and a host of athletes that would later taste success over the full marathon distance, including Abel Anton, Stefano Baldini, Jon Brown and Paul Evans. The conditions on the evening of the final were oppressive for distance runners, with a temperature of 27C, humidity of 72 per cent and a track surface so hard it had pounded the athletes' feet to oblivion from running the qualifying heats.

The early pace was pedestrian and allowed Stefano Baldini to open up a 40m gap by throwing in a 65 sec lap, but the gap was quickly closed down by Stephan Franker from Germany, with the rest of the field hot on his heels. Once the field was again back together, Nizignama from Burundi made sure that a solid pace ensued and the field began to stretch out. Interestingly, Gebrselassie had decided Hissou was the man to keep a very close eye on, and was sitting tentatively on his shoulder in around sixth position. The Kenyans were yet to be seen in the race as they sat patiently behind the great Ethiopian. A fifth lap of 62 sec, and the strain was starting to show on a lot of the athletes.

Three kilometres was passed in 8.17, and the Kenyans began to move through the field. Machuka (second to Gebrselassie in the World Junior Championships in 1992) moved to the front, and the pace was completely shut down for 200m while no one wanted to lead. It did not last long, with Nizignama soon back at the front again and stringing out the field. Gebrselassie was now paying closer attention to the Kenyan, whose presence closer to the front of the race had not gone unnoticed.

The two Moroccans, Hissou and Skah (former World Cross Country Champion and defending Olympic Champion), were still happy to sit back in seventh and ninth place respectively.

Nizignama was still leading as the field passed through 5km in 13.55, with a lead group of 12, still with all of the big hitters, starting to break away from the rest of the field. Then it began; Koech sprang into the lead, Gebrselassie covering his move very quickly and the racing had begun in earnest. A 62 sec lap carved the lead group down to six athletes: the three Kenyans (Koech, Tergat, and Machuka), Hissou, Gebrselassie and Dieudonné Disi of Rwanda.

The relentless pace continued as Machuka and Koech did their best sacrificial lamb impersonations and Tergat sat comfortably at the back of the group. Seven kilometres was passed in 19.18 and the Kenyans had not visibly made any impact on the form of Gebrselassie or Hissou, but the main course was just about to be served. At exactly 8km (22.01), Tergat sprang from the back of the pack to hit the lead for the first time in the race. Gebrselassie, sensing the urgency, immediately covered the move, while Hissou was left lagging with the rest of the group. In just one, devastating lap of 60.5 sec, the two leaders had put over 30m into the other competitors with the exception of Hissou, who was five metres back and fighting to get back in contact. Another scorching lap of 62 sec and Hissou was now running for bronze – it was a battle of the two greats, a classic battle of Kenya versus Ethiopia. The conditions were starting to take their toll on the remaining athletes, who were now over 100m behind, and the strain was really starting to show as Tergat again led Gebrselassie through another lap of 62 sec. Two laps remained and Tergat was still unable to put even the smallest margin into his adversary.

As they approached the bell in what had been yet another 62 sec lap, Gebrselassie pounced, putting three, then five, then 10m into Tergat before he hit the 200m mark. But Tergat was not done; he lifted up the straight and closed the gap ever so slightly without making any real impression into Gebrselassie's lead. With a closing lap of 57 seconds, a winning time of 27.07 and a new Olympic record (by 14 seconds), Gebrselassie showed he is truly one of the greatest runners of all time. This was certainly one of the greatest races of all time.

Results:

1. Haile Gebrselassie (ETH) 27.07.34 (OR)
2. Paul Tergat (KEN) 27.08.17
3. Salah Hissou (MAR) 27.24.67
4. Aloys Nizigama (BDI) 27.33.79
5. Josphat Machuka (KEN) 27.35.08
6. Paul Koech (KEN) 27.35.08
7. Khalid Skah (MAR) 27.46.98
8. Mathias Ntawulikura (RWA) 27.50.73
9. Stephane Franke (GER) 27.59.08
10. Jon Brown (GBR) 27.59.72

- COMING EVENTS -

2013

Aug

3	NZ Cross Country Championships	Hamilton
6	Lifestyle Sports Waterfront 5km Series (every Tuesday from August 6 th thru to April 2014)	Chicago Sports Cafe
4	Townsville Running Festival - Full, Half Marathons, 10km & 5km	Townsville
10-11	ITU Duathlon World Championships	Ottawa, Canada
10	Bays Relay (Interclub)	Island Bay
11	Manawatu 31 st Half Marathon and 5km & 10km	Palmerston North
17	Wellington Road Running Championships	Wainuiomata
	Wellington Road Walking Championships	Trentham
18	Woodburne Half Marathon, 10km & 5km	RNZAF Base, Blenheim
24	Haven Realty Sanctuary Run - 25km & 14km	Nelson
25	Sunshine Coast Full Marathon, Half Marathon, 10km & 5km	Sunshine Coast, Brisbane
	National Duathlon Championships	Taupo

Sept

15	Pelorous Trust Half Marathon, 5km & 10km	Petone
18	Abel Tasman Coastal Classic - 36km	
22	Sydney Running Festival - Full, Half Marathons, Bridge Run	Sydney
29	Berlin Marathon	Berlin
	Wellington 20km Road Walking Championships	Trentham

Oct

3	NZ Road Relay Championships	Akaroa
5-13	South Island Masters Games	Nelson
12	The Dun Run	Nelson
13	Wairarapa Marathon, Half Marathon & 10km	Masterton
20	Masters 10km Road Race & Walk	Huia Pool, Lower Hutt

Nov

3	Auckland Marathon, Half Marathon & 10km	Devonport, Auckland
8-9	Steelformers Around the Mountain Relay	Taranaki

2014:

April

13	London Marathon
21	Boston Marathon

May

4	Nelson Half, $\frac{1}{4}$ marathon and 5km run and walk	Stoke, Nelson
3	50 th Rotorua Marathon	Rotorua
4	Masters Classic Relay	Trentham Memorial Park

Nov

2	New York Marathon
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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.

CENTRE RECORD:

If you feel that you have set/broken a Centre record, please send the appropriate paper work, completed and signed-off to Peter Hanson at phanson@extra.co.nz for ratification by the committee. His postal address is Apt 206, Summerset Village, 15 Aotea Drive, Porirua 5024, and telephone number is 04 237 0958.

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

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