

THE

MASTER

COPY

Newsletter of the Wellington Masters Athletics Inc.

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May 2014

NZMA CHAMPS AT INVERCARGILL



Action from the NZ Masters Athletics Championships in Invercargill with Wellington Masters President Michael Wray leading fellow Scottish member and Wellington Master Peter Stevens in the 5000m.

WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2013-14

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President:	Michael Wray	471 2775
V.President:	John Hammond	04 292 8030
Secretary:	Albert Van Veen	563 8450
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COMMITTEE:

Barbara Morrison	027 271 5177
Annie van Herck	478 6775
Sharon Wray	471 2775
John Palmer	479 2130

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

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

CLUB REPRESENTATIVES AND MEMBERS ARE ALWAYS WELCOME.

PRESIDENT'S MESSAGE

This is my first editorial since taking up the position of President at Wellington Masters Athletics, so I'd like to start by thanking my predecessor, Brian Watson, for his many years of service. I'm pleased to say Brian is not lost to us, despite living further away from the action than most of our members. He will be coming down to act as race director for the Classic Cross Country Relay in May and the Johnsonville Road Race in August.

This year the Classic Cross Country Relay takes place the day after the Rotorua Marathon. With it being Rotorua's 50th anniversary, as well as the National Marathon Championships, I fear our numbers for the Relay will be considerably lower than usual. It's an event that struggles to find its place amongst the Athletics Wellington events on the calendar, traditionally clashing with the Varsity Relays. It would be great if we could find a free weekend during cross country season that would allow this event to go ahead free from other distractions and fit in with the council's other booked uses for Trentham Memorial Park. If we are unable to do this, I suspect we may be forced to make a radical change to keep the event alive, considering ideas such as approaching Victoria University to combine events with Varsity Relays.

The Johnsonville Road Race is the first weekend of August and it will be celebrating its 30th anniversary. We would like to celebrate that achievement by raising the bar on this year's prizes. I hope everyone can make an extra effort to attend this race to toast its longevity. I'm sure the weather will cooperate for the occasion, erasing the memory of 2013's conditions!

The Wellington Masters Athlete of the year was announced at the close of the track season. The contenders for the award included our World Championship medalists Tony Price and Jacqueline Wilson. Both should be congratulated on their achievements in Brazil. After some debate, the panel determined on Jackie, who becomes only the second person to win the award more than once and the first person to win it in consecutive years.

We had some record breaking performances at track this season. Please note that if you have broken a record, there are some pre-requisites and a form that need to be completed to file your claim. The form is the same as for National records (and can be found at http://nzmastersathletics.org.nz/resources/Record_Application_Form_Web.pdf) and you tick the box to designate whether claiming for a national or centre record. You need to have this signed by Track Referee and Timekeeper at the track meet, which is usually Geoff Henry and Peter Baillie. Peter will provide you with the timekeeping system's photo of your finish as evidence. For the longer distances, above 3000m, you also need to have a lap scorer recording your lap times. Send your claim and supporting information to Peter Hanson and it will then be processed. If you know in advance that you could break a centre record, it's a good idea to let the officials know in advance so they can ensure everything is in place and provide lap scorer forms (or even a scorer if necessary). Next season, I will arrange for forms to be available at Newtown Park as I know we had one difficulty last season where a record claim was put in jeopardy for want of a form.

I hope to see many of you around the traps, perhaps at the Shaw Baton Relays and, of course, at the Masters Classic Cross Country Relay.

Happy competing!

Michael Wray,
President

TRAINING

FIVE DRINKS FOR RUNNERS

By Liz Applegate

WATER

Plain old water is almost always a good choice. If you're running for an hour or longer, Sports Medicine Australia suggests drinking 500-700mL per hour. Run shorter and you can drink less or go without (particularly if you're slower or have a lower sweat rate). The key is to know your sweat rate, which will prevent overdrinking.

When: On shorter runs, between 30 and 45 minutes. On long runs when combined with carbs for energy.

Try: Keep a jug in your fridge (you're more likely to drink it chilled). Freeze a bottle so it stays cold mid-workout.

ELECTROLYTE MIX

These tablets and powders add flavour and electrolytes (sodium, potassium, magnesium, calcium) to water with virtually no carbs (most use artificial sweeteners). While there's no proof electrolytes prevent cramping, they do assist in fluid balance and absorption. Flavouring your water also makes it more appealing to drink.

When: Any run where you want some flavour and extra electrolytes. If you're a salty sweater (your face regularly has salt streaks post-run), add a tablet to sports drink for longer workouts.

Try: Shutz or High5 Zero. High5 zero x'treme and Nuun Active Hydration Tabs offer caffeine-enhanced flavours.

LOW- (or no-) KILOJOULE SPORTS DRINKS

Zero-kilojoule sports drinks are artificially sweetened, flavoured beverages that supply electrolytes and sometimes vitamins without unwanted kilojoules. Low-kilojoule drinks contain some carbs but fewer than traditional sports drinks. While they don't pack enough fuel to power you through long runs, they do contain enough carbs to boost your mood and energy for a short period of time.

When: Runs that are 60 minutes or less. They're also a good choice for runners watching kilojoules, or just for sipping during the day.

Try: Powerade Zero supplies electrolytes without any kilojoules.

SPORTS DRINKS

Sports drinks are a mainstay for runners, providing about 600-800 kilojoules (or 36-48 grams of carbs) per 600ml, along with about 300 milligrams of sodium and some potassium. This combo boosts performance and hydrates you. Sports Dietitians Australia suggests consuming 30 to 60 grams of carbs per hour of exercise, which equals 500 to 800mL of common sports drinks per hour. Small runners and those who don't sweat a ton may find this is more than they can handle, so adjust amounts based on your needs.

When: Runs lasting an hour or more. At this point you need carbs to power your muscles. They're also great for speed workouts, which quickly eat up stored energy.

Try: Gatorade was the first, but there are plenty of options (Gu Electrolyte Brew, Powerade). Try different brands to find one you like.

ENDURANCE ELECTROLYTE DRINKS

These beverages supply about 50 per cent more electrolytes and 25 per cent more carbs than traditional sports drinks. They also contain more than one type of carb, such as glucose and fructose. This helps your GI tract take up more carbs, which provides your muscles with a greater amount of energy and can boost endurance.

When: Runs lasting two hours or more, particularly in warm weather.

Try: Gatorade Endurance, Dextro carbo mineral, Endura and Bodyscience Electro5 are all available in powdered form.

Reproduced from the Runner's World December 2013 issue.

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Cross Training

The term "cross-training" refers to a training routine that involves different forms of exercise other than that related directly to running. While it is necessary for a runner to train specifically for their sport, cross-training is a beneficial training method for maintaining a high level of overall fitness.

Cross-training was primarily developed as a method of injury rehabilitation, and is now also used as a key technique in injury prevention. When a runner sustains an injury in the legs or feet that keeps them from running, other activities can be substituted so the athlete can maintain their aerobic and muscular conditioning.

Cross-training is extremely helpful in reducing the risk of injury that often results from the repetitive strain associated with running. It limits or varies the stress that occurs on specific muscle groups because there are different activities performed. Cycling or swimming, for example, use muscles in slightly different ways and therefore aid in the prevention of injuries. For instance, an individual may include cycling and swimming in their training regime to improve their overall aerobic capacity and increase muscle strength while reducing the chance of an overuse injury. In addition, cross-training is a great way to develop a new set of skills and reduce boredom that creeps in after months of the same exercise routines.

Not only does cross-training enhance your cardiovascular system and strengthen muscles, bones and joints; it also helps to reduce body fat and improve flexibility, balance and coordination. After months of the same movements, your body becomes extremely efficient at performing those movements; and while that is great for competition, it limits the amount of overall fitness you possess and reduces the conditioning you get while training. Rather than continuing to improve, you simply maintain a certain level of fitness.

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MEMBERSHIP

Our current membership stands at 84 members. A warm welcome to new members Sean Lake (Scottish) and Mark Anderson (Olympic).

* * * *

WELLINGTON MASTERS ATHLETE OF THE YEAR

Past winners:

2000	Judy Hammond
2001	Ellis Goodyear
2002	Barry Prosser
2003	Bernie Portenski
2004	Simon Poelman
2005	Bill Nicholson
2006	Peter Baillie
2007	Colleena Blair
2008	Jim Blair
2009	Grant McLean
2010	Anne Hare
2011	Jim Blair
2012	Jacqueline Wilson
2013	Jacqueline Wilson

* * * *

Did you know?

Biggest Cheats in Athletics

There is a close race between three nations for the title of the biggest cheats in athletics. The IAAF's list (as of February 19th 2014) of athletes currently suspended following an anti-doping rule violation is headed by Russia with 55 athletes, followed by India (54) and Turkey (50).

The next worst offender is Ukraine with 15. The world's no. 1 athletics power, the USA, has nine athletes on the list and Britain three. (New Zealand has none.) Of the 371 names from 61 nations on the list, 218 are men and 153 women.

From Athletics International.

* * * *

Grant McLean finally breaks 20-year-old M45 Centre record for 3000m

After a few attempts Grant McLean finally broke a 20-year old M45 Centre record for the 3000m, running 9:14.63 to shave 200th of a second off Ross Jackson's (WHAC) 1994 time. Grant was rapt to reach the time at age 46, as he has always remembered Bernie Portenski's advice about trying to ensure you break records as soon as you reach the new age group.

* * * *

Your Duty of Disclosure to Your Insurer

Have you ever had that nagging feeling that your insurer might, just might, find a reason not to pay out on a claim?

We all deal with different kinds of insurance; house, contents, life, health, travel, mortgage, income protection, professional liability, public liability, earthquake, builders risk, and, if you want to believe, some foreign providers even offer a policy protecting against alien abductions.

No doubt you read your insurance policies in detail and are aware of the circumstances in which your claim can be refused (for example if you snow-ski overseas, injuries that occur while off-piste are typically excluded from travel insurance).

DUTY OF DISCLOSURE

In New Zealand the insurer has a right to refuse a claim if you, the insured party, failed to disclose something that may have influenced their decision as a prudent insurer to offer you insurance in the first place. This is known as your duty of disclosure. You are obliged to update your insurer with relevant information every time your policy is renewed or varied.

Breach of the duty may have disproportionately harsh results. Your failure to disclose a material circumstance allows your insurer not only to refuse a claim, but to treat the contract of insurance as never having existed. A flow on effect is that successful claims you have made in the past could also be reversed.

The problem we face is that the consumer would typically only become aware that their policy is void when they make a claim, as this is usually the only time the insurer makes a thorough investigation of your particular affairs. Some examples where policies were cancelled for non-disclosure include:

- * A home insurance claim for fire damage was denied because the insured party did not disclose a previous (although unrelated) criminal conviction.
- * An income protection insurance claim was denied after historical medical records showed the insured party had previous (yet reportedly minor) undisclosed stomach pain that his General Practitioner concluded resulted from stress.

What the insured must disclose is inherently uncertain. An insurer will usually ask you many questions to determine your premiums and level of cover, however the questions they ask are non-exhaustive and do not excuse you of your duty of disclosure.

Difficulties arise because the ordinary consumer does not have a sophisticated knowledge of insurance law. An ordinary consumer might diligently and honestly complete a detailed insurance application, overlook some piece of information they have no idea would be relevant to the insurer (and was not asked for by the insurer), pay years of premiums only to find when making an eventual claim that their policy is void.

The New Zealand Law Commission has been unsuccessfully advocating to ease the obligations on the consumer since the late 1990s to bring us more in line with the legal position in the UK and Australia. The simple advice under the current regime is to review your new or existing policy document carefully and disclose everything you possibly can to your insurer and let them decide what is relevant. If this results in a higher premium – you can take comfort knowing you are now less likely to have a claim rejected due to non-disclosure.

TRAINING TIP

STEP IT UP

By Matthew Solan

Stair-climbing strengthens your muscles, heart and lungs for better running.

IF YOU BORROW one element (besides running) from Rocky Balboa's training regimen, make it stair-climbing. The plyometric motion strengthens the same muscles as lunges and squats, and taxes your lungs and heart as you power to the top. "Stairs force you to work against gravity, and this helps build two essential needs for runners: strength and power," says Anne Moore, an exercise physiologist and running coach. You need both, whether you're kicking to the finish of a 5km or trying to maintain pace during the later kilometres of a marathon. Moore adds that stair-climbing "forces you to utilise muscle stabilisers, like the gluteus medius, that get neglected during regular runs," because you're balancing on and activating one leg, briefly, as the other moves to the next step. Strengthen these areas and you'll reduce your risk of injury.

Aim higher - a steep grade raises your heart rate fast.

Finally, stairs are much steeper than most hills: Indoor stairs have a roughly 65 per cent grade, while Sydney's Heartbreak Hill is less than 10 per cent. That's why climbing them accelerates your heart rate so rapidly and makes you breathe faster to take in more oxygen. This, in turn, improves your VO2 max – the maximum amount of oxygen you can utilize during intense exercise. "This teaches your body to use that oxygen and convert it to energy quicker," says Moore. A greater VO2 max means you can run harder and for longer durations.

A study in the *British Journal of Sports Medicine* found that short bouts of stair-climbing five days a week for eight weeks improved VO2 max by 17 per cent among young women.

Weave these stair workouts into your weekly training and watch your performance reach new heights.

Reproduced from the March 2014 issue of Runners World

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ACHY ACHILLES

You may need to get your backside into gear. New research suggests a link between tendon problems and poorly conditioned glutes, according to *Medicine & Science in Sports Exercise*. Body parts work together as part of a kinetic chain, meaning a problem in one set of muscles can manifest as pain in a totally different area. This may be why runners whose glute muscles were slow to activate were found to suffer more achilles pain than competitors with buns of steel.

Even if you're currently ouch-free, it still pays to eliminate the weak links: do a warm-up that includes glute-boosting moves such as dynamic lunges and squats.

* * * *

Take Control of Seasonal Allergies, Naturally!



Seasonal allergies like pollen affect millions of people each year. As allergens travel fast and easily through the air, they're nearly impossible to avoid. But don't let pollen and other allergens keep you inside this year.

Try these helpful ideas:

- Check the local allergy forecast online before planning an event outdoors.
- Avoid being outside in early morning when pollen production peaks.
- Change your clothes and shower after coming in from outdoor activities.
- Wear sunglasses to protect your eyes and reduce your exposure to allergens.
- Keep windows closed and set the air to recirculate if you have air conditioning.

* * * *

There comes a time when you should stop expecting other people to make a big deal about your birthday. That time is age eleven.

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NUTRITION

POWER PLUS

By Liz Applegate

Runners need more protein, more often, and for more reasons than non-athletes

COMPARED WITH sedentary people, runners need a lot more protein. If you run an hour most days, you need about 1.2 grams of protein per kilogram of weight (run more and your needs go up), compared with 0.75 grams for couch potatoes. That means a 70kg runner requires 84 grams a day. But don't try loading up at one or two meals; research shows spreading your intake throughout the day is the best way to match your body's needs.

BUILD MUSCLE

As your mileage and intensity increase during training, your body uses protein to build new muscle fibres so that they get stronger and bigger. Protein also plays a key role in building mitochondria, which act like furnaces inside muscle cells. They're responsible for burning fuel during runs. The harder you train, the more mitochondria you need in order to burn fuel efficiently.

LOSE WEIGHT

In a study by the US Army, dieters who ate twice the recommended daily intake (RDI) for protein while cutting kilojoules lost more fat and kept more lean muscle than those who stuck with the RDI. Another study from the University of Missouri, US, found that eating a high-protein breakfast [with 35 grams of protein], as opposed to one low in protein (with 13 grams), curbed participants' appetites later in the day and reduced cravings for high-fat, high-sugar snacks in the evening.

GET THE BEST

Runners need to select quality protein that contains branched-chain amino acids (BCAAs). These acids are key in supporting muscle recovery, Leucine, in particular, helps stimulate protein building after exercise. Eggs, chicken, pork and lean beef are some of the richest sources of leucine. You can also get it from fish, soy and whey, a type of protein found in dairy that the body can quickly digest and use to rebuild muscle post-workout.

Legumes, nuts and whole grains also supply protein in smaller amounts. Eating a variety of these foods will provide a balance of amino acids.

Daily Rations

Put quality protein into every meal and snack

BREAKFAST

1 cup rolled oats with 1 cup plain Greek yoghurt, 1 tablespoon honey, 30g walnuts and ¼ cup dried tart cherries.

POST-RUN SNACK

A smoothie made with 1 scoop of whey protein powder, 1 cup strawberries, 1 banana and ice.

LUNCH

1½ cups lentil soup topped with greens, 1 slice wholegrain toast with 2 tablespoons hummus, and 1 cup milk.

DINNER

115g grilled salmon, 1 cup roasted butternut pumpkin, 1 cup steamed green beans, and 1 cup quinoa.

Liz Applegate is a Senior Lecturer in the Nutrition department at UC Davis and is known for teaching the classic course Nutrition 10. She has a Ph.D. from UC Davis. ¥

Strawberry Milkshake Smoothie

Replace energy post-run with a sweet, fruity drink which has no saturated fat!

Preparation: 5 minutes

Serves 1

Ingredients:

400g strawberries

250ml skim milk

Dash of honey.

Method

Put the strawberries into a blender and blitz until smooth. Pour in the milk and add a dash of honey and blitz for a few more seconds. Then pour into a chilled glass and enjoy!

Running benefits

A perfect post-run shake, providing a good mix of protein and carbohydrates for energy replenishment and muscle repair. Plus a fair dose of antioxidants to support recovery, too. With the additional anti-bacterial properties from honey, this adds a sweet, yummy taste without a blood sugar rush.

Tip

You can use any berries or fruit in season – try it with banana, mango or blueberries.

Food guidelines:

Per Person:

825 kilojoules

11.7g protein

38.8g carbohydrate

0.5g fat (0g polyunsaturated, 0.2g monounsaturated, 0.3g saturated)

4.4g fibre.

* * * *

FOOD FOR THOUGHT

Losing weight can be challenging when hard training leaves you feeling hungry. If you don't want to derail your diet, reach for almonds. Studies show that the nut's trio of nutrients – monounsaturated fats, protein and fibre – help you feel fuller longer since they take longer to digest than foods packed with carbohydrates.



Spaghetti with Roasted Cauliflower, Pine Nuts and Brioche Crumbs

Let cauliflower brighten up meal time with this simple pasta dish.

Ingredients:

- ½ head each bright green and purple cauliflower (you need 1 cup florets of each)
- ¼ cup pine nuts
- 4 sprigs thyme, leaves removed and set aside
- 3 slices brioche loaf, toasted and torn into 1cm x 1cm pieces
- 100 grams butter, melted
- Salt and freshly ground pepper
- 400 grams dried spaghetti
- 2 tablespoons olive oil
- 50 grams Parmesan cheese

Method:

Preheat the oven to 190°C.

Cauliflower: Trim the stalks off the florets. Place the trimmed florets in a large mixing bowl with the pine nuts, thyme leaves and the brioche crumbs.

Add the melted butter to the bowl with a good pinch of salt and pepper and mix thoroughly. Spread the cauliflower mixture evenly onto a baking tray and roast in the oven for 15-18 mins, or until golden brown.

Bring a large saucepan of salted water to the boil, add the spaghetti and cook until al dente, around 8-10 minutes. Drain the pasta and return to the saucepan. Add 2 tablespoons of olive oil to the spaghetti and stir through to prevent it sticking together.

To assemble: Mix half the roasted cauliflower with the cooked spaghetti, then transfer onto a serving platter or 4 plates. Take the remaining mixture and sprinkle on top of the platter or divide amongst the plates. Finish with a good grating of Parmesan cheese and drizzle with olive oil.

Serves 4

* * * *

Three Rules of Optimal Recovery

By Caryn Zinn

1. WHAT?

Logically, the nutrients that need to be recovered are those that have been lost or used up in the training session. You have used carbohydrate (CHO) for fuel, you have undergone muscle damage and therefore used a tiny amount of protein, and lastly you have been perspiring, and therefore lost fluid and

electrolytes. So, the recovery nutrients are such: CHO, protein and fluid.

2. WHEN?

For those training daily you need to make sure that you capitalise on what I would call the “Nutritional Window of Opportunity” which is the first 30 minutes after exercise. Optimal recovery demands ~24 hours between training sessions. Sometimes we don’t have this luxury and the next training session is 8-12 hours away.

Immediate recovery of food and fluid within this 30 minute timeframe best prepares your body for its next stressful session.

3. HOW MUCH?

This depends very much on the duration and the intensity of your training sessions.

After a heavy session, try and aim for at least your body weight’s worth of CHO and one serving of protein (about 15-20g). The following options are good recovery combos:

Run-of-the-mill fruit Smoothie:

1 banana, 1 cup blueberries, 1 glass milk, 150ml plain unsweetened yoghurt.

TOTAL: 54g CHO, 13g protein

Decadent (almost a Pina Colada) Smoothie + handful mixed nuts:

1 cup pineapple juice, 1 cup coconut milk, ½ lime, juice only, 1 banana, ice cubes. ½ cup mixed nuts to snack on while sipping away.

TOTAL: 85g carbs, 20g protein

If you’re not having a smoothie, remember to replace your fluid after training as well.

Good recovery nutrition is not rocket science; it is simply all about being prepared.

Think ‘recovery’ before you even begin your training session. Getting organised NOW will mean you will reap the benefits LATER.

* * * *

THINGS YOU SHOULD'VE LEARNT BY NOW

- * For every action, there is an equal and opposite government program.
- * Eat well, stay fit, die anyway.
- * Men are from earth. Women are from earth. Deal with it.
- * Middle age is when broadness of the mind and narrowness of the waist change places.
- * Experience is a wonderful thing. It enables you to recognise a mistake when you make it again.
- * There is always one more imbecile than you counted on.

THE ATHLETE'S KITCHEN



Copyright: Nancy Clark MS RD CSSD, February 2014

Sports Nutrition: What's Old? What's New?

Once upon a time, warriors (the original athletes) ate lions' hearts. Today, athletes seek out energy drinks and protein shakes. Clearly, times have changed! In case you are wondering what else is old — and new — when it comes to sports nutrition, I've compiled an update to help resolve confusion so you can fuel for success.

OLD: *The lighter you are, the better you will perform.*

NEW: The runner who is genetically lean and eats enough to have well-fueled muscles has an advantage over the runner who is genetically heavier and has to skimp on food to maintain an unnaturally low weight. Research with elite female swimmers indicates those who restricted calories in the pursuit of thinness lost speed (but not body fat) during a 12-week training cycle, while those who ate adequately swam faster.⁽¹⁾ *Thin at any cost* often comes with a high price tag.

OLD: *Female runners who train hard and have too little body fat will stop having regular menstrual periods.*

NEW: Lack of fuel, not lack of body fat, tends to determine if a female runner's body will menstruate normally. That is, many very lean female runners do have regular menses. Although they may have very low body fat, they eat enough to support both their exercise and normal body functions.

OLD: *Eat fat, get fat.*

NEW: Yes, excess calories of dietary fat can easily convert into body fat. But healthful fats (i.e., nuts, olive oil, avocado, salmon) are an important part of a runner's diet; they help reduce inflammation. Runners also need dietary fat to absorb important vitamins such as A, D, E, and K. Fat also fuels the muscles; small amounts of fat get stored within the muscles and can enhance stamina and endurance. Research suggests runners had more endurance when they switched from a very low fat to a moderate fat diet.⁽²⁾

OLD: *If you want to lose weight, you need to go on a diet.*

NEW: Diets do not work. If diets did work, then everyone who has ever been on a diet would be lean. Not the case. Rather than going on a diet, try to make just a few basic changes, such as 1) choose fewer processed snacks in wrappers and instead enjoy more fruit (fresh or dried) and nuts, and 2) get more sleep. Lack of sleep can contribute to not only weight gain but also reduced performance.⁽³⁾

OLD: *The recommended dietary allowance for protein (RDA) is the same for runners as for non-athletes.*

NEW: The RDA for protein (0.8 grams per kilogram body weight.) is less than the 1.2 to 1.7 g pro/kg currently recommended for athletes. Most runners eat that much (plus more) as a part of their standard meals, so you are unlikely to need protein supplements. You do want to distribute your protein intake evenly throughout the day, and not pile it all into dinner, so your muscles have a consistent supply of amino acids (the building blocks of protein).

OLD: *Slabs of roast beef help build bigger muscles.*

NEW: Because the body can utilize only about 20 to 25 grams of protein at one dose, you won't build bigger muscles by eating jumbo portions of beef in one sitting.⁽⁴⁾ Your better bet is to cut that slab of meat into four pieces. Enjoy those deck-of-cards-sized pieces at least every four hours, so you get 20 to 25 grams of protein at each meal and afternoon or evening snack. Weight lifting — not eating excessive protein — triggers muscles to grow bigger. To have the energy needed to lift heavy weight, you want to eat meals based on grains, fruits and veggies (with protein as the accompaniment). Those carbs provide the fuel needed to lift heavy weights.

OLD: *Don't drink coffee before running in the heat; it is dehydrating.*

NEW: Pre-exercise coffee is not dehydrating and it can actually enhance performance, even in the heat.⁽⁵⁾ Caffeine boosts alertness and reaction time, as well as makes the effort seem easier so you work harder without feeling the extra effort. If you are sensitive to caffeine (a mugful gives you a "coffee stomach" and the jitters), you'll be better off abstaining. But runners who enjoy drinking coffee are likely to notice positive benefits.

OLD: *Energy drinks contain magical ingredients, such as taurine.*

NEW: The magical ingredients in energy drinks are caffeine and sugar. Although taurine has been reported to enhance performance, the limited research was done on rats. Newer research suggests taurine offers no ergogenic benefits.⁽⁶⁾ To save money, simply add a heaped tablespoon of sugar to your coffee. You'll get the same boost. Better yet, eat wisely and sleep more; you won't need an energy drink.

OLD: *Don't eat before you run. The food just sits in the stomach and does not get digested.*

NEW: You can digest food during a run as long as you are exercising at a pace you can maintain for more than 30 minutes. Fitness runners can benefit from a small pre-exercise snack as tolerated (such as a banana, granola bar, or packet of oatmeal) to get their blood sugar on the upswing. Marathoners who run for more than 90 minutes will benefit from both pre-run fuel and then carbs during the extended workout. The target is about 250 to 350 calories of carbohydrates per hour. That's more than just a swig of sports drink! Be sure to practice fueling prior to and during long runs, so you can learn what works and what doesn't.

continued on next page

Continued from previous page

OLD: Refuel as soon as possible after you work out.

NEW: If you do exhausting workouts twice a day, you'll benefit from eating soon after the first run to fuel-up for the next run. But if you are a fitness exerciser, simply back your workout into the next meal. You'll have plenty of time to recover before your run the next day.

OLD: Orange slices are perfect for half-time of a youth sporting event.

NEW: While chomps, gels, and sports drinks may seem better than cut-up oranges and water for half-time fueling at youth sports events, kids actually should be taught that natural foods work well. Orange slices, pretzels, and water provide more nutrients and electrolytes (a.k.a sodium and potassium) than sports drinks. Even adult runners can do well with real foods. While elite runners might prefer engineered products during intense exercise, most of us can perform just fine with real food. Go back to enjoying more orange slices, please.

Sometimes the old ways can be preferable to the new!

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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.

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

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Session Suggestion: Command Fartlek

The command fartlek is an extremely versatile session that can put the fun back into running and is suitable for two or more players aged seven years and above.

What: The key to this session is to find training partners who are close to your own ability. The premise of command fartlek is that each person has three minute intervals where they are the designated "leader". The leader then determines the length and intensity of each effort during the course of their stint at the front.

The lead rotates through all of the runners, with the rest of the pack attempting to remain close behind the leader. Exactly what each leader chooses to do during their given three-minute period is entirely up to them. They can run three minutes as hard as possible, do three 100m sprints with a jog in between, or just jog the whole three minutes! After each three-minute segment, the leader switches to another person who then takes control. This session becomes even more fun and a bit of a social outing when your group consists of three or more evenly matched runners.

When to use: This is another great session to use at any stage during the year, although given its completely unstructured nature, it is probably best suited to the "build-up" phase. The great thing about the command fartlek is that it is completely unstructured, and therefore athletes will only make it as hard as they feel like going on that particular day, so it can be used as a fun, recovery-style session at any time. Keep in mind that you may need to be a little cautious when you are feeling tired and the rest of your training partners are jumping out of their skins.

What pace: This is really an individual thing for command fartlek. If you are a strong athlete you can choose to try and put the hurt on your training partners by running longer efforts. Alternatively, you may choose to run shorter efforts to improve your speed. Also, it is great to mix up the duration and speed of the efforts and recoveries. This is a great session to try all of those things you never get the chance to try in more structured training.

Events best suited to: Due to its flexibility, this session could be converted to suit basically any event from 1500m upwards. It is suggested to start with between four and six three-minute segments and move upward from there as you become more conditioned to it. When training for 5km and 10km events, completing between six and eight three-minute segments will provide more than enough stimulus. If a marathon is one of your favourite races, then building up to 10 three-minute segments will assist in building both strength and speed.

* * * *

Frozen Crabs and the Blond Stewardess

A lawyer boarded an airplane in New Orleans with a box of frozen crabs and asked a blonde stewardess to take care of them for him. She took the box and promised to put it in the crew's refrigerator.

He advised her that he was holding her personally responsible for them staying frozen, mentioning in an arrogant manner that he was a lawyer, and threatened what would happen to her if she let them thaw out.

Shortly before landing in New York, she used the intercom to announce to the entire cabin, "Would the lawyer who gave me the crabs in New Orleans, please raise your hand?"

Not one hand went up.....so she took them home and ate them.

There are two lessons here:

1. Lawyers aren't as smart as they think they are.
2. Blondes aren't as dumb as most folks think.

Troubleshooting Tendonitis

By Jordan D. Metz, M.D.

What is it? The word tendonitis means "inflamed tendon." Tendon is the rope of fascia that connects muscle to bone. Tendons such as the Achilles are thick since they withstand major amounts of force; other tendons, such as the one connecting your pinky finger to the extensor muscle, are small and thin since they don't have as much forceful work to perform.

Why do tendons get inflamed? When the force loaded on a muscle is too much for the strength of the muscle, force gets unevenly distributed on the tendon. The result is tendonitis. Strong muscles prevent tendonitis. For example, a 15km run done when undertrained (when your muscles are weaker) is more likely to cause tendonitis than if you did that same run when in good training shape.



Why does tendonitis take so long to heal? In sports medicine, good blood supply means good healing potential. When you tear your calf muscle, it heals because the belly of the muscle is very well vascularized. No such luck with tendons - they have a terrible blood supply, which is why tendonitis can last for months.

What can be done to treat it? In the short term, try to reduce the inflammation. Try icing for 15 minutes (or taking an ice plunge) when you start feeling an achy tendon, and limit your training volume or intensity while you're sore. Anti-inflammatory medicines can help get rid of inflammation for the short term. Like most injuries, the more you push through the pain, the worse it gets and the longer it takes to heal. Go and see a doctor early on. He or she may write a prescription, have you see a physical therapist, or maybe even get an MRI if a chronic tendonitis with fluid buildup, called tendinosis, is suspected.

How do I prevent it? If you have been diagnosed with tendonitis and want to avoid a relapse, you'll want to focus on building strength and proper body mechanics. First strengthen the muscles around the affected tendon, and then strengthen the muscle connected to the inflamed tendon once the pain subsides. Mechanically, you'll need to fix your run stride, bike cleat position or swim stroke - whatever the mechanical factor is that might be causing pain.

Jordan D. Metz, M.D. is a nationally recognized sports medicine specialist at the *Hospital for Special Surgery in New York City* who has run 29 marathons and finished nine Ironmen.

* * * *

RICE TO THE OCCASION

Wholegrain rice is rich in disease-fighting properties

Here's an easy way to sneak more nutrition into your meals – replace pasta or potatoes with rice. Recent studies have highlighted the virtues of wholegrain brown rice, including one that suggests that rice bran can cut cholesterol and lower blood sugar. Rich in disease fighting compounds and fibre, wholegrain rice is better for you than bread or pasta, says nutritionist Julie Upton. To work more rice into your diet:

Try the deep-coloured varieties – Rich-scented brown basmati rice and chewy black wild rice (not actually a rice but a seed from a water-grass plant) have more protein and fibre than most white types – and more flavour too.

Add it to your favourite recipes – Add 1 to 2 cups of cooked rice to each 500g of mince in burgers, meatloaf or curries to slash kilojoules and fat. To boost fibre, use brown rice in casseroles.

Quick-cook it – Don't let the 45-minute cooking time put you off brown rice. Try an "instant" version; there are microwavable brown rice packets that cook in less than three minutes – and, even better – they're also loaded with nutrients and fibre. ¥

* * * *

COLD SWEAT

Why exercising outdoors during colder months is a smart move

Exercising in the open air is good for you on many levels. It fends off seasonal affective disorder – the blues that can occur as days get short – and helps you avoid viruses other exercisers may bring to the gym.

Dress the part – "If you're jogging, you'll warm up within a few minutes, but it's still good to wear a light, nylon outer layer to reduce the wind-chill factor," says sports physician David Bolzonello. "If you're heading to alpine regions invest in quality clothing that gives you freedom of movement and protects you from hypothermia."

Wear sunscreen – Sunburn can occur even on cold and cloudy days, especially in alpine regions, where UV radiation is more severe.

Get good tread – Check running shoes have plenty of grip. "Mornings can bring icy conditions," says Bolzonello. "People often slip on wet leaves and grass."

Drink plenty of fluids – If you're working hard, you're going to sweat, no matter the season.

Avoid alcohol – It dilates blood vessels, increasing blood flow to the skin and therefore heat loss. ¥

* * * *

Inspirational quote:

"Running gives you freedom. When you run you can determine your own tempo. You can choose your own course and think whatever you want" – Nina Kuscik.

IT Band Pain

THE SYMPTOMS

Hip or knee pain, or both. Specifically, pain on the outer side of the knee where the bone bumps out above the joint, or on the outer side of the hip. The pain usually starts after 10 minutes of running. Walking usually causes no pain.

WHAT'S GOING ON IN THERE?

The iliotibial band (ITB) is a thick tendon that runs the length of and connects the tensor fascia lata muscle - which starts on the outer side of the hip - to the outer side of the tibia, the major bone in the lower leg.

Here's how the pain happens:

A small, fluid-filled sac called a bursa sits between the tendon and the outside of the femur near the knee. You also have a bursa at the hip joint. When the ITB is tight, it increases the tension on the outer sides of the hip and knee. The ITB then pinches these two sites and the bursa (one or both) swell(s). Over time, the bursa becomes enlarged - big enough to cause pain every time you begin to run (which is why pain usually starts within 10 minutes of activity).

FIX IT



Roll it: A 6-by-36-inch foam roller is the best tool for stretching the ITB. Lie on your side with the roller under your leg and roll it from your hip to your knee, using your body weight to knead the area. The pressure will help loosen the tendon and the fascia, almost like a self-massage. Do this at least once a day for several minutes, and make it a permanent part of your exercise activity.

Beef up your glutes and hips. Weak butt and hip muscles contribute to ITB impingement syndrome. Make sure your lower-body work includes squats, especially single-leg squats, as well as multidirectional lunges (for more ideas, see exercises and stretches below).

Having a properly fitted bike can help triathletes who suffer from ITB impingement while riding.

PREVENT IT

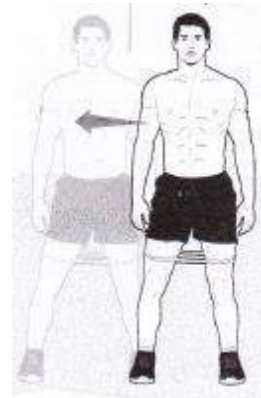
Build up your glutes to reinforce the body's largest and potentially most powerful muscle group. The stretches and exercises here all help build up your glutes and hip flexors, and can be added to any workout.

EXERCISES & STRETCHES:



LYING GLUTE STRETCH

Lie face-up on the floor with your knees and hips bent. Cross your right leg over your left so that your right ankle sits across your left thigh. Grab your right knee with both hands and pull it toward the middle of your chest until you feel a comfortable stretch in your glutes. Hold for 30 seconds, then repeat on the opposite side. Repeat twice for a total of three sets - and several times a day if you're really tight.



LATERAL BAND WALKS

Place both legs between a mini-band and position the band just above your knees. Take small steps to your right for 20 feet. Then sidestep back to your left for 20 feet. That's one set.



HIP RAISE

Lie face-up on the floor with your knees bent and your feet flat on the floor. Place your arms out to your sides at 45-degree angles, your palms facing up. Raise your hips so your body forms a straight line from your shoulders to your knees. Squeeze your glutes as you raise your hips. Make sure you're pushing with your heels. To make it easier you can position your feet so that your toes rise off the floor. Pause for five seconds in the up position, then lower your body back to the starting position.

* * * *

THE 10 OFFICE COMMANDMENTS

1. Thou shalt have no other life beside work.
2. Thou shalt not download any craven images.
3. Thou shalt not take the name of the manager thy God in vain.
4. Remember the Sabbath day to work and keep it Holy.
5. Honour thy punctuality and confidentiality agreements.
6. Thou shalt not kill time.
7. Thou shalt not commit adultery on office furniture or equipment.
8. Thou shalt not steal thy employer's yellow sticky notes.
9. Thou shalt not wantonly photocopy thy posterior.
10. Thou shalt not covet thy neighbour's cubicle, nor his stapler, nor his three-hole punch.

TRAINING TIPS

What's The Best Training Program for Veteran Runners?

By Amby Burfoot

It's easy to get fitter and faster when you're a beginning runner. More kilometres, hills, tempo runs, and speedwork – they'll all do the trick.

It's much more difficult to improve when you're a veteran, hard-training athlete. If you keep doing the same-old same-old, you'll likely stay stuck in place. But what should you be doing instead?

A new study of national class Austrian runners, triathletes, cyclists and Nordic skiers may provide an answer: polarised training. The term isn't used frequently by runners, but essentially it means a workout program that includes many easy runs, a number of quite hard ones, and little in between (i.e., tempo running).

Simply enrolling top competitors in a training experiment often proves a challenge. "You have to convince both the athletes and their coaches to follow a specific training regimen that might not be their normal routine," head author Thomas Stoggl told *Runner's World*. "This isn't easy."

Nonetheless, Stoggl managed to get 41 athletes to complete one of four 9-week training programs. The programs focused on polarised training (POL), high intensity training (HIT), tempo training (TEMP) or high volume (slow) training (VOL). The athletes in each program were equally matched fitness-wise, and accustomed to completing 10 to 20 hours of workouts per week.

The following table shows the four different training programs. Note in particular the percentages of training done in the three common training intensities: low intensity, tempo pace and high intensity.

	POL	HIT	TEMP	VOL
Hours Training	104	66	84	102
Workouts	54	47	49	58
Low Intensity	68%	43%	46%	83%
Tempo Pace	6%	0%	54%	16%
High intensity	26%	57%	0%	1%

After following these training systems for 9 weeks, the POL training group clearly showed the greatest improvement in vo2 max (+ 11.7%) and time to exhaustion (+17.4%). The HIT group placed second, with vo2 max climbing 4.8% and time to exhaustion 8.8%. The other two training regimens produced lesser and insignificant improvements.

Another important result: The HIT athletes lost 3.8% of their starting body weight, while the other training programs produced no change in body weight. Some might regard this 3.8% weight loss as a benefit of HIT training, but Stoggl doesn't believe that's the case with serious, veteran athletes. Instead, it's more likely that they were over trained and suffering from lowered immunity.

"These results show that tempo training and volume training don't lead to additional adaptations among veteran athletes," Stoggl said. "Also, too much high-intensity training leads to a catabolic [muscle-wasting] state. I was surprised to see such enormous gains by the polarised trainers even though they were used to doing tons of training already. The message seems to be that veteran athletes should focus their training on a mix of long, slow training combined with high-intensity workouts. So train in the extremes, and avoid the middle-intensity zone." ¥

Sleep Your Way to a Better Race Time

By Dr. Robert Portman

Endurance athletes 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 runner, this means less energy during the day and ultimately a less effective workout.

A second consequence of sleep deprivation for an endurance athlete is an increase in cortisol levels. Normally, cortisol levels increase while we are sleeping, reaching a peak around 6:00 A.M. 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.

Dr. Robert Portman is a world-renowned sports scientist and co-founder of PacificHealth Laboratories. Armed with a Ph.D. in biochemistry, he is driven by the need for scientifically sound nutrition in the marketplace. Over the last 30 years Dr. Portman has reshaped sports nutrition and the development of energy products with proven performance and recovery benefits, including: Endurox R4, Accelerade and now Body Glove SURGE. Dr. Portman is the co-author of three books, *Nutrient Timing*, *The Performance Zone* and *Hardwired for Fitness*, and has written hundreds of articles on how nutrition can improve fitness, health and athletic performance. His authority on these subjects has made him a sought after keynote speaker at many professional meetings and seminars. He also holds 12 patents for nutritional inventions to improve sports performance reduce appetite and manage Type II diabetes.

Three Reasons to Avoid Soft Drinks



Soft drinks otherwise known as soda, is big business. It causes a range of unhealthy effects.

Here are three reasons to stop, or at least reduce, your intake of carbonated beverages:

Empty Calories – A typical 12 oz. (355 ml) can of the most popular soft drink contains about 10 teaspoons of sugar. These calories contribute to the twin epidemics of obesity and diabetes.

Carbon Dioxide – It's what gives soft drinks its fizz. Carbon dioxide is a waste product our body gives off with every exhalation. Ingesting this waste puts an additional burden on our body.

Phosphoric Acid – This common acid contributes to the "bite" many soft drinks exhibit. (Plus it helps slow the growth of molds and bacteria.) To counter the pH lowering effect, calcium is leached from our bones, contributing to osteoporosis.

Clearly, soda isn't a healthy drink. And that's without mentioning aspartame, high fructose corn syrup from GMO corn or the addictive qualities of caffeine. ¥

Recharge Your Health



Ready to feel refreshed? Discover that zest for life again?

Here are a few simple ideas to help revitalise six aspects of your health:

Mental. Read a book, take a walk or set a goal that excites you.

Spiritual. Reevaluate your values and what areas of your life you'd like to make changes in.

Social. Plan that much-needed friends and family get-together you've been craving.

Environmental. De-clutter your house (or junk drawer) to de-clutter your mind.

Emotional. Work on clearing the air in a relationship that may be strained.

Physical. Stop in for a "well visit" to realign your spine and give your nervous system a boost.

A little attention to your health can go a long way; so take a little time to take care of yourself this month!

Ed: These two article have been reproduced with the kind permission of Dr. Louise Hockley, Back to Living Chiropractic, Level 1, 50 The Terrace, Wellington 6011, telephone 04 499 7755 or visit the website www.chiro.co.nz

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Colder Weather Tips

By Jeff Galloway

Here are a few tips to keep you comfortable in the cold weather:

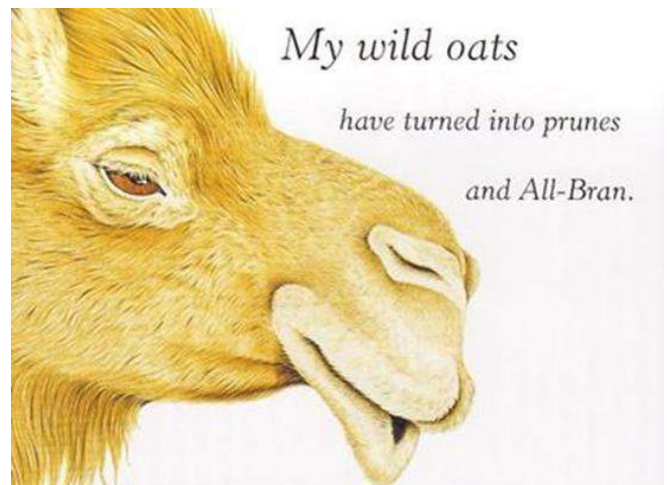
- Wear a series of thin layers. Close to your skin you'll want something warm. There are several winter fibers that keep the warmth close to the skin but allow extra heat and perspiration to escape.
- Continue to add external layers, adjusting to the temperature and wind conditions.
- Cover up all extremities with extra layering: hands, ears, toes.
- As you warm up through exercise peel off each layer before you start sweating. Too much sweat accumulation will freeze and cause problems.

To get warmed up, try one of these:

- Bundle up and exercise for a very few minutes indoors. Before you start sweating, go outdoors and you'll have a reservoir of warmth to get you down the road.

Start your run or walk going into the wind. This allows you to come back with the wind. (Sometimes, it seems that the wind blows one way on your way out and the other way on your way in. Who can explain Mother Nature?).

* * * *



MISCELLANEOUS RESULTS

Race Walking Newtown Park

Saturday 22 February 2014

Another record breaking walk by Peter Baillie who looked in excellent form saw him reduce the great Morrie Hinton's 2002 M60 3,000 m record by over 5 seconds to 15:50.38.

Results:

*Peter Baillie	Scottish	15:50.38
Fraser Samson	WHAC	17:28.13
Bob Gardner	Scottish	18:27.70
*Jackie Wilson	Trentham	18:54.24
*Barbara Morrison	Scottish	20:15.39
*Daphne Jones	Scottish	21:43.25
Vicky Gilchrist	Unattached	23:36.56

*Member of Wellington Masters.

* * * *

NZ Masters Track & Field Champs

Invercargill, 1-3 March 2014

Wellington Members Results

Grade	Pl.	Name	Result	Wind
60m				
W65	1	Veronica Gould	9.49	2.8
M75	2	Peter Hanson	10.78	2.2
100m				
W65	1	Veronica Gould	15.54	1.8
M75	2	Peter Hanson	17.31	2.5
200m				
W65	2	Veronica Gould	34.46	1.5
M75	2	Peter Hanson	38.77	3.7
800m				
M45	4	Michael Wray	2:25.56	
M60	3	Jonathon Harper	2:44.38	
1500m				
M45	1	Peter Stevens	4:32.13	
	4	Michael Wray	4:40.74	
M60	5	Jonathon Harper	5:32.41	
M75	3	Peter Hanson	8:13.47	
3000m Track Walk				
M65	1	Geoff Iremonger	20:00.28	
3000m Steeplechase				
M45	1	Peter Stevens	11:19.67	
5000m				
M45	1	Peter Stevens	16:53.67	
	2	Michael Wray	16:56.88	
10,000 Race Walk				
W65	1	Jacqueline Wilson	1:09.10	
M65	1	Geoff Iremonger	1:14.30	
10,000m				
M45	1	Michael Wray	34:47.75	
Discus				
M75	2	Peter Hanson	18.22m	
M80	2	Jim Blair	19.44m	
Shot Put				
M75	1	Peter Hanson	8.58m	
M80	2	Jim Blair	6.62m	

Hammer

W65	2	Veronica Gould	20.06m
M80	1	Jim Blair	20.28m

Weight Throw

W65	2	Veronica Gould	8.20m
M80	2	Jim Blair	11.66m

Javelin

M80	2	Jim Blair	21.26m
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Clarrie Gibbons Road Race

Post Office Square to Eastbourne Rugby Club

Wednesday 12 March 2014

Another year and once again the majority of the Wellington running and walking community missed the chance to participate in one of the great historic New Zealand distance running institutions – the Clarrie Gibbons annual 23.7k race from Post Office Square around the harbour to Eastbourne. The event celebrates Clarrie Gibbons's achievement in winning the inaugural New Zealand marathon championship in 1940, won in plimsoll shoes in 2:52 (according to Clarrie's son, Murray, who is always in attendance). Many of Wellington's finest athletes have won the event (the record is 1:16). It is now a bit more low-key but still a stunning run around the harbour to see a wonderful Wellington sunset and to enjoy a great social occasion (with samosas, beer, spot prizes of fresh honey for all, and great company).

Wellington Masters taking part:

1st Grant McLean 1:37.50

4th Brian Hayes 1:53.29.

* * * *

NZ Track & Field Championships

Newtown Park, 28-30 March 2014

Wellington Masters taking part:

3000m Track Walk:

5th Jackie Wilson 18:49.63

5th Sean Lake 17:00.85

Hammer:

1st Phil Jensen 61.85m

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SIX WAYS TO PROTECT YOUR DIGESTIVE HEALTH

You can take steps to rejuvenate and maintain the health of your digestive system.

1. Eat a broad selection of fresh fruit, vegetables and whole grains.
2. Drink plenty of fresh, clean water.
3. Visit your doctor if you have changes in your bowel pattern, rectal bleeding, poor appetite, or unexplained weight loss.
4. Recognise the symptoms of digestive disorders.
5. If you're 50 or older talk to your doctor about colorectal screening.
6. Get regular exercise and adequate sleep; stress management can also help.

WELLINGTON MASTERS T&F CHAMPIONSHIPS 2014

Newtown Park - Day 1, Saturday 8th February – Day 2, Sunday 9th February

Grade	Name	Result	Wind
60m			
W65	Veronica Gould	9.82	-2.9
M40	Gavin White	7.99	-2.9
M50	Gary Rawson	8.09	-2.9
M55	Gordon Cameron	8.81	-2.9
M65	Brian Hayes	10.09	-2.9
M75	Peter Hanson	13.21	-2.9
100m			
W65	Veronica Gould	15.70	-0.7
M40	Gavin White	12.77	1.4
M45	Rod Plimmer	12.65	1.4
	Mike Horlor	15.18	1.4
M50	Gary Rawson	12.57	1.4
M60	Rob Hannan	20.29	1.4
200m			
W65	Veronica Gould	33.18	-1.6
M40	Gavin White	25.86	1.6
M45	Rod Plimmer	25.76	1.6
M50	Gary Rawson	25.61	1.6
M65	Rupert Watson	31.19	1.6
	Brian Hayes	34.31	1.6
400m			
M45	John Turner	1:00.35	
M65	Brian Hayes	1:15.30	
800m			
W35	Renaë Creser	2:27.72	
W40	Michelle Van Looy	2:42.18	
W50	Helen Willis	2:49.78	
M40	Gavin White	2:35.81	
M45	Mark Anderson	2:13.64	
	Peter Stevens	2:16.66	
M60	Jonathan Harper	2:46.49	
M75	Peter Hanson	3:54.37	
1500m			
W40	Andrea Lambert	5:07.39	
	Michelle Van Looy	5:41.43	
W55	Jenny McDonald	5:22.51	
M45	Peter Stevens	4:42.86	
M55	David Hood	5:11.64	
M60	Jonathan Harper	5:39.12	
M65	Brian Hayes	5:39.82	
5000m			
W50	Vickie Humphries	18:54.74	
M45	Michael Wray	16:45.96	
	Peter Stevens	16:47.42	
M80	Michael Browne	35:29.49	
110m Hurdles			
M45	John Turner	20.13	0.8
2000m Steeplechase			
W40	Andrea Lambert	8:13.34	
3000m Steeplechase			
M45	Peter Stevens	11:10.14	
1500m Track Walk			
W65	Jacqueline Wilson	8:57.64	
	Barbara Morrison	9:32.42	
W70	Daphne Jones	10:09.30	
M40	Sean Lake	7:33.72	
M65	Peter Baillie	7:38.86	
	Geoff Iremonger	9:39.67	
M85	Peter Tearle	13:16.73	

Grade	Name	Result	Wind
3000m Track Walk			
SW	Terri Grimmett	18:26.4	
W65	Jacqueline Wilson	18:57.8	
W70	Daphne Jones	22:29.7	
SM	Peter Baillie	16:11.9	
M40	Sean Lake	16:28.9	
M65	Geoff Iremonger	20:03.1	
High Jump			
M45	John Turner	1.61	
M50	Mark Macfarlane	1.50	
	Gary Rawson	1.45	
Long Jump			
M45	Rod Plimmer	5.21	1.2
M50	Gary Rawson	5.14	-0.4
M60	Rob Hannan	2.00	-1.5
Triple Jump			
M45	Rod Plimmer	11.03	0.0
	Mike Horlor	8.74	1.2
M50	Gary Rawson	10.42	1.0
Shot Put			
W45	Michelle Scriven	8.29	
	Petra Stoeveken	6.96	
M45	Mike Horlor	8.37	
M50	Mark Macfarlane	8.47	
	Gary Rawson	8.20	
M60	Peter Orman	7.70	
	Rob Hannan	5.18	
M65	Peter Jack	5.48	
M75	Peter Hanson	8.34	
Discus			
W45	Michelle Scriven	23.65	
M45	Mike Horlor	20.55	
M50	Gary Rawson	24.84	
M60	Peter Orman	26.22	
	Rob Hannan	15.65	
M65	Rupert Watson	23.36	
	Peter Jack	17.49	
Javelin			
W45	Michelle Scriven	20.62	
M45	John Turner	29.54	
M50	Gary Rawson	30.17	
M60	Peter Orman	23.42	
	Rob Hannan	12.90	
M65	Rupert Watson	18.74	
Weight Throw			
W45	Michelle Scriven	8.20	
W65	Veronica Gould	9.51	
M60	Peter Orman	8.57	
	Rob Hannan	5.75	
M65	Peter Jack	5.47	
Pentathlon			
M45	John Turner	814 pts	
M50	Gary Rawson	2482 pts	



Greatest Races of All Time: **2003 World Championships Steeplechase Final**

In a strange and unusual twist, Kenya was not waging a track war against its mortal enemy Ethiopia; it was against its newest foe, Qatar, and the battleground was in an event owned by the Kenyans for the past 15 years – the 3000m steeplechase.

To further complicate the situation, it was four native Kenyans fighting for the title, including: one who had recently switched alliances to Qatar amid rumours that he had been paid to make the switch (Saif Saaeed Shaheen); his brother, who was still running for Kenya (Abraham Cherono); and an in-form future Olympic champion (Ezekiel Kemboi). The rumours surrounding the country switch implied an amount of \$1000 was to be paid to the athlete every month for the rest of his life if he ran for Qatar. Saif Saaeed Shaheen, who was formerly known as Stephen Cherono, the name change coming with the change in countries, had won a gold medal for Kenya in the Manchester Commonwealth Games just 12 months prior to the championships; (interestingly, Ezekiel Kemboi won silver and Abraham Cherono won bronze in this same race for the Kenyan medal sweep). The Kenyans were not pleased with the prospect of other countries poaching their athletes, and in order to restore national pride, the Kenyan athletes were determined to retain their seventh consecutive World Championships steeplechase title.

The scene was set for a huge confrontation a week before the World Championships when Saif Saaeed Shaheen defeated the inform Kenyan Ezekiel Kemboi at the Zurich Golden League meeting in a thrilling finish. Running a truly world-class time of 8.02, it was only one hundredth of a second that separated the two athletes, with Shaheen coming from a metre down to pip Kemboi on the line.

The World Championships steeplechase heats passed without incident as Ezekiel Kemboi cruised to victory in the first heat and Saif Saaeed Shaheen in the second. Once the final was underway, the fireworks really began. Shaheen's Qatari teammate, Khamis Abdullah Saifeldin, surged to the front and made the pace lightning fast from the beginning, with Shaheen tucked neatly on his heels. The pace was so quick that the two Qatar athletes had opened up a 20 meter lead in the first lap.

Abraham Cherono, older brother of Saif Saaeed Shaheen, burst from the pack at the beginning of the second lap and set off after the leaders. As he closed in on the leaders, Saifeldin began to fade and Shaheen took up the pace, tearing through 1km in 2.36. With four laps to go, Shaheen's lead had opened to 30m on his brother and 50m on Kemboi, and it looked like he was gone for all money. But the pace of the opening laps was starting to show, and Kemboi sensed that Shaheen was beginning to slow. A phenomenal burst of speed saw Kemboi close down the lead within one lap, catching Shaheen with two and half laps still to run. These two runners were now a full 70 metres clear of the rest of the field.

However, once Kemboi caught Shaheen, he chose to catch his breath rather than speeding straight past. The 2km point was passed in 5.19, still an exceptional pace for a championship race.

It appeared the fast pace had taken its toll, and both athletes were marking time to recover. In the process, Luis Miguel Martin (Spain), Eliseo Martin (Spain) and Bouabdallah Tahri (France) closed the gap until, with one lap to go, the five athletes were virtually back together again.



With 300m left, Shaheen unleashed a devastating kick, but Kemboi was able to hang on, with Eliseo Martin another three metres adrift. Kemboi hit the water jump first and Shaheen looked beaten. But amazingly, Shaheen fought back and they both flew over the final barrier side by side. In the final 50 meters, Shaheen had the strength to get to the line first, stopping the clock at 8.04.39, just 23 hundredths outside Moses Kiptanui's Championships record from 1995. Kemboi clocked 8.05.11 and Eliseo Martin won the race for bronze, breaking his personal best by more than four seconds to record 8.09.09.

Final Results:

1. Saif Saaeed Shaheen	QAT	8:04.39
2. Ezekiel Kemboi	KEN	8:05.11
3. Eliseo Martín	ESP	8:09.09 (PB)
4. Bouabdallah Tahri	FRA	8:10.65
5. Cherono Abraham	KEN	8:13.37
6. Luis Miguel Martín	ESP	8:13.52 (SB)
7. Simon Vroemen	NED	8:13.71 (SB)
8. José Luis Blanco	ESP	8:17.16
9. Jukka Keskisalo	FIN	8:17.72 (PB)
10. Ali Ezzine	MAR	8:19.15
11. Yoshitaka Iwamizu	JPN	8:19.29
12. Khamis Abdullah Saifeldin	QAT	8:28.37
13. Abdelkader Hachlaf	MAR	8:35.17
DNS. Reuben Kosgei	KEN	

Gold Coast Airport Marathon Achieves Highest International Accolade



The Gold Coast Airport Marathon has confirmed its position as one of the world's leading road races after receiving an International Association of Athletics Federations (IAAF) Road Race Gold Label.

Acting Minister for Tourism, Major Events, Small Business and the Commonwealth Games, Tracy Davis congratulated the Gold Coast Airport Marathon on being the first marathon in Australia to receive this accolade.

"Every year the sport's world governing body, the IAAF, awards road race labels to marathons who have met strict criteria for excellence in planning, delivery and execution," Ms Davis said.

"After achieving an IAAF Road Race Bronze Label last year, it is a tremendous achievement for our home-grown event to now be recognised as one of the best in the world.

"The Gold Coast is now in esteemed international company alongside races such as the New York City Marathon, Tokyo Marathon and Berlin Marathon.

"The new rating is a testament to the event management expertise of the race organisers.

"The Newman Government is proud to support signature events like the Gold Coast Airport Marathon as part of our commitment to double overnight visitor expenditure from \$15 billion to \$30 billion by 2020."

Athletics Australia Chief Executive Officer Dallas O'Brien said the IAAF Road Race Gold Label designation showcased Australia's ability in delivering world-class road races.

"Australia has seen a significant increase in participation levels in marathon running over the past decade and credit must go to the organisation of road races such as the Gold Coast Airport Marathon," Mr O'Brien said.

"The international recognition of the IAAF Road Race Gold Label will highlight Australia as a country that produces and delivers some of the finest marathon events in the world."

IAAF Senior Manager – Road Running Sean Wallace-Jones said the Gold Coast Airport Marathon achieved the IAAF Road Race Gold Label after meeting strict criteria.

"The criteria for whether a road race receives a label designation is based on six general areas – race organisation, course measurement, timing and results, media services, medical provisions and the quality of the international field of elite runners," Mr Wallace-Jones said.

"For instance, the Gold Coast Airport Marathon had to broadcast their race to an international audience, which was achieved when the 2013 event was televised in 64 countries."

"The distinguished classification is a testament to the meticulous organisation of the Gold Coast Airport Marathon and the IAAF congratulates the event for being the first marathon in Australia to achieve this recognition."

Oceania Athletics Association Executive Director Yvonne Mullins applauded the Gold Coast Airport Marathon on its achievement and their role in the development of marathon running in the IAAF Oceania region.

"The Gold Coast Airport Marathon has been a strong supporter of road running in the Oceania region for a number of years and this title highlights the event's importance to Queensland and Australia," said Ms Mullins.

"Since 2008, the event has hosted the Oceania Area Marathon and Half Marathon Championships which has significantly aided the development of road running in the region – we are extremely proud of their achievement."

Race Chairman Kerry Watson said the IAAF Road Race Gold Label has confirmed the event as one of the leading marathons in the world.

"An IAAF Road Race Gold Label is the highest qualification awarded by the IAAF and it elevates the Gold Coast Airport Marathon to one of the greatest marathons in the world," Mr Watson said.

"It is an honour to be the first marathon in Australia and the IAAF Oceania region to reach this status which has come about after many years of continual improvement and thorough planning.

"I congratulate my team at Events Management Queensland for achieving this and for generating further awareness and credibility for the event on a world scale.

"We will be proud to sport the IAAF Road Race Gold Label at this year's 36th annual Gold Coast Airport Marathon on Sunday 6 July."

For more information, visit:
www.goldcoastmarathon.com.au

- COMING EVENTS -

2014:

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
24	Vosseler Shield (Interclub)	Mt. Victoria
31	ITU Duathlon World Championships	Pontevedra, Spain

June

14	Dorne Cup (Interclub)	Trentham Memorial Park
22	Armstrong Marathon, Half Marathon & 10km (Wellington & NZ half marathon champs)	Westpac Stadium

July

5	NI Cross Country Championships	Taupo
5-6	Gold Coast Marathon - Full & Half Marathon & 10km	Gold Coast, Queensland
19	Wellington Cross Country Championships	Waikanae

Aug

3	Masters 8km Road Race & Walk	Olympic Clubrooms
9	NZ Cross Country Championships	Christchurch
16	Bays Relay (Interclub)	Island Bay to Evans Bay
23	Wellington Road Running & Walking Championships	Wainuiomata

Oct

4	NZ Road Relay Championships	Akaroa
19	Masters 10k Road Race & Walk	Huia Pool, Lower Hutt

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
15	Round the Bays - Half Marathon, 10km & 6.5km	Frank Kitts Park

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