

THE

MASTER

COPY

Newsletter of the Wellington Masters Athletics Inc.

Volume 13 Issue 1

February 2014

MEDAL WINNERS OCEANIA CHAMPS



Daphne Jones; Jackie Wilson and Barbara Morrison at the Oceania Masters Athletics Championships held in Bendigo, Victoria from 4th - 12 January 2014.

See page 15 for results of those above and others who took part.

WELLINGTON MASTERS ATHLETICS INC.

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WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2013-2014

PATRON:	Bruce Perry	Apt 512, 134 Burma Road, Johnsonville, Wellington 6037	4730877
PRESIDENT:	Michael Wray	24 Fitzroy Street, Wadestown, Wellington 6012	471 2775
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COMMITTEE:	Annie van Herck	53 Kanpur Road, Broadmeadows, Wellington 6035	478 6775
	Barbara Morrison	15 Brees Street, Epuni, Lower Hutt 5011	567 7896
	Sharon Wray	24 Fitzroy Street, Wadestown, Wellington 6012	471 2775
	John Palmer	122 Onslow Road, Khandallah, Wellington 6035	479 2130
SUBSCRIPTIONS:	Veronica Gould	PO Box 5887 Lambton Quay, Wellington 6145	973 6741
EDITOR:	John Palmer	122 Onslow Road, Khandallah, Wellington 6035	479 2130
MASTERS RECORDS:	Peter Hanson	Apt 206, Summerset Village, 15 Aotea Drive, Porirua 5024	237 0958

LIFE MEMBERS

Jim Blair (2004); Bruce Perry (2008) and John Palmer (2010).

CLUB CO-ORDINATORS

AURORA HARRIERS:	Peter Wrigley	42 Judd Crescent, Naenae, Lower Hutt 5011	973 6637
H V HARRIERS:	Albert Van Veen	95 Kamahi Street, Stokes Valley, Lower Hutt 5019	563 8450
H V MARATHON:	The Secretary	PO Box 30926, Lower Hutt 5040	021 689 183
KAPITI:	John Hammond	148 Wellington Road, Paekakariki, Kapiti 5034	04 292 8030
LEVIN HARRIERS:	Brian Watson	14 Hewson Crescent, Otaki Beach, Otaki 5512	06 364 7758
OLYMPIC:	Tineke Hooft	1 Tombane Lane, Papakowhai, Porirua 5024	237 9676
	Annie van Herck	53 Kanpur Road, Broadmeadows, Wellington 6035	478 6775
SCOTTISH:	John Hines	Flat D1003 Central Park Flats, 20 Nairn St, Wellington 6011	384 3231
TRENTHAM UNITED:	Diane Rogers	42 Elmslie Road, Pinehaven, Upper Hutt 5019	528 2316
UNIVERSITY:	Richard Brandon	PO Box 6108, Wellington 6140	476 5758
WAIARAPA:	John Ihaka	7 Kowhai Grove, Featherston 5710	308 9656
WAINUIOMATA HARRIERS:	Rob Hannan	63 Bull Avenue, Wainuiomata, Lower Hutt 5014	972 6472
WGTV HARRIERS:	Neil Price	11 Hurman Street, Karori, Wellington 6012	476 6956
WGTV MARATHON:	Bruce Perry	Apt 512, 134 Burma Road, Johnsonville, Wellington 6037	4730877
WGTV MASTERS:	Jim Blair	Flat 4, 39 Kiln Street, Silverstream, Upper Hutt 5019	528 2992

COMMITTEE MEETINGS 1st THURSDAY OF EACH MONTH AT 139 HOMEBUSH ROAD, KHANDALLAH,
COMMENCING AT 6:00pm.

CLUB REPRESENTATIVES AND MEMBERS ARE ALWAYS WELCOME.

EDITORIAL

Welcome to this the first issue of "The Master Copy" for 2014.

Already we are well into the month of February and some of our members have performed exceptionally well at various events in New Zealand and overseas as well.

A hardy band ventured to the Oceania Masters Athletics Championships in Victoria in January and had a successful medal haul in a range of events. The results can be found on page 15.

The Wellington Masters Track and Field Championships will be held on Saturday 8th and Sunday 9th March at Newtown Park. These will be held in conjunction with the Athletics Wellington Track and Field Championships. Entry forms and the programme are available at www.athleticswellington.org.nz and a copy of the programme and entry form is included in this issue of The Master Copy. Masters wishing to compete in Masters' grades must be a registered member of Wellington Masters otherwise you will be classified by Athletics Wellington as competing in the senior grades. Online entries close on Friday 28th February.

The Wellington Masters Athlete of the Year was chosen from the nominations received at the last committee meeting and this award will be presented at the conclusion of the programme at the Track and Field Championships on Sunday 9th March.

The 40th NZ Masters Track and Field Championships are being held at Surrey Park in Invercargill from 28 February to 3 March. Good luck to all those athletes going down to compete.

Our next Masters event is the Classic Relay at Trentham Memorial Park. This event is being held on Sunday 4th May. It is unfortunate that in trying to get away from this event being held on Mother's Day we have clashed with the weekend of the 50th Rotorua Marathon and the Nelson Half Marathon. We can only hope that numbers will not be affected too much by this clash though I do know of a few who will be competing at both the other events.

The other two races that we put on - the Johnsonville 8km and the Lower Hutt 10km - haven't had the dates set for these events yet.

It was with great sadness that we received the news in December of the passing of another stalwart of Wellington Masters Colleena Blair. Colleena along with Jim had been instrumental in getting off the ground what is now Wellington Masters.

Enjoy the read.

John Palmer,
Editor

HEALTH

MANAGING ARTHRITIS

The importance of moving and good nutrition

Arthritis, which stands for 'joint inflammation' is a chronic condition that affects several million people worldwide. The most common symptoms of arthritis include pain, stiffness and swelling in or around a joint.

Keeping Active

Physical activity is one of the best non-pharmaceutical treatment options for people with arthritis. When people are stiff and in pain, exercise is often the last thing they want to do! However, exercise can help relieve the pain of arthritis, improve your strength and flexibility and also delay further progression of the condition, so it is worth doing.

By being physically active you are increasing the flow of nutrients that nourish the cartilage and surrounding joints. You will also be strengthening the muscles that support the joints and thus reducing the pressure on them.

How Your Diet Can Help

By following a Mediterranean style diet we can help alleviate arthritis symptoms. This type of diet can help reduce the harmful inflammation that is not only linked to arthritis but also to heart disease, cancer and obesity.

Joint-friendly Foods:

- Increase your intake of fish, vegetables and nuts;
- Reducing saturated fats and processed foods assists with joint health; and
- Increase your intake of Omega-3 fatty acids which can be found in cold water fish such as salmon and tuna.

Exercising with Arthritis:

- Find the right balance between exercise and rest.
- Look for low impact, non-jarring activities.
- Always warm up properly before exercise.
- Explore the options available – exercising in water can be a great benefit. Try swimming, aqua jogging or aquacise.
- Seek the advice of a qualified professional if in doubt. ¥

LEMONS

Good for You

Aside from being a rich source of vitamin C, lemons contain citrus limonoids. These compounds may be useful in preventing or treating a range of cancers, including breast, lung and skin. Limonin, a type of long-acting limonoid, has also been shown to possibly lower levels of LDL, the so-called "bad" cholesterol.

Get the Best

Eureka and Lisbon are the most common varieties and have a mouth-puckering tartness. Meyer lemons (which are a cross with mandarins) are rounder and sweeter. The rinds should be

fully yellow (or yellow-orange for ripe Meyers) without blemishes. For the juiciest fruit, choose ones that are small but feel heavy.

Kitchen Simple

Lemon juice, pulp and peel can all be used, raw or cooked, in sweet or savoury dishes. Before juicing a lemon, bring it to room temperature and roll on a bench to loosen its juice sacs. Combine the juice with olive oil, garlic and pepper for a simple dressing. Turn plain sugar biscuits into lemon treats by adding one tablespoon each lemon zest and juice to the dough. ¥

Breakfast: Why You Should Eat It and Tips to Enjoy It

Breakfast is the most important meal of the day, yet only 1/3 of us actually make the time to eat it. While working with athletes on a daily basis, I hear all kinds of excuses: I'm too tired to chew (got to love it!), I can't eat in the morning, there's no food around, if I eat before working out I'll get sick, I don't have time. A morning meal is important for runners for so many reasons:

- Weight management
- Blood glucose control
- Better blood sugar levels
- Fuel for later activity
- A mental boost
- Better concentration
- Overall improved daily nutrition.

If you're struggling with ideas on what to make in the morning, try one of these ideas:

- Breakfast in a glass – a smoothie made with soy or cow's milk, soy or Greek yoghurt and fruit. Or fruit blended with protein isolate
- A slice of toast with a slice of cheese
- A hard boiled egg and a granola bar
- A piece of fruit with nut butter
- A small bowl (1/2-1 cup of cereal) with skim, soy or hemp milk
- A grab n' go of roasted soybeans, dry cereal and dried fruit
- If traditional breakfast foods don't excite you, try a lunch- or dinner-like approach. Dinner from the night before like cold pizza or leftover stir-fry is a great choice. If you don't like hot cereal, you can substitute rice pilaf with dried fruit and nuts for a similar nutritional benefit.

The key to a good breakfast is a balanced breakfast. Build your own appealing combo using protein (milk, yoghurt, cheese, eggs, meat, beans), fat (nuts, nut butter, avocado, hummus, oil), carbs (cereal, bread, English muffin, rice, pasta, waffles), fibre (fruit, vegetables, beans, high fibre cereals/breads) and drink (water, juice, milk, coffee, tea).

Breakfast gives you a chance to pre-fuel for a later run, or refuel from an earlier one, so don't shortchange your body. Make this meal a must on your "you do" list every day. ¥

MEMBERSHIP

Our current membership stands at 78 members. A warm welcome to new members Petra Stoevken (WMA), Peter Stevens (Scottish) and Vickie Humphries (WHAC).

* * * *

OBITUARY

Distinguished athlete and administrator in masters' athletics Colleena Blair of Silverstream Upper Hutt died on Monday 23rd December aged 82.

Colleena had a long association with Masters Athletics and in the early 80's assisted Jim in setting up what is now Wellington Masters Athletics.

Colleena was a long standing secretary of the New Zealand Masters Association and together with her husband Jim Blair were made Life Members of the Association. In 2004 Colleena and Jim were also made Life Members of the Wellington Masters Athletics.

As an athlete she set a world age group record for W65 80m hurdles in July 1995 and also held the world record for W64 and W66 age in the 80m hurdles. Colleena was the world champion W65 80m hurdles at the world masters' championships in Buffalo USA in 1995. At the world championships in 1991 she won the bronze medal in the 80m hurdles and in the heptathlon.

At various Oceania championships she won over 20 titles in a number of events and she also won numerous New Zealand masters' titles over the years competing in a range of events: 80m hurdles, shot put, discus throw, hammer throw, javelin throw, long jump, triple jump, high jump, pentathlon, heptathlon and weight pentathlon.

She was Wellington Masters Athlete of the year in 2007.

Colleena was a regular contributor to the masters' association monthly magazine Vetline and she wrote a number of chapters for Arthur and Merle Grayburn's History of New Zealand Veteran Athletics 1962-1999.

* * * *

My Memories of a Great Lady

I first met Jim and Colleena in the early eighties and have enjoyed working with them both in and through many events with Masters Athletics. Colleena was a top class competitor in both Track and Field setting many New Zealand age group records and excelling in the overseas competitions. Colleena served on the New Zealand Masters Committee for many years as Secretary and also on the Wellington Committee as Secretary and Co-ordinator.

I was very fond of Colleena and we spent time discussing Masters and other sporting events. On one occasion when visiting Jim and Colleena at their home in Silverstream, Jim came in from the garden to find Colleena had made scones for morning tea and promptly remarked "You should come more often Brian I don't usually get morning tea". This showed a side of Colleena that not many people were privileged to see. I have many stories of Colleena and Jim and our times working together.

A great lady and a good friend who will be sadly missed.

Brian Watson.

* * * *

ATHLETES 2013 RANKINGS

The following New Zealand athletes have been ranked in the top 50 in the world by athletics publication Track and Field News in the USA.

Valerie Adams (1) - shot put 20.98m
Nick Willis (13) - 1500m 3:32.57 and (28) 3000m 7:40.62
Kim Smith (20) - 5000m 15:02.56 and (20) 10,000m 31:46.37
Tom Walsh (22=) - shot put 20.61m
Quentin Rew (23) - 50km road walk 3:50:27
Angie Smit (32) - 800m 2:00.03
Zane Robertson (36) - 5000m 13:13.83
Jake Robertson (38) - 10,000m 27:45.46
Stuart Farquhar (40) - javelin throw 81.07m
Lucy Van Dalen (40) - mile 4:36.07.

* * * *

Did you know?

Here's some stats trivia on past NZ Champions:

Most NZ championship titles:

Valerie Young	37
Craig Barrett	32
Phil Costley	31

Most titles in one event:

Philip Jensen	19 (Hammer)
Dave Norris	18 (Triple Jump)

Longest span of titles:

Valerie Young	26 years
Philip Jensen	25 years.

* * * *

Why Run?

There are plenty of physical rewards from putting your time/kilometres in each week, but the ripple effect of those physical benefits can run long and deep. Consider these:

- **Endorphins:** Running triggers the release of the most powerful type of positive attitude hormones, locking into billions of receptor sites throughout the body.
- **Vitality:** When running at the right pace, energy level increases during the run and stays up for hours.
- **Positive attitude adjustment:** Even a short run can leave you feeling better about yourself and life than before the run. This can last for hours.
- **Frontal lobe:** Running engages the conscious human brain, the frontal lobe. Problems are solved and intuitive connections are made to access resources.

From *100 Reasons to Run . . . Now!* by Jeff Galloway.

TRAINING TIP

IT'S ABOUT TIME (or KILOMETERS)

By Mackenzie Lobby

Tracking workouts based on time and distance serve different functions, making both measures critical to attaining your best race results.

One of the most common debates in run training is whether it is better to base workouts on time or distance. In the world of ultra-races, running based on time is an accepted approach, even in competition. (In 24-hour races, the runner who covers the most distance in the allotted time wins.) The popularity of using distance to gauge a workout might be due to the fact that most races are defined by their length. You'll be hard-pressed to find a training plan that doesn't include specifics such as 400 metre repeats, a 2-5km tempo run or a defined distance long run.

In hopes of shedding light on some of the differences between running based on time and distance, a recent study published in *Medicine & Science in Sports and Exercise* tested 38 children in a 750-metre run. While most of us are more experienced runners than these children, the results provide an interesting perspective on how our adult training practices come into play.

First, the researchers had all 38 children run a 750-metre time trial as fast as they could. Then they split them into two groups – one ran the 750-metre trial again and the other ran for the amount of time it took them to run the first trial. For the former group, they managed to cover the 750-metres in about the same amount of time. The other group who ran based on time, however, covered significantly less distance than they did the first time. The researchers concluded that this was likely a result of the fact that time cues are less tangible and therefore make it more challenging to judge pace than information based on distance where, for example, you can actually see the finish line. Give yourself a concrete distance to complete for your next all-out workout or time trial and you might just go a little faster.

The study also reveals that each approach has its own function depending on the desired outcome. "There are different times in the training cycle and the season when an athlete needs to train on time or distance," explains Jennifer Harrison, a USA Triathlon Level 2 Coach based in the Chicago area.

She suggests that running based on time comes in particularly handy when an athlete is in the off-season, putting in base mileage, or is returning from injury. "That way, the athlete can log kilometres without worrying how fast they are going," she says. "Mentally that helps a ton."

As the season gets into full swing, Harrison usually prescribes more workouts based on distance. "That's when we start focusing on run specificity and getting the athletes on the track to do intervals with time goals that are specific to their upcoming race," she says. While time-based runs are just as valuable, a workout based on distance can give important feedback regarding an athlete's fitness level and projected race times. There's a time and place for each, and the right combination may just elicit competitive results.

TIME

Fartlek – By their nature, fartleks are easier to base on time and help with internal pacing.

Tempo – These types of workouts are key to helping an athlete to learn about pacing based on feel.

Intervals – Intervals on the track or road give you some of the best information on how an upcoming race will go and what you need to work on.

Long Run – In the off-season or when you're recovering from an injury, base the long run on time. If you're mid-season, go with distance to ensure you get in the kilometres necessary for the distance you will race.

DISTANCE

Non-workout regular runs – This will help you gauge progress and how much distance you can comfortably cover in a specific amount of time.

Recovery Run – Turn off the data and just enjoy the run. These runs are about letting your body bounce back from a previous hard workout.

Ed: Reproduced from Triathlete Magazine, June 2013.

* * * *

DEEP VEIN THROMBOSIS

What to Know

Deep vein thrombosis is a rare but serious clotting, usually in the calf, caused by sitting in cramped conditions for too long. Endurance runners flying with damaged muscles may run a higher risk, says the *Clinical Journal of Sports Medicine*.

Spot the Signs

Watch out for aches, swelling, tenderness, redness and warmth localized in one spot on your leg. You might have pain that gets worse when you point your toes towards your knee. Any of these symptoms after a long-haul flight? Visit your GP.

Take Measures

When seated for six hours or more, get up to stretch your legs whenever possible, and flex and roll your ankles every 15 minutes. Compression socks may reduce your risk of deep vein thrombosis. Dehydration ups it, so drink enough water to keep your pee a pale straw colour.

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Telephone: 04 384 2844

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CROSS TRAINING

GYM DANDIES

By Jeff Galloway

Try cardio machines for a body and mind break

It's not uncommon for runners to forego other forms of exercise. Running is what we love, after all. But cross training plays an important role in improvement. It gives our running muscles a chance to recover while strengthening underused muscle groups and connective tissue, which helps stave off injuries. So when you're forced to a gym, here's how to get a good workout on common cardio machines.

THE OPTIONS

ELLIPTICAL – It's easy to adjust these machines to mimic the range of motion you use while running. The activity will stimulate your neuromuscular system to maintain muscle adaptations, while resting the muscle that does most of the work – the calf.

ROWING MACHINE – Rowing is an excellent way to tap underutilized muscle groups and condition the entire body. In addition to strengthening your legs, the rowing machine will also challenge your arms, back, shoulders and glutes.

STATIONARY BIKE – Cycling complements different components of running. Standing while pedaling does the muscle work of running, while spinning at a high cadence (more than 90 revolutions per minute) mimics turnover and quickens your step.

THE WORKOUTS

EASY – Do the following on a single machine or on a combination of machines: warm up, then "run" on the elliptical, spin, or row at a very easy pace or resistance for two minutes. Increase the intensity or resistance for two minutes. Repeat sequence three or four times, and then cool down.

MODERATE – Complete one sequence of the easy workout (as above) and also walk for 10 minutes. Then do this; "run", spin, or row easy for three minutes, followed by three minutes of increased intensity or resistance. Repeat the sequence three or four times, and then cool down.

HARD – Complete one easy workout, walk for five minutes, complete one moderate workout, walk for five minutes, then do the following: "run", spin, or row easy for one minute. Do two minutes at a moderate pace, then one minute hard. Repeat four times, and then cool down.

GYM BOREDOM

THE FIX – Mixing up your activity in a single workout keeps your mind off the clock. Choose three machines to rotate between, and go directly from one to the next. Start with three minutes gentle on each machine; then do four minutes moderate; and finish with three to five minutes strenuous. If there's time, do 10 minutes of strength training before the hard sequence.

Q & A

Q – How many days a week should I cross train?

A – Ideally, at least once a week. Do it on any non-running day if you like, as long as you give yourself at least one day of

complete rest. Avoid cross training before a long run or a race (although going for a walk isn't a bad idea).

FACT OR FICTION

I run regularly, so cross training won't make me sore.

FICTION – If your muscles aren't used to a given activity, you can expect some soreness. And since runners often have the fitness to work out harder or longer when trying something new, they risk doing too much and feeling really sore. Whenever you're starting a new exercise, do a few minutes at first and gradually build up time. ¥

OTHER FORMS OF CROSS TRAINING

Cycling

Scientifically, cycling has proven to be the number-one form of cross training exercise to benefit running. As a repetitive-motion activity in which the legs do all the work, it develops a form of fitness that is highly transferable to running. Studies and research suggest that cycling can improve 10km race times by as much as 9% as well as boost VO2max values by up to 15%.

Cycling exercises related muscle groups such as the quadriceps and shins, both of which don't develop as rapidly as the calf muscles and hamstrings. It also strengthens the connective tissue of the knee, hip, and ankle regions, thus reducing the risk of injury. After a stressful run, cycling is useful in loosening those fatigued leg muscles.

Cycling is a non-impact activity, so it can serve runners well as a recovery or rehabilitation workout. It allows runners to achieve goals such as heightened workout intensities, improved leanness and greater strength.

Pool Running

Pool running is the most "running-specific" form of endurance-based cross training. It involves more or less the same action as land running, but with greater resistance and virtually no impact. This fact puts it at the top of the list for many injured runners.

The major plus of pool running is the fact that fitness levels are able to be maintained. In a recent study, deep-water runners who abstained entirely from regular running for six weeks were able to perfectly preserve their racing ability. This is because an individual's normal training load and intensity can be performed in deep-water running sessions.

Pool running can be performed with a wide variety of injuries, and is most commonly used for individuals suffering from any lower-leg injury. Runners who have used pool running for extended periods for rehabilitation find making the adjustment back to land running is surprisingly easy. However, there are some slight side-effects from pool running, such as a minor loss in timing, though this returns quickly as your body readjusts to the impact involved in conventional running.

Some might consider it a strange and boring activity, but slipping into a life preserver and running in the water can actually help your performance, especially if your injury prevents you from running on firm surfaces. Deep-water running actually mimics real running more closely than cycling, but the tediousness of spending time in the pool often leads to runners selecting other forms of cross-training for supplementary workouts.



RECIPE

Bacon, Egg and Pasta

Aside from being so quick and simple to prepare it only uses a few ingredients that are easy to keep on hand in the fridge and pantry. The only thing to watch out for is overcooking as this changes the egg mixture from a smooth sort of custard into scrambled eggs – still edible but certainly not as attractive.

Ingredients:

- 250-300g spaghetti (or other pasta)
- 3-4 rashers bacon
- 4 eggs
- ¼ cup milk or cream
- ¼ tsp salt
- Pepper to taste
- Chopped parsley, spring onions or other fresh herbs

Method:

Cook the pasta in plenty of boiling, salted water until just tender.

While the pasta cooks, chop the bacon finely and cook without draining in a medium-to-large frying pan until crisp.

Using a fork beat the eggs with the milk or cream, adding salt and pepper to taste.

As soon as the pasta is cooked, drain it (try not to let it cool too much) and add it to the bacon in the pan, turning it until it is coated with bacon drippings.

Pour the egg mixture over the bacon and pasta and cook over a low-medium heat, turning the mixture gently with a fish slice or broad spatula as the egg heats through.

As soon as the egg is no longer liquid, but is coating the pasta, serve garnished with spring onions or herbs and paprika.

Serve with a simple salad or some lightly cooked seasonal vegetables and perhaps some crusty Italian style bread for a really simple and delicious meal.

Servings: 3-4.



Pasta and Tuna Bake

This meal is the perfect pre-race combination of protein and carbohydrates, with digestive-aiding properties to ensure no unexpected surprises on race day.

Ingredients:

- 150g penne pasta
- 2 tbsp olive oil
- 1 clove garlic
- 1 bulb fennel, trimmed and sliced
- 1 small tin chopped tomatoes
- 200g tinned tuna in brine, drained

- 50g / 1 cup fresh breadcrumbs
- 50g / 1/2 cup low-fat cheese, grated
- Splash of Tabasco (optional).

Method:

1. Cook the pasta in a large pan of salted water until tender, then drain well and set aside in a warm place.
2. While the pasta is cooking, heat the oil in a frying pan and gently cook the garlic and sliced fennel for five minutes, or until the fennel is soft but not brown, stirring from time to time.
3. Mix the fennel with the cooked pasta and tuna, season with salt and pepper, and place in individual heatproof serving dishes.
4. Heat the tomatoes in a small pan, season with salt and pepper, (plus a dash of Tabasco if you like a fiery kick), then pour over the pasta and tuna mix.
5. Mix the breadcrumbs with the cheese and scatter over the top of the bakes. Place under a hot grill for two to three minutes, or until golden brown.

Running Benefits

This classic tuna and pasta combination is perfect running fuel, with its high carbohydrate content. The fennel in the recipe aids digestion and can help to reduce stomach cramps if you suffer with IBS symptoms.

Preparation and cooking time: 25 minutes

Serves: Two.

Nutritional information:

- Kilojoules 2418
- Carbohydrate 66g
- Protein 45g
- Polyunsaturated fat 1.2g
- Monounsaturated fat 8.9g
- Saturated fat 3.5g
- Fibre 4.9g.



RADISHES

Good for You

Radishes are a member of the cruciferous vegetable family. These crisp and peppery vegetables contain potent cancer-fighting properties, including antioxidants called indoles that protect against cell damage. One cup of radishes has fewer than 85 kilojoules and nearly a third of your daily need for vitamin C, along with potassium, folate and fibre.

Get the Best

Radishes come in red, pink, purple, white, and even black varieties. Choose firm plump, smooth bulbs. Remove any attached greens, since they pull moisture and nutrients from the bulbs. Store the bulbs in a perforated bag in the refrigerator for up to a week. If they soften, soak in ice water for an hour to refresh them.

Kitchen Simple

Add raw radishes to salads and sandwiches, or try them stir-fried, braised or steamed. Another way is to make a radish salsa with chopped radishes, chopped cucumber, red onion, sliced spring onions, and minced garlic. Season with chilli flakes, salt and pepper, and sprinkle with lemon juice and coriander. Serve with hearty chips or fresh bread.

THE ATHLETE'S KITCHEN

Copyright: Nancy Clark MS RD CSSD, January 2014



Caffeine: Performance Enhancement in a Mug

Whether you are looking for a hit, boost, pleasing stimulant, or excuse to socialize with your friends, coffee is the go-to beverage for many runners. Coffee drinkers enjoy the way a cup of morning brew enhances their feelings of well-being and their ability to accomplish daily tasks. An estimated 80% of us drink coffee daily. Why, we are more likely to drink coffee than eat fruit! Thank goodness moderate coffee intake is typically not associated with health risks.

For runners, caffeine is a proven performance enhancer. In their new book *Caffeine for Sports Performance*, sports dietitians Louise Burke and Ben Desbrow and exercise physiologist Lawrence Spriet address all-things-caffeine that a runner might want to know. Here are just a few tidbits that I gleaned from this comprehensive resource. Perhaps the information will help you add a little bit of zip to your workouts.

Note: No amount of caffeine will compensate for a lousy diet. If you choose to use caffeinated products to enhance your sports performance, make sure you are also fuelling wisely!

- A cup of pre-exercise coffee can help most runner work harder — without realizing it. Caffeine has been shown to enhance performance by about 1% to 3%, particularly in endurance sports. For example, cyclists who consumed caffeine prior to a 24-mile (40-km) time-trial generated 3.5% more power than when they did the ride without caffeine.
- Runners vary in their responsiveness to caffeine, from highly effective to negative. Some of the side effects associated with too much caffeine include higher heart rate, anxiety, "coffee stomach", irritability, and insomnia.
- The recommended performance-enhancing dose of caffeine is about 1.5 mg/lb (3 mg/kg) body weight. This can be consumed 1 hour before you run, and/or during a long run (such as a caffeinated gel or defizzed cola every hour). For example, triathletes commonly consume caffeinated gels before each segment, to distribute the caffeine throughout the event rather than have a big pre-race jolt that might make them feel shaky and unable to concentrate. Some runners delay caffeine intake until fatigue starts to appear, and then they ingest 0.5-1 mg/lb (1-2 mg/kg) body weight.
- Caffeine's ergogenic effect maxes out at about 200 to 250 mg caffeine. (This is much less than previously recommended.) More is not better. Experiment during training to learn what amount (if any) works best for your body!
- Because the amount of caffeine in coffee and tea varies, elite runners commonly use caffeine pills or commercial products to ensure the desired intake. A comparison of the caffeine content in 16 ounces of coffee from 20 coffee vendors ranged from about 60 to 260 mg. Even when the researchers purchased the same brand of coffee (Starbucks Breakfast Blend) from the same location on six consecutive days, the caffeine content ranged from about 260 to 565 milligrams per 16 ounces.
- Research suggests the caffeine content of espresso also varies. A customer might get served 0.5 to 3.0 ounces of espresso (depending on the barista's generosity) with a caffeine range of 25 to 214 mg. In general, the larger vendors (such as Starbucks) offer a more consistent product. But this means you don't know what you will be getting if you plan to purchase a pre-race espresso or coffee.
- Energy drinks are a popular source of caffeine. A study of 500 college students in North Carolina reports 51% drank at least one energy drink in an average month in the semester. Sixty-seven percent used the energy drink to stay awake; 65%, to increase energy; and 54%, to drink with alcohol while partying. Of the party-drinkers, 49% consumed 3 or more energy drinks. That makes for a wide-awake drunk who may believe it's OK to drive a car.
- Caffeinated chewing gum is popular among (sleep deprived) soldiers. The gum effectively boosts physical and mental performance and helps maintain reaction time, vigilance, and ability to think clearly. The caffeine in chewing gum gets delivered quicker than via a pill (achieving significant levels in the blood in 5 vs. 30 minutes) because it gets absorbed through the cheeks, not the gut.
- Caffeinated colas offer not only caffeine but also a hefty dose of sugar. Colas, taken later in a long run, can provide a much-needed source of fuel so the combination of caffeine + sugar can provide a nice boost! Hence, some runners claim defizzed Coca-Cola is their preferred sports drink despite having only 35 mg caffeine per 12-ounce can.

continued on next page

Continued from previous page

- Caffeine is only a weak diuretic and is no longer considered to be dehydrating. A novice coffee drinker can become tolerant to the diuretic effects of caffeine in 4 to 5 days of regular caffeine intake. Even high doses (3 mg/lb; 6 mg/kg) have no significant effect on urine production in coffee or tea drinkers. Hence, there appears to be no hydration-related reason for runners to avoid caffeinated beverages.
- Caution: Consuming caffeine might contribute to negative effects. For example, let's say you are running in more than one competitive event in a day. If caffeine helps you go harder in the first event, will that "fry" you for the second event? Can taking another dose of caffeine counter that fatigue? With back to back events, will too much caffeine on the first day ruin your sleep, so you are unable to perform as well on the second day? More research is needed to answer those questions but for the moment, these situations provide good examples of why advice to use the smallest effective dose of caffeine is sensible.
- In 1984, caffeine was banned by the International Olympic Committee (IOC) and the World Anti-Doping Agency (WADA). But in 2004, WADA reversed the ruling. New research indicated the amount of caffeine needed to reach the threshold dose was detrimental to performance. Although caffeine is no longer banned by WADA, it is on the banned list for NCAA, the governing body of collegiate sports. Collegiate runners can be cited for doping if their caffeine level is higher than 15 micrograms/ml urine. (A normal urine caffeine level is between 1-2 micrograms). Unlikely but possible.
- Teen runners should be fully mature and eating an optimal sports diet before even considering the use of caffeine. Again, no amount of caffeine will compensate for lousy fuelling practices.
- For even more helpful tips and tidbits, get a copy of *Caffeine for Sports Performance*. You'll actually stay awake while reading it; the book is not a snoozer!

SIDEBAR:

Common Sources of Caffeine

For a 68kg runner, the recommended dose of caffeine is about 200mg one hour before exercise. That's the amount in a large mug (16 oz) of coffee. No problem for most coffee-drinkers!

Brewed coffee	250 ml (about 8 oz; small)	80 (ranges 40-110)
Starbucks Breakfast Blend	600 ml (20 oz; venti)	415 (range 256-564)
Tea, black	250 ml (about 8 oz; small)	25 -110

Tea, green	250 ml (about 8 oz; small)	30-50
Coca-Cola	1 can (12 oz / 335 ml)	34
Red Bull	1 can (8 oz / 250 ml)	80
PowerBar caffeinated gels	1 pouch (1.25 oz / 40 g)	25 - 50
GU caffeinated gel	1 pouch (1 ox / 32 g)	20-40
Jolt Caffeine Energy Gum	1 piece	33
NoDoz	1 tablet	200 (USA), 100 (Australia)

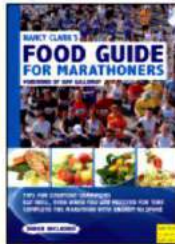

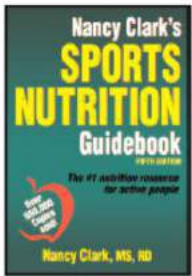
Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) counsels both casual and competitive athletes at her office in Newton, MA (617-795-1875). Her *Sports Nutrition Guidebook* and food guides for new runners, marathoners, and cyclists offer additional information. They are available at www.nancyclarkrd.com. See also sportsnutritionworkshop.com.

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FOOD FOR THOUGHT

Potassium does a runner's body good: it keeps electrolytes and fluid levels in check, which helps regulate your heartbeat to prevent muscle cramping. The recommended daily dose of potassium is 4.7 grams. Find it in bananas, potatoes and milk.

Aerobic? Anaerobic?

There appears to be a great deal of controversy over which is the preferred type of metabolic training - aerobic or anaerobic? Metabolic training involves performing specific exercises that are designed to increase the efficiency of the certain pathways in your body that store and deliver energy for certain activities. Three energy pathways store energy – one is aerobic and two are anaerobic. So...what's the difference?

Aerobic activity makes your heart and lungs work harder and increases the body's need for oxygen. Activities such as running, swimming, bicycling, working out on a treadmill, and other activities that generally take place for a longer period are types of aerobic activity.

Anaerobic activity involves lower-impact exercise that doesn't work the cardiovascular system as strenuously as aerobic. Anaerobic exercise involves activities such as lifting weights, running sprints, and other shorter-duration exercises (i.e., under two minutes of medium to high intensity activity).

Many people seem to be partial to aerobic activity because it burns fat and keeps their metabolisms pumping for some time after they actually stop exercising. But...aerobic activity also causes loss of muscle, strength, speed and power if that's the only exercise you do.

Anaerobic activity, on the other hand, increases muscle, strength, power, speed and aerobic function and it also decreases body fat.

So actually, there really shouldn't be any controversy. Ideally in terms of metabolic training, the best of both worlds would be a combination of high intensity/short duration activity, medium intensity/medium duration activity and low intensity/long duration activity – the best of all worlds for those energy pathways!

* * * *

Should I Really Join Facebook?



When I bought my Blackberry, I thought about the 30-year business I ran with 1800 employees, all without a cell phone that plays music, takes videos, pictures and communicates with Facebook and Twitter. I signed up under duress for Twitter and Facebook, so my seven kids, their spouses, my 13 grandkids and 2 great grandkids could communicate with me in the

modern way. I figured I could handle something as simple as Twitter with only 140 characters of space.

That was before one of my grandkids hooked me up for Tweeter, Tweetree, Twhirl, Twitterfon, Tweetie and Twitterific, Tweetdeck, Twitpix and something that sends every message to my cell phone and every other program within the texting World.

My phone was beeping every three minutes with the details of everything except the bowel movements of the entire next generation. I am not ready to live like this. I keep my cell phone in the garage in my golf bag.

The kids bought me a GPS for my last birthday because they say I get lost every now and then going over to the grocery store or library. I keep that in a box under my tool bench with the Blue tooth [its red] phone I am supposed to use when I drive. I wore it once and was standing in line at New World talking to my wife and everyone within 50 yards was glaring at me. I had to take my hearing aid out to use it, and I got a little loud.

I mean the GPS looked pretty smart on my dash board, but the lady inside that gadget was the most annoying and rudest person I had run into in a long time. Every 10 minutes she would sarcastically say, "Re-calc-u-lating." You would think that she could be nicer. It was like she could barely tolerate me. She would let go with a deep sigh and then tell me to make a U-turn at the next light. Then if I made a right turn instead - well, it was not a good relationship...

When I get really lost now, I call my wife and tell her the name of the cross streets and, while she is starting to develop the same tone as Gypsy, the GPS lady, at least she loves me.

To be perfectly frank, I am still trying to learn how to use the cordless phones in our house. We have had them for 4 years, but I still haven't figured out how I lose three phones all at once and have to run around digging under chair cushions, checking bathrooms, and the dirty laundry baskets when the phone rings.

The world is just getting too complex for me. They even mess me up every time I go to the grocery store. You would think they could settle on something themselves but this sudden "Paper or Plastic?" every time I check out just knocks me for a loop. I bought some of those cloth reusable bags to avoid looking confused, but I never remember to take them with me.

Now I toss it back to them. When they ask me, "Paper or plastic?" I just say, "It doesn't matter to me. I am bi-sacksual." Then it's their turn to stare at me with a blank look. I was recently asked if I tweet. I answered, No, but I do fart a lot."

We senior citizens don't need any more gadgets. The TV remote and the garage door remote are about all we can handle!!

* * * *

If walking is good for your health, the postman would be immortal.

A whale swims all day, only eats fish, drinks water, but is still fat.

A rabbit runs and hops and only lives 15 years, while a tortoise doesn't run and does mostly nothing, yet it lives for 150 years. And you tell me to exercise?? I don't think so.

The Anti-Energy Ingredient

By Dr. Robert Portman

There is an energy crisis in this country, but it has nothing to do with oil, natural gas or solar. This one is personal. Because we live in a 24/7 world, fatigue has become one of the most common consumer complaints. This is particularly true for serious endurance athletes as they try to juggle the schedules of work, family and training. It is not surprising that energy product sales are over \$10 billion per year.

Energy products seem to be an ideal solution by providing an added boost to help delay fatigue, improve concentration and mental focus. The ingredient bar for energy products is not very high. We know that caffeine plus carbohydrate provides quick energy and this combo is even more effective when protein is added. However, to differentiate energy products manufacturers add a long list of ingredients most of which have no effect on energy levels. B vitamins are a case in point. Some energy products have levels of B vitamins that are 8,000 percent of the recommended daily allowance even though there is no evidence that B vitamins provide an added energy boost. The only thing positive that we can say is there is also no evidence that high levels of B vitamins can harm you.

Another ingredient found in most energy products is taurine, an amino acid normally found in the brain. Some companies, like Monster or Red Bull, list the amount of taurine in their product separately. Others, like 5-hour Energy take a less straight forward tactic and include taurine and caffeine as part of a so-called "energy complex". This means they don't have to specify the exact amount of each ingredient in the product.

The evidence supporting the use of taurine to boost energy largely comes from animal studies, which showed that when taurine was fed to rats they were able to swim longer than rats who did not receive taurine. However this type of study is often an unreliable predictor of what happens in humans and what happens when other ingredients are added. Sometimes the results are unexpected as is the case with taurine.

Two studies have evaluated the effect of taurine and caffeine, alone and in combination, on endurance performance and reaction time. Both studies arrived at a similar conclusion. When taurine is added to caffeine it actually blunts the energy enhancing effect of caffeine. A third study conducted by researchers from Montana State and presented at the American College of Sports Medicine annual meeting found that a taurine-containing energy product (5-hour Energy) was no better than a placebo in extending endurance, reducing fatigue, increasing reaction time and increasing alertness.

The reason why taurine blunts the effect of caffeine may be explained by studies on how taurine works. Within our brain, we have specific receptors responsible for increasing alertness and others for decreasing alertness. Taurine activates those receptors responsible for decreasing mental alertness.

So here's the irony – energy manufacturers add multiple ingredients to their products under the marketing proposition that more is better. However, adding taurine cancels out the energy boosting effects of caffeine. When it comes to choosing

an energy product, it pays to look at the ingredient list and, if the product contains taurine, you would be better served by having a glass of water. It's cheaper.

Dr. Portman, a renowned sports science researcher, is author of *Nutrient Timing* and *Hardwired for Fitness*.

* * * *

Warning: Scam against older men

Women often receive warnings about protecting themselves at shopping centres and in dark car parks etc.

This is the first warning I have seen for men. I wanted to pass it on in case you haven't heard about it.

A 'heads up' for those men who may be regular customers at Bunnings, Mitre 10, or even K-Mart. This one caught me totally by surprise. Over the last month I became a victim of a clever scam while out shopping. Simply going out to get supplies has turned out to be quite traumatic. Don't be naive enough to think it couldn't happen to you or your friends.

Here's how the scam works:

Two nice-looking, university-aged girls will come over to your car or ute as you are packing your purchases into your vehicle. They both start wiping your windshield with a rag and Windex, with their breasts almost falling out of their skimpy T-shirts. (It's impossible not to look). When you thank them and offer them a tip, they say 'No' but instead ask for a ride to McDonald's. You agree and they climb into the vehicle. On the way, they start undressing. Then one of them starts crawling all over you, while the other one steals your wallet.

I had my wallet stolen March 4th, 9th, 10th, twice on the 15th, 17th, 20th, 24th, & 29th. Also April 1st & 4th, twice on the 8th, 16th, 23rd, 26th & 27th, and very likely again this upcoming weekend.

So tell your friends to be careful. What a horrible way to take advantage of us older men. Warn your friends to be vigilant.

The Warehouse has wallets on sale for \$2.99 each. I found even cheaper ones for 99c at the two dollar store and bought them out in three of their stores.

Also, you never get to eat at McDonald's. I've already lost 5 kilos just running back and forth from Bunnings, to Mitre 10, to The Warehouse etc.

So please, send this on to all the older men that you know and warn them to be on the lookout for this scam.

(The best times are just before lunch and around 4:30 in the afternoon.)

TRAINING TIPS

Why Runners Should Use the Pool

By Jeff Galloway

Water workouts improve form and boost fitness

Pool running is a great low-impact workout that can boost your fitness and improve your running form. As your legs move through their natural motion, the resistance of the water forces them to find a more efficient path, which can reduce some of the wobbles in your gait when you're on land. A flotation belt allows you to "run" in deep water, so you can use the same stride as you do on hard ground. Everybody into the pool!

Get wet

Wearing a flotation belt, start running at a depth at which your feet lightly touch the bottom; this helps you establish an upright body alignment. Then move into deeper water, maintaining your stride. Run five minutes, then rest five minutes. Repeat two to four times. Each session, increase the length of the run segment and decrease the rest until you can run for 30 minutes continuously.

Turn up the intensity

At first, keep your effort level easy. No huffing and puffing. After several sessions, gradually increase the turnover of your legs so you're breathing the same as you would during a moderately paced run.

And do some laps

Swim a lap or two during your rest periods, or alternate pool runs with a lap workout: Swim one lap easy, rest for 20 to 30 seconds, then swim a slightly faster lap. Rest one minute, then swim two easy laps. Rest one minute, then swim two to four fast laps, resting as much as you wish after each.

Mimic workouts

For a long run, simply run in water the same duration of time you would run on land. For speed workouts, shorten your stride and quicken your turnover, moving your legs faster, and keep the duration of your effort and recovery the same. During rest periods, move your legs slowly and gently.

*Reproduced from the February 2014 issue of **Runner's World**.*

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Breathe Easy

When it comes to gaining efficiency, breathing is just as important as your stride

You're pushing during that final stretch of the race, arms pumping, muscles burning and lungs heaving. Your chest feels tight, like you can't take a deep enough breath. This is when it becomes apparent that your training of your lungs is just as necessary as the training of your legs.

Many athletes, particularly beginners, seek specific instruction on the best way to breathe during workouts. "The first question runners will ask about breathing is, 'should I breathe through my nose or mouth and how often?'" says Shelly Glover, a coach and exercise physiologist based in New York City.

"With practice, the synchronization of breathing becomes more natural. It's a similar phenomena to moving with music," she explains.

One of the many reasons cardiovascular work is important is that it trains your diaphragm and surrounding muscles. Since the diaphragm is of primary importance for breathing, the better condition it's in, the more efficient it'll be. In the same way, regular running trains your leg muscles to be stronger so they are more resistant to fatigue.

To breathe most efficiently, keep your mouth slightly open to allow for more oxygen to come in, which also helps to keep your face relaxed. Rhythm depends on the athlete and the intensity of the workout. Whatever that tempo may be, make sure to draw your breath from your diaphragm. By breathing deep into your belly, you'll find the capacity for longer breaths. Chest breathing means less oxygen, which will leave you gasping for air.

*Reproduced from the June 2013 issue of **Triathlete**.*

* * * *

One Hundred Types of Arthritis?

As we age, many of us start to feel pain in certain joints, particularly in the hands, hips, knees, feet and spine. This seems especially common in women. A doctor might make the broad diagnosis of arthritis, an inflammation of the joint that causes pain and stiffness, but do you know that there are at least 100 different types of arthritis that fall under this very broad umbrella?

The most common type of arthritis is **osteoarthritis**, which occurs when the cartilage between the bones in the joint breaks down, causing pain as the bones grind against one another. Typical causes are aging, repetitive use, being overweight and a family history of the disease.

Rheumatoid arthritis, an auto-immune disorder of the joints that usually begins between the ages of 30 – 50, is also quite common. Symptoms that include swelling, redness and a feeling of warmth usually begin in the small joints of the fingers, wrists and feet. More common in women than men, this condition can be very disabling, affecting one's ability to work and lead a normal life.

Other common types of arthritis include gout, lupus, fibromyalgia, scleroderma and carpal tunnel syndrome. Depending on the type and severity of the condition, physical therapy and different combinations of drugs may be prescribed to relieve pain and reduce swelling. ¥

Insomnia and What You Can Do About It



Can't make it through the day because of your night?

We all know that getting a good night's rest is an important part of maintaining good health. And, we know that missing out on sleep can affect how we function, our energy and our moods.

So, if you're having problems falling or staying asleep, let's do something about it! There's a lot you can do naturally before relying on a sleep aid, so give a natural solution a try before reaching for a pill.

About 10% of us experience chronic sleep difficulties. Unfortunately, the number of people using prescription drugs to treat insomnia has increased, while the true causes for insomnia are left unaddressed. So, let's take a deeper look.

What Exactly is Insomnia?

Here are a few indicators that you may be dealing with insomnia:

- Trouble falling asleep in the evening
- Waking up repeatedly throughout the night
- Waking up too early in the morning, unable to get back to sleep
- Waking up feeling tired instead of refreshed.

Drowsiness or fatigue during the day, problems concentrating, low energy and irritability; even weight gain are all problems associated with not getting enough sleep. The lack of sleep can take physical tolls on your body as well, such as poor posture or dark "bags" under your eyes. And, we know how much you want to avoid that... so read on.

Some Causes of Sleeplessness:

Emotions running wild. For some, lack of sleep may be a sign of grief, unhappiness, depression or other emotional concerns. For others, anxiety, worries or an ongoing mental to-do list get in the way of getting to sleep.

Food and drink. Sometimes, excessive amounts of food, alcohol or caffeine before bed can make falling asleep and staying asleep challenging. So avoid evening use of alcohol, food, caffeine or smoking as that could help you sleep better.

Exposure to light. The body's biological clock, which regulates our sleep-wake cycles, is strongly affected by light. Melatonin, an important hormone, affects both our desire to sleep and the quality of our sleep. Darkness enhances melatonin production, while light inhibits it. Therefore, those who don't get enough exposure to direct sunlight can suffer similar types of insomnia.

Being inactive. Regular exercise will tire you out so you'll fall asleep faster! If you're having a hard time fitting exercise into your schedule, try fitting a family walk with the dog or even a friend once a day to get some fresh air and a little exercise.

What Can You Do To Get Some Rest?

Chiropractic care for proper function and sweet dreams. In our practice, many of patients report vastly improved sleep patterns after beginning regular chiropractic care. Why? The act of removing interferences in the nervous system often helps with the natural processes of the body, including sleep. You could be one of many who start getting a full night's rest and enjoy feeling refreshed in the morning after visiting us.

Relax. Little changes in your day can make a huge difference at night. Read, listen to music, write in a journal or take a warm bath before bed. Also, try to avoid upsetting discussions, stressful work, etc. before bedtime so you can relax. Then, dim the lights throughout the house and stay off technology to give your mind a hint it's bed time.

The Last Resort. Sleep problems are not the result of a sleeping pill shortage! While convenient (and potentially addictive), drugs merely mask the real problem. And while you may sleep, the quality of your sleep from a drug-induced stupor is hardly the rejuvenation you need! But you knew that.

See what's possible when you have a better working nervous system! By utilising today's chiropractic care and tweaking your routines, you can get better, more refreshing sleep to make each day just a little brighter!

Ed: This article has been reproduced with the kind permission of Dr. Louise Hockley, Back to Living Chiropractic, 50 The Terrace, Wellington 6011, telephone 04 499 7755 or visit the website www.chiro.co.nz

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AIM FOR 55-65 HEARTBEATS PER MINUTE

Athletes pride themselves on it: a lower resting heart rate indicates they're in good physical shape, so their hearts don't have to pump as hard. That usually means a lower risk of heart problems. "At a higher rate, the heart needs more oxygen, stressing the cardiovascular system," says Dr Kim Fox, of the Brompton Hospital in London. The best way to reduce your heart rate? Exercise.

* * * *

Thoughts from a friend:

Just grant me the senility to forget the people I never liked, the good fortune to remember the ones I do, and the eye sight to tell the difference.

OCEANIA MASTERS ATHLETICS CHAMPIONSHIPS

Bendigo, Victoria – 4th-12th January 2014

Michael Wray writes: Six Scottish members and three Wellington Masters members decided to join about 500 other athletes on a running/walking/jumping/throwing holiday and made their way to Bendigo in Central Victoria to compete in the 2014 Oceania Masters Athletics Championships.

It was a successful trip all round and while field strength varied across events and grades, making some medals harder to earn (for each of us) than others, no-one came home empty-handed. The highlight for me was running the cross country alongside (well, a bit behind although I did lead for a few seconds) Olympic athlete Steve Moneghetti and finishing third overall. While he's not in my age-group and podiums are age-band specific, I made sure to get an overall podium photo with Moneghetti and Michael Bieleny (second place) – how often do you get to legitimately stand on a podium with an Olympian! I also enjoyed chatting to him after the dinner function about the passion and benefits of being a master's runner.

The weather tried to cooperate, with mixed results. The great thing was Bendigo's pre-Christmas 40+ temperatures staying away. Just two days after competition finished, Bendigo was back up to 43 degrees. For the events in the first half of the week (10k road walk, 5000m run, 800m) temperatures were low 20s but strong winds made times slow. The cross country and 3000m track walk had the best day of all, with mid to high 20s and light winds. After that (1500m, 5000m track walk, sprint & medley relays), we had temperatures rise up to the 30s and on the final day we were relieved to have the half marathon start early enough in the morning for a peak temperature of about 25 as it got to 36 post-race.

Results:

W70-74

Daphne Jones: 3 gold medals
- 10k Road Walk – 1:16:11 – 1W70
- 3000m Track Walk – 21:21.52 – 1W70 (New Oceania Record)
- 5000m Track Walk – 36:18.18 – 1W70

W65-69

Barbara Morrison: 2 silver medals, 2 bronze medals
- 10k Road Walk – 1:08:21 – 2W65
- 3000m Track Walk – 19:26.75 – 3W65
- 5000m Track Walk – 33:15.86 – 3W65
- 1500m (run) – 7:43.19 – 2W65

W65-69

Jackie Wilson: 2 gold medals, 1 silver medal
- 3000m Race Walk – 18:41.98 – 1W65
- 5000m Race Walk – 32:08.32 – 2W65
- 10,000m Race Walk – 1:07.42 – 1W65

W45-49

Anne Hare: 1 gold medal, 2 silver medals
- 5000m – 19:21.43 – 1W45 (second woman overall)
- 800m – 2:37.2 – 2W45
- 1500m – 5:11.20 – 2W45

W45-49

Sharon Wray: 1 gold medal
- 5000m – 27:06.22 (Sharon's first ever track race!)
- 8k Cross Country – 44:24
- Half Marathon – 2:05:54 – 1W45

W40-44

Andrea Williams: 1 gold medal, 3 silver medals
- 800m – 2:34.6 – 2W40
- 400m – 1:05.05 – 4W40
- 1500m – 5:07.70 – 2W40
- 2000m Steeplechase – 8:30.43 – 1W40
- 4x100m Relay Team 4th
- 1600m Sprint Relay Team 2nd

M50-54

Mark Macfarlane: 3 gold medals, 2 silver medals, 2 bronze medals
- 60m – 8.58 – 5M50
- 100m – 13.2 – 4M50
- 200m – 25.59 – 2M50
- 400m – 57.17 – 1M50
- Long Jump 4.97m – 3M50
- High Jump – 1.45m – 2M50
- Triple Jump – 10.14m – 1M50
- 4x100m Relay Team 3rd
- 1600m Sprint Relay Team 1st

M45-49

Bill Twiss: 1 gold medal, 5 silver medals, 1 bronze medal
- 5000m – 18:14:19 – 2M45
- 800m – 2:19.6 – 2M45
- 8k Cross Country – 31:13 – 2M45
- 1500m – 4:36:25 – 1M45
- 4x100m Relay – 3M150
- Medley Relay – 800m (2:23) – 2M150
- Half Marathon – 1:28.33 PB – 2nd Team M35-54

M45-49

Michael Wray: 4 gold medals, 2 silver medals, 1 bronze medal
- 5000m – 17:22.71 – 1M45 (fourth overall)
- 8k Cross Country – 29:26 – 1M45 (third overall)
- 1500m – 4:40.12 – 2M45
- 4x100m Relay – 1M240
- Medley Relay – 800m (2:19.37 PB) – 1M200
- Half Marathon – 1:23:05 – 3M45 & 2nd Team M35-54

* * * *

Senshu International Marathon Japan – 16 February 2014

Congratulations to Grant McLean, Wellington Masters member who was the first "invited international runner," second Master and 14th overall (in 2:37:52), out of around 5,000 runners in the Senshu Marathon in Japan. Grant was representing Wellington City as part of a sister-city relationship with Sakai (one of the cities along the marathon route).

* * * *

"For me, running is a lifestyle and an art. I'm interested in the magic of it rather than the mechanics." – Lorraine Moller

Greatest Races of All Time: **1982 Commonwealth Games Men's Marathon**

The lead up to our "home" Commonwealth Games in Melbourne seemed the perfect time to relive one of the greatest races of all-time from our previous home Commonwealth Games, those held in Brisbane in 1982. Many people, including Dave Power and Herb Elliot, who were commentating for the event, consider it to be one of the greatest athletics performances they have ever seen.

In 1979, one Australian athlete had burst into the public limelight like no other by winning the Australian Marathon Championships in 2.13.23 at 22 years of age and in just his second attempt at the distance. The athlete was, of course, Robert de Castella. Deek's progression in the marathon continued in 1980, when he finished second behind Gerard Barrett (who was just one year his senior) at the Olympic marathon trial, running 2.12.34. This effort won him selection in the 1980 Moscow Olympic team, where he finished a very credible 10th. Rob backed up for a third marathon in 1980, the Fukuoka Marathon, where he again lowered his personal best by two minutes, down to 2.10.44.

Despite those successes, it was in 1981 that Deek truly become a dominant world marathoner. Returning to Fukuoka, Deek took another two-and-a-half minutes off his personal best to run 2.08.18 – what is now considered a world marathon record.

Fast forward another year and the 1982 Commonwealth Games were in full swing. Given his outstanding performances over the previous three years, and considering he was, on paper, two minutes clear of the next fastest man in the field, Deek was the clear favourite leading into the men's marathon. However, strong competition was still expected from the defending Commonwealth Games Marathon Champion, Gidamis Shahanga of Tanzania, who had romped home to win the 10,000m a week earlier. Kevin Ryan from New Zealand and John Graham from Scotland were also both experienced marathoners and expected to provide a worthy challenge. Australia had two additional competitors in the event, Lawry Whitty and Robert Wallace. Being held in Brisbane, the event was conducted on a rolling course in oppressive humidity of greater than 94 per cent, both of which should have indicated slow times.

Rob arrived at the event feeling physically drained from a rigorous training schedule that had included running up to 250km per week plus an additional four to five gym sessions. Adding to his tired physical state, Rob was also suffering from an irritated spinal disc, incurred from a back strain while moving house.

The race had an explosive start, as Gidamis Shahanga and his Tanzania teammate, Juma Ikaanga (running his international marathon debut), raced away through the first 5km in 14.45, a likely suicidal pace given the course, the weather and the current world record of 2.08.18. A bunch of eight runners had formed some 150m behind the Tanzanians, and by 12.5km had nearly caught the early leaders, only to see the lead again grow

rapidly. By halfway (63.40), the Tanzanians were out of sight and running strongly. The main group, still largely intact, came through halfway close to 300m behind.

Just after the halfway point, Deek decided it was time to make his bid to win the race, and moved away from the main pack after the leading duo. In what has become marathoning folklore, Deek started to experience sharp abdominal pains that were inhibiting his continued chase. He is quoted as saying, "I let go of my bowels and there was some diarrhoea." Following this release (and some sponging of the affected area), the chase continued, and the cracks had begun to appear in the Tanzanian's armour. Shahanga was drifting back from Ikaanga, who still looked amazingly rhythmic and efficient but whose face was now showing the first signs of the strain.

At the 33km point, millions of Australians cheered wildly when a distant green-and-gold-clad Deek was seen in the same TV shot as the Africans. He was a long way back in distance, but there nonetheless. As the kilometres started to tick away, Deek closed faster and faster upon the broken Shahanga until, at the 38km mark, he flew past him and set his gaze firmly upon the diminutive Ikaanga, still another 80m adrift.

The suspense of the final 3km was agonising. At 39km, Ikaanga was still floating along, and Deek started to make inroads into catching him. The crowd on the course, three deep in parts, were really giving some great support to the runners as they hurtled past, especially their own Robert de Castella – and he was really flying. It was a great contrast; the light, smooth action of Ikaanga and the strength and power of the well-built de Castella.

Just shy of the 40km point, Deek finally caught up to the Tanzanian, and after an initial surge of resistance, Deek finally hit the front for the first time in the race with a trademark "bushman's hanky" and a weary glance from Ikaanga. However, it was not a glance of defeat, but one of defiance, and within 100m Ikaanga had again surged to the front and was trying to run away from the Australian. Without panic or fuss, Deek spent a few hundred metres closing the gap and again hit the front. It had come down to a battle of wills. Ikaanga threw down another challenge to surge away again but without the same ferocity as his first surge. Deek countered quickly, opening up what would become the winning break. Under immense strain and fatigue, Deek still looked like he could run through a brick wall – just so strong.

Deek continued on his way to win in front of a jubilant Australian crowd in a time of 2.09.18 – absolutely amazing given the conditions. Ikaanga held on brilliantly to finish just 12 seconds shy of the home-crowd favourite, while Mike Grattan from England ran through the field to claim third in 2.12.06.

The images of Robert de Castella celebrating, holding the trophy high above his head with his coach, Pat Clohessy, by his side, are some of the most memorable moments in Australian running history. Such was the impact of Deek's victory; he was awarded an MBE in the Queen's New Year's Honours, as well as receiving multiple annual Sportsman of the Year awards.

ATHLETICS WELLINGTON & WELLINGTON MASTERS TRACK & FIELD CHAMPIONSHIPS 2014

Draft Programme as at 7 February 2014

Combining M/W, Under 18 (Youth), Under 20 (Junior), Senior and Master's Grades and Pentathlon.

One Entry Per Event.

Athletes may compete up a grade, but will only be eligible for the Championship grade they contest (unless grades are combined for a particular event).

Where pre-entries show that we need heats leading to finals for any grade, the final will take place at the end of the day (after the steeplechases).

Throwers must declare the grade they are contesting and the weight of implement they will be using.

It is a condition of entry that athletes compete in their approved Club Uniform.

Events shaded are joint events for both Master's Championship and Master's Pentathlon (i.e. one result counts for both!)

Day 1 (Saturday 8th March 2014)

	Track		Jumps		Throws	
10.00	5000m	All Grades	High Jump	Women's Grades	Hammer	All Grades
11.00	100m	All Heats for all				
11.30			Triple Jump	All Grades	Shot Put	All Grades
11.50	80m Hurdles	Masters W40+, M70+				
12.00	100m Hurdles	YW (.762m)				
	100m Hurdles	JW/SW/MW35-39 (.838m)				
	100m Hurdles	MM50-59 (.914m), MM60-69 (.838m)				
12.15	110m Hurdles	YM (.914m)				
12.30	110m Hurdles	JM/MM35-49 (.991m)				
12.45	110m Hurdles	SM (1.067m)				
1.00pm LUNCH BREAK						
1.30	800m	All Grades				
2.15	1500m Track Walk	All Grades	High Jump	Men's Grades		
2.30						
3.00	100m finals (as required) All Grades					
3.30	2000m Steeple	YW, MW, MM60+ (.762m)				
3.40	3000m Steeple	JW, SW (.762m)			Weight Throw	Master's Grade
4.00	200m	Masters Women only				

Day 2 (Sunday 9th March 2014)

	Track		Jumps	Throws	Pentathlon	
					(Women)	(Men)
10.00			Long Jump	Men's Grades	100m	Long Jump
11.00	200m	All Grades except MW		Javelin All Grades	Shot	Javelin
11.40		Masters Women				200m
12.00	300m Hurdles	W Youth, Masters W	Long Jump	Women's Grades	Long Jump	
12.00	200m Hurdles	W70, M80 if required				
12.15	300m Hurdles	M Youth, Masters Men				
12.30	400m Hurdles	W Junior, Senior and MW				
12.45	400m Hurdles	M Junior, Senior and MM				
12.55	200m finals (As necessary)					
1.00pm LUNCH BREAK						
1.30	3000m Track Walk	All Grades		Discus	Women's Grades	
2.15	400m	All Grades except MW	Pole Vault All Grades		Javelin	Discus
2.45	1500m	All Grades				1500m
3.15	60m	Masters Men & Women			800m	
3.30	3000m Steeple	All Men's Grades (.914m)		Discus	Men's Grades	
4.00	2000m Steeple	M Youth (.914m)				
4.30	400m	Masters Women				
4.40	400m Finals	(As necessary)				
4.45	Windup, Afternoon Tea and Master's Presentations					

AGE GRADES FOR ATHLETICS WELLINGTON CENTRE CHAMPIONSHIPS 2014:

YOUTH: Must be 17 or under on 31 December 2014. Minimum age 14 at 31 December 2014.

JUNIOR: Must be 19 or under on 31 December 2014. Minimum age 17 at 31 December 2014.

SENIOR: No maximum age. Minimum age 19 at 31 December 2014.

* Where heats are not needed and the Championship race becomes a straight final, the final will run at the scheduled time of the final e.g. Women's 100m at 3.00pm.

* Scratching and registrations at the registration desk in the clubrooms 60 minutes before the event. Failure to do this will mean the athlete is ineligible to compete at any other event in the Championships.

* Athletes must report to their event no later than 10 minutes and no earlier than 45 minutes prior to the start time.

* All events will start at the programmed time.

- COMING EVENTS -

2014:

Mar

2	Mountain to Surf Marathon	New Plymouth
8-9	Wellington Centre T&F Champs (incl Masters Champs)	Newtown Park
23	Scorching Triathlon - Teams Event Mt Lowry Challenge	Scorching Bay, Wellington Williams Park, Days Bay

April

5	Forrest Grape Ride Marlborough - 101km or 42km	Blenheim
12	Great Forest Marathon	Waitarere, Levin
13	London Marathon	London
21	Boston Marathon	Boston
25	Anzac Day Races - 5km and 10km run & walk	Carterton

May

3	50 th Rotorua Marathon	Rotorua
4	Nelson Half, $\frac{1}{4}$ marathon and 5km run and walk Masters Classic Relay	Stoke, Nelson Trentham Memorial Park
10	Saint Clair Vineyard Half Marathon	Marlborough
31	ITU Duathlon World Championships	Pontevedra, Spain

June

22	Armstrong Marathon, Half Marathon & 10km	Westpac Stadium
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July

5-6	Gold Coast Marathon - Full & Half Marathon & 10km	Gold Coast, Queensland
?	Masters 8km Road Race & Walk	Olympic Clubrooms

Oct

?	Masters 10k Road Race & Walk	Huia Pool, Lower Hutt
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Nov

2	New York Marathon	New York
	Auckland Marathon	Devonport, Auckland
14	Queenstown International Marathon	Queenstown

2015:

Feb

14	Buller Gorge Full and Half Marathons	Westport
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2017:

April	World Masters Games	Auckland
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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@xtra.co.nz for ratification by the committee. His postal address is Apartment 206, Summerset Village, 15 Aotea Drive, Porirua 5024, and telephone number is 04 237 0958.

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 2013/2014 YEAR
(1st September 2013 to 31st August 2014) = \$50.00**

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 send 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 a completed form to Veronica Gould at the above or email to:
gvgould@xtra.co.nz

NOTE: Wellington Masters Athletics singlets and T 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