

THE

MASTER

COPY

Newsletter of Wellington Masters Athletics Inc.

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October 2014



Brian Watson with the Certificate of Appreciation presented to him at the Johnsonville 8km race on Sunday 3 August. This year celebrated the 30th Anniversary of this event and Brian has been race director for this event from the beginning.

WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2014-15

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WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2014-15

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

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WGTV MASTERS:	Jim Blair	Flat 4, 39 Kiln Street, Silverstream, Upper Hutt 5019	528 2992
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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 REPORT TO AGM

This is the end of my first year as President of Wellington Masters. After Wellington hosted the NZMA Champs in 2012/13 and the North Island Champs in 2011/12, I was able to be broken in gently during a year where it was the turn of other Centres in the Championship rotations. Assuming the published rotations don't change, we're next due in 2018.

As is normal, however, a year following the hosting of Championships results in a number of lapsed members. We finished the year with 86 members, a reduction of last year's heights of 106 and essentially back to our membership levels before we had our Championship events.

While membership of Wellington Masters, as distinct to Athletics Wellington only, is mostly a benefit to those who want either more economical usage rights of Newtown Park than the Athletics NZ membership levy or those who want access to compete at NZMA/OMA/WMA track and field competition, we do have a number of members who join us for other reasons. Namely, to support masters' athletics and to enjoy what is perhaps a friendlier competitive environment. If we are to grow our ranks outside of Championship hosting years, we need to become vocal advocates of the association. Most of us are members of a harrier club and we all know masters within our clubs who have not joined Wellington Masters. Be an advocate. Attract those people. Promote the sunny summer track days as an enjoyable break from the cold, windy harrier winter races we all love. Get them along to one of our events – and remember the Classic Relay is always a good event for introducing new people. Everyone loves a relay.

Our membership fee is \$50 per annum, which we are proposing be retained. When I look at the membership fees for the other Centres. I note that last year's fees were \$60 for Waikato, \$55 for Canterbury and \$70 for Auckland. I don't know what the remaining Centres charge, but we can definitely say membership of Wellington Masters is a bargain!

While the committee were spared from the efforts of the previous two years of Championships, we haven't been idle. We have followed the example set by two other Centres and set up our own website, independent of the single page previously offered by the NZMA page. I'm pleased with the clean and crisp presentation style of the site and it even works well with mobile devices – a happy accident that I wish I could claim as deliberate!

The site allows us to present a more significant on-line presence that can be updated at more regular intervals than we were allowed previously. The Wellington Mathematics Association beat us to the WMA domain name and the domain Wellington Masters already belongs to football, so we have gone with the full www.wellingtonmastersathletics.org.nz.

We want this site to become an interesting and useful resource that our members regularly visit. We're endeavouring to provide a list for any athletics event that appears of interest to masters' athletes. Feel free to submit any information to be added for any you think we should include. Or any news articles. We're in the process of reviewing our archives to add historic results for our events and there are several years of back issues of Master Copy now available.

One thing the site is probably missing at the moment is a Wellington Masters Athletics logo. I would like to address this at some stage; if any graphic designers out there want to offer something, please don't hesitate to come forward. The site is inexpensive to run, but we'd be keen to explore sponsorship opportunities too.

We ran our usual three events during the year. The Lower Hutt 10km in October went well and it was pleasing to see some new faces looking for the opportunity to race a flat 10km. There aren't too many of those in the Wellington area.

The Classic Relay, as we expected, suffered from clashing with the Rotorua Marathon's big anniversary. Hutt Valley Harriers were great in having three teams compete. We're confident of avoiding clashes next year, having examined the calendar and asked competing events for their timing schedule. The Vosseler Shield is the only cause for concern, as the organisers revealed no set frequency pattern and don't decide the date until a few months out.

The Johnsonville Race completed its 30th anniversary successfully. We got a little unlucky with the weather forecast, but it wasn't as bad as feared and was certainly not a repeat of the stormy conditions of 2013. The stew this year was the best yet!

Finally, we give our condolences to Jim Blair, not just to Jim but to the whole of Masters Athletics, after the passing of Colleena Blair at the end of last year. While I never personally had the privilege of meeting Colleena, I know that she was a significant contributor to our sport, serving in roles at every level from Wellington Masters up to World Masters, with around 20 years on this committee alone.

Michael Wray, President

TRAINING

RECOVER RIGHT

When to walk, jog, or push the pace between intervals

SPEEDY INTERVAL SESSIONS require rest between repetitions – and especially when you're pushing your limits, the natural instinct may be to stop and put your hands on your knees while you catch your breath. But experience teaches us a counterintuitive lesson: gentle jogging during those precious snippets of recovery sometimes makes it easier to run fast on the next rep. That's because jogging keeps more blood flowing through your legs, clearing away the metabolic waste products that build up during hard running and contribute to muscle fatigue.

This doesn't mean jogging is always best. Standing or walking allows your muscles' supply of phosphocreatine – the energy that fuels short bursts of intense effort – to recharge most effectively. Make your choice depending on what you hope to accomplish during the session.

WHEN TO JOG

British researchers recently tracked the lactate levels of cyclists during "active" and "passive" interval recovery. (While lactate is no longer thought to cause muscle fatigue, it rises and falls in sync with properties that do.) Active recovery – the equivalent of jogging – caused lactate to drop after about 90 seconds; for shorter recoveries, the active recovery offered no advantage.

Jogging is best between reps of VO2 max workouts, which involve repetitions lasting three to five minutes. Workouts like 4 x 1200 metres at 5K pace with 3:00 to 4:00 rest will leave you heavy-legged after each rep, and jogging easily will flush your legs out to get ready for the next one.

WHEN TO WALK

Given that lactate clearance is enhanced only after about 90 seconds, it's tempting to walk during all shorter recoveries. This would be right if the goal was to run the workout as fast as possible, but the real goal is to run faster in races. Jogging short recoveries ramps up the aerobic demands of the workout, so it's the right call sometimes (see "Seasonal Variety" below).

The best time to walk recoveries is when you're doing short intervals to work on your top speed, in which case starting with full phosphocreatine stores gives you an edge. For a workout like 6 x 200 metres with 2:00 rest, walk the whole recovery.

WHEN TO PUSH IT

Walking and jogging aren't the only options. Marathoners and half marathoners can try intervals just faster than threshold pace (between half marathon and 10K pace), alternating with recoveries slightly slower than threshold. These "float" recoveries teach your body to quickly move lactate out of the muscles and into the bloodstream, where it can be reused as fuel.

Try 4 x 5:00 at 6 seconds per kilometer faster than half marathon pace, recovering with 5:00 at 6 to 9 seconds slower than marathon pace. Do this during a marathon build-up, and as you get fitter, speed up the recovery to marathon pace.

SEASONAL VARIETY

Switch up your recovery tactics as your goal nears

6 MONTHS BEFORE RACE

Base building

Run a fartlek alternating 90-second surges with 90 seconds at your usual running pace. Repeat 10 times.

- Keep the recovery fast enough that you catch your breath before the next surge.

3 MONTHS BEFORE RACE

Aerobic training

Run 10 x 400 metres with 1:30 rest, aiming for between 3K and 5K race pace.

- Jog the rest period to maximize the aerobic stimulus from the workout.

1 MONTH BEFORE RACE

Race preparation

Run 10 x 400 metres with 1:30 rest, aiming for 1600 metre race pace.

- Walk the rest period to focus on hitting your goal splits.

From Runners World, May 2014

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THE WORKOUT – Repeat 1kms

WHY: Build lung fitness for any race distance

Jog for 10 minutes, then do two to four 1km repeats, with a recovery jog of two minutes between each. Do the 1km about 20 seconds slower than 5km pace, then speed up by one to eight seconds with each remaining kilometer. Jog five minutes to finish.

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SHOCK ABSORBERS

Although running uphill isn't easy, going down can be harder on your quads, shins and knees. To minimize the stress, focus on treading lightly – taking springy, short steps – while landing on your mid-foot.

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The average number of days it takes to recover from plantar fasciitis, says a new study. This foot injury, which causes pain in the heel or arch, is often caused by overpronation or a rapid increase in mileage. At the first sign of soreness, massage (roll a golf ball under your foot) and ice (roll a frozen water bottle under your foot).

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The Warm Up: Some Tips to Help Prepare for the Big Race

By Susie Power

The reasons for warming up are pretty straightforward. It gets our body, including the joints, muscles and tendons, ready for the stress that lies ahead – whether that is a training session or competition. The general warm-up should always involve the whole body. It increases the circulation and the core body temperature. I always remember asking one of my coaches, “For how long and how fast should I warm up?” His response was simply, “Jog easy until you begin to show sweat on your brow.” It made me laugh.

There are many levels and different ways to warm up. The beginner may find they only need to walk to raise their heart rate to 50 per cent of the maximum that is required. The regular but not-so-serious athlete may only need a short jog compared with the elite athletes or more experienced runners, who tend to run for about twenty minutes at what seems to be a fast pace.

The one thing all have in common, however, is that each of their warm-up routines will slightly change in accordance with the weather. Naturally, on a hot or humid day, one should limit the cardio aspect of their warm up and spend a little more time on stretching the muscles. When the weather turns to those cold winter days, our bodies need a little more time to warm up and a little more cardio work to help pump the blood through to the muscles. There is no magic length of time or distance that must be covered in the warm up. A lot goes on a combination of personal comfort and fitness. I went on a warm up with one athlete down at the local club the other night, and while trying to “hang on” during his standard 4km warm up, I glanced down at my heart rate, noting I was running at about 70 per cent of my max and he was puffing and panting at a similar rate. Sure, we were still able to have a conversation, but a warm up that quick takes the sharpness out of the track session that is next on the agenda – which in turn lengthens your recovery and potentially causes tiredness and even injury. So it is important to run your warm up at *your own easy pace*.

Here are some examples of a simple warm up:

Warm-up schedule for the advanced (experienced runner who generally runs 100+km per week)

1. 15-20 minutes (3-4km) of easy jogging. Usually conducted wearing a tracksuit top, pants and training shoes.
2. 10-15 minutes of *full-body* stretches:
Arms/triceps
Waist/hips
Buttocks/hip flexors
Quadriceps/hamstrings
Calves/Achilles.
3. 3-5 light stride-outs, working up similar to “race pace”. Strides should be no longer than 80-90m, although some elites structure a couple of 200m stride-outs to get the body more used to running at race pace and sustaining that heart rate for that little longer. Changing into your racing flats, you will begin to feel light and ready to race.

Warm-up schedule for the intermediate (regular runner who runs between 40-100km per week)

1. 10-15 minutes (2-3km) of easy jogging. Usually conducted wearing a tracksuit top, pants and training shoes.
2. 10-15 minutes of *full-body* stretches as above.
3. 2-3 easy strides about 60-80m, concentrating on running similar to “race pace” without stressing your body. This is your time to work on “opening your stride”, thinking of your technique and getting your body used to the fact it is going to race in a few minutes. If you have racing shoes, it is best to change into them now, but if you haven’t, it’s okay. These strides will help you feel more bouncy and light before your race hit out.

Warm-up schedule for the beginner (relatively new to running and likes the idea of racing)

1. 10-15 minutes of walking, but breaking into a light jog for about 5 minutes toward the end. It’s still important to warm up your muscles with movement, so even walking is fine. If you intend jogging in the race, it is important to get yourself used to a light jog in the warm up. Even if you aim to cover a kilometer, you will benefit from it in the race. The best example is: park the car and walk to the race start and “hurry up” and get there!
2. Spend about 15 minutes on *full-body* stretches. Concentrate on your upper-body, stretching out your arms, back and waist, before working down to your legs. Find yourself a bench and stretch your buttocks, hamstrings, quadriceps, and calves, and don’t forget the weakest point – the Achilles!
3. Lightly jog/walk over to the start and enjoy your race.

So remember, we warm up for the sole reason of pumping blood through to the muscles. A nice, easy, slow jog will also prepare you mentally for either your workout or your race. The general guide for the length of your warm-up should be dictated more by your body rather than time or distance. If you are really dedicated, you won’t wear a watch and will simply jog around until your body begins to sweat. Always stretch *after* your jogging, as you will get more benefit from warm and supple muscles.

As warming up is the very first stage of any physical activity, it is also important to repeat the motions as we “wind down” from our session or competition. In what my friend, Carl, describes as “the worst part of training”, the “warm down” is another important aspect of reducing injury. A simple slow jog/walk after your race enables the muscles to cool themselves down. If the cool down isn’t completed, you risk “pooling” of the blood in the muscles, which leads to an extremely stiff and sore feeling in the following days. And believe me – when you get up in the morning walking on your heels and leaning forward with a lot of groaning, it makes everything from going to the toilet to sitting down at a desk uncomfortable, and going for a run will probably be the furthest thing from your mind! Complete your warm-up and cool-down the right way and you will be successful in both your race and your recovery. Good luck! ¥

TRAINING TIPS

How Best to Combine Strength Training & Running

By Scott Douglas

Many runners now accept that they'll perform and feel better if they do more than just run. That's especially true for people who took up the sport as adults and whose non-running hours include a lot of sitting. Regular strength training, including for your legs, can help to correct muscle imbalances and weaknesses that are common in modern life.

At the same time, many runners struggle with how to schedule their various workouts. After all, strength training is supposed to help, not detract from your running. New research out of Australia offers guidance on how best to combine mile (1600m) repeats and repetitions in the gym.

Fifteen runners of a wide range of ability and average weekly mileage did different strength-training sessions on three occasions. One workout was a high-intensity whole-body session, one high-intensity but for legs only, and one was low-intensity, whole-body. Six hours after each workout, they did a treadmill test of 10 minutes running at 70% of ventilatory threshold pace (easy), then 10 minutes at 90% of threshold pace (roughly, close to half-marathon pace), and then as long as possible at 110% of threshold pace. The runners also did the treadmill test at the outset of the study, to get a benchmark for how they would perform when fresh.

The high-intensity strength workouts significantly lessened the runners' time to exhaustion at the end of the treadmill test. In the benchmark test, they'd lasted an average of close to 5 minutes at 110% of threshold pace. After each of the high-intensity strength sessions, time to exhaustion was almost a minute less, suggesting that the hard weight workouts six hours earlier had dramatically decreased the runners' ability to sustain fast running.

The lead researcher, Kenji Doma, Ph.D., of James Cook University, told *Runner's World* his findings have practical implications for how runners should arrange their workouts.

First, Doma advises, don't schedule a hard running workout later in the day of a weight session. "Running at maximal effort is impaired six hours [after] lower-extremity resistance training, and therefore trained to moderately trained runners will need more than that to recover for running sessions set at high intensities," he says.

In addition, "running at maximal effort is still impaired 24 hours after lower-extremity resistance training," Doma says. "Therefore, in the case of trained and moderately trained runners undertaking high-intensity running sessions after lower-extremity resistance training, they may need more than one day to recover."

Second, Doma found that running performance at lower intensities was unaffected by the weight workouts. "Runners could undertake strength training and running sessions on the same day six hours apart as long as the running session is set at submaximal intensities," Doma says.

If possible, Doma says, try to arrange your schedule so that on days that you run and lift, running comes first.

"I found that lower-extremity resistance training performed six hours prior to running sessions at moderate to high intensities cause carryover effects of fatigue the next day to a greater extent than the reverse sequence," he says. "Therefore, if undertaking lower-extremity resistance training and running sessions on the same day, it is best to undertake a running session before a strength-training session, for example, running in the morning before work and lower-extremity resistance training in the evening after work."

In this scenario, it would make sense to have that morning run be one of your harder workouts of the week. Your workout the following day would then be an easy recovery run, which would be warranted even without the evening lifting, but is that much more called for on the basis of Doma's research. This sequence would also mesh with many coaches' recommendation to have great discrepancy between your hard and easy days, so that you can better recover from your toughest workouts, instead of including hard elements of non-running training on your easy running days.

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NUTRITION & FOOD

Caffeine & Sports Performance

By Dr. Robert Portman



For many athletes, especially those who exercise in the morning, workout begins with a cup of coffee. For athletes and non-athletes alike, coffee jump starts their day. This caffeinated boost wakes us up and makes us more alert. With the proliferation of coffee shops on every corner and caffeinated products sold in grocery and convenience stores, we have become a caffeinated nation. Caffeine is the most widely used drug in the world.

Although the benefits of caffeine in endurance exercise were first reported over 30 years ago, new studies reveal that caffeine offers athletes so many advantages that it should become an integral part of their regular workout regimen. First and most important caffeine is exceedingly safe. Even high levels of regular caffeine are not associated with any significant health risk. In fact, research is showing that caffeine may offer long-term health benefits in older people. Here are the latest facts about caffeine.

Caffeine Extends Endurance

The original research on caffeine in the 60's suggested that caffeine improves endurance by sparing muscle glycogen. Your muscles contain a fixed amount of glycogen, the muscle's energy source. When glycogen levels are depleted, you hit the wall or bonk. Caffeine may preserve muscle glycogen by increasing the use of fat as an energy source.

The latest research suggests that caffeine may extend endurance through different mechanisms. Scientists at the University of England in Birmingham found that when caffeine was combined with carbohydrate it stimulated the utilization of the carbohydrate in the sports drink as an energy source. The researchers also found that caffeine increased the absorption rate of the carbohydrate, which meant faster delivery to the muscle where it could be converted into energy.

Caffeine Reduces Brain Fatigue

We now know that the brain plays an important role in extending endurance. Fatigue signals emanating from the brain send a message to our muscles telling us we are tired and should stop. Caffeine, by blocking these specific signals, delays fatigue.

The effect of caffeine on the brain may also explain Australian studies that found that caffeine consumed one hour before running sprints improves speed. In this case, caffeine may speed muscle contraction.

More than Endurance

The benefits of caffeine are not limited to just endurance activities. English researchers found that consuming caffeine before a standard weight training regimen significantly delayed fatigue as measured by the number of repetitions. The researchers suggested that caffeine helps generate more forceful muscle contractions.

Even in team sports, caffeine was shown to improve performance. Soccer players consuming caffeine dribbled, headed and kicked the ball more accurately than when they didn't consume caffeine.

This impressive data suggests that every athlete should incorporate caffeine into their exercise regimen. However, there are some myths about caffeine that many athletes believe. The first myth is that caffeine, because of its diuretic effect, causes dehydration. The studies show, however, that you can have up to five cups of coffee without affecting hydration levels. In other words you can consume quite a few caffeinated sports drinks and gels.

The second myth is that caffeine causes GI problems. Since surveys show that 85% of runners have GI problems at least one during a year, the last thing they want to do is take a product that may exacerbate the issue. In a 2005 study, researchers found that although sports drinks cause more GI problems than water, sports drinks with caffeine caused no more problems than sports drinks without caffeine.

The Bottom Line

- Caffeine can significantly improve performance.
- Caffeine in doses up to 500mg is exceedingly safe for most individuals.
- Caffeine is more effective when combined with a carbohydrate or better yet a carbohydrate/protein combination.

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.



RECIPE

Sausage and Tarragon Frittata

Frittata is an Italian dish usually made on the stove top. This is an easy baked version.

Ingredients:

- 1 large potato, peeled and diced
- 1 onion, peeled and diced
- 4 pork sausages, cooked and sliced
- 1 teaspoon chopped fresh tarragon *or* ½ teaspoon dried
- ¼ cup water
- 8 eggs, beaten
- 2 tablespoons milk
- ¼ cup grated cheese

Method:

1. Preheat the oven to 180°C. Line a 24cm x 32cm slice pan with baking paper.
2. Heat some oil in a frying pan; add the potato, onion, sausage, tarragon and half the water. Cover and cook over a medium heat for 10 minutes until potato is softened.
3. Beat the eggs, milk and remaining water together and pour into the prepared dish.
4. Bake in the pre-heated oven for 10 minutes. Sprinkle with the cheese and bake for a further 10 minutes until well puffed and golden. Serve with a salad.

Preparation time:

Serves: 4
Preparation: 10 minutes
Cooking: 30 minutes

* * * *

What You Should and Shouldn't Eat Before a Workout

By Jennifer Vimbor, MS, RD, LDN

Have you ever had a bad workout but just couldn't explain why? You got enough sleep; you let yourself rest the appropriate amount of time, but your energy was low and you still struggled to get through the exercises.

It's time to put more thought into what fuels you. Just like a car, you need proper fuel to function efficiently. This especially rings true when it comes to energy for a workout.

Food is fuel. When you eat, your body has to break down the food, and digest and absorb the various nutrients in order to produce its end product, energy. If you're about to hit the gym, why wouldn't you fuel up your body with the best stuff for the most effective, energetic workout?

Get the most bang for your buck by choosing the right nutrients and avoiding the ones that will bring you down and hinder your workout.

Let's break it down.

The goal is to fuel efficiently. If you take in complicated nutrients that need to digest before a workout, the body has even more work to do and can't focus all of its energy on the workout itself. It's like your body is multitasking. It's breaking down the food while trying to put energy into the workout as well. Fuel is more effective if digestion is complete prior to exercise.

Avoid Fats and Proteins

Consuming fat and protein prior to exercise is a no-no. They break down slowly while your body absorbs the nutrients over a longer period of time. This is great at other times of the day when you want to feel satisfied longer, but it's not ideal right before a workout.

If you have 30 to 60 minutes before exercise, avoid things like nuts, nut-butters, seeds and Greek yogurt.

Jennifer Vimbor, MS, RD, LDN, is the founder of [Nutrition Counseling Services](#) in downtown Chicago. An avid runner, marathoner and triathlete, Jennifer has first-hand knowledge of the nutritional needs of athletes, and has been helping athletes reach their goals since 2003. She was the nutritionist for the New York Runners Only Club, and has worked with Chicago Area Runners Association. Jennifer advises athletes, from novice to professional, in groups and privately.

* * * *

Now that I'm older here's what I've discovered:

1. I started out with nothing, and I still have most of it.
2. My wild oats are mostly enjoyed with prunes and all-bran.
3. I finally got my head together, and now my body is falling part.
4. Funny, I don't remember being absent-minded.
5. If all is not lost, then where the hell is it??
6. It was a whole lot easier to get older, than to get wiser.
7. Some days, you're the top dog, some days you're the hydrant; the early bird gets the worm, but the second mouse gets the cheese.
8. I wish the buck really did stop here, I sure could use a few of them.
9. Kids in the back seat cause accidents.
10. Accidents in the back seat cause kids. ¥

THE ATHLETE'S KITCHEN

Copyright: Nancy Clark MS RD CSSD, June 2014



Super Sports Foods: Do They Really Need to be Exotic?

Do you ever get tired of reading yet-another headline about *The 10 Best Super Sports Foods*, only be instructed to buy exotic fruits, ancient grains, and other unusual items? Do runners really need chia, spelt, and quinoa? Is anything wrong with old-fashioned peanut butter, broccoli and brown rice? Doubtful! Powerful nutrients are found in standard foods that are readily available at a reasonable cost. You know, oranges, bananas, berries, oatmeal, almonds, hummus, low-fat yogurt, brown rice, tuna ... the basic, wholesome foods recommended by the government's My Plate (www.ChooseMyPlate.gov). Are those foods exotic? No. But do they still do a great job of offering super nutrition? Yes!

To add to the confusion about exotic sports foods, the sports food industry touts their list of engineered super sports supplements. Ads lead you to believe you really need to buy these products to support your athletic performance. The question arises: Are there special nutrients or components of food that can really help runners to go faster, higher or stronger? If so, can they be consumed in the form of whole foods or do we actually need special commercial supplements?

At a 2014 meeting of Professionals in Nutrition for Exercise and Sport (PINESNutrition.org), exercise researchers from around the globe discussed that topic and provided the following answers to the following thought-provoking questions.

Is there any difference between consuming pre-exercise caffeine in the form of pills, gels or coffee?

Regardless of the source of caffeine (pill, gel, coffee), it is a popular way to enhance athletic performance. Take note: High doses of caffeine (2.5 to 4 mg/lb. body weight; 6 to 9 mg/kg) are no better than the amount runners typically consume (1.5 mg/lb.; 3 mg/kg). Hence, drinking an extra cup of coffee is unlikely to be advantageous, particularly when consumed later in the day before an afternoon workout and ends up interfering with sleep.

Do tart (Montmorency) cherries offer any benefits to sports performance? If so, what's the best way to consume them?

Tart cherries (and many other deeply colored fruits and veggies) are rich in health-protective antioxidants and polyphenols. Tart cherries can reduce inflammation, enhance post-exercise recovery, repair muscles, reduce muscle soreness, and improve sleep. Runners who are training hard, doing double workouts, or traveling through time zones would be wise to enjoy generous portions. Yet, to get the recommended dose of cherries that researchers use to elicit benefits, you would need to eat 90 to 110 cherries twice a day for seven days pre-event. Most runners prefer to swig a shot of cherry juice concentrate instead!

What about food polyphenols such as quercetin and resveratrol?

Polyphenols are colorful plant compounds that are linked with good health when they are consumed in whole foods. Yet, polyphenol supplements, such as quercetin or resveratrol, do not offer the same positive anti-oxidant or anti-inflammatory benefits. An explanation might be that once in the colon, where most polyphenols go, parts leak into the bloodstream during heavy exercise. These smaller compounds create the anti-inflammatory effect. Athletes who routinely eat colorful fruits during endurance training offer their gut the opportunity to distribute good health!

Does curcumin reduce chronic inflammation?

Curcumin (an active constituent of tumeric, the spice that gives the yellow color to curry and mustard) has beneficial properties that have been shown to help prevent cancer, enhance eye health, and reduce inflammation. Subjects with osteoarthritis (an inflammatory condition) who took curcumin supplements for 8 months reported less pain (due to less inflammation) and better quality of life. Unfortunately, curcumin is rapidly metabolized and therefore has low bioavailability when consumed in the diet. To increase absorption, supplements often contain curcumin combined with piperine (black pepper extract).

Does green tea help improve body composition in athletes? What is the best way to take it?

Green tea reportedly enhances fat oxidation and helps with weight loss, particularly when combined with caffeine. But the amount of additional fat burned is minimal, and the 10 to 12 cups of green tea needed to create any effect is a bit overwhelming. (Hence, most studies use a green tea extract.) Because green tea has not been studied in lean runners, we can only guess that it is unlikely to offer a significant improvement in body composition.

Is watermelon juice a powerful stimulant for sports performance?

Watermelon juice is a source of L-citrulline, an amino acid that contributes to production of nitric oxide. Nitric oxide helps relax the blood vessels and thus enhances blood flow so more oxygen can get transported to the working muscles. One study with athletes who consumed L-citrulline supplements reports they attained a 7% higher peak power output as compared to when they exercised without L-citrulline.

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Yet, when athletes were given watermelon juice (contains L-citrulline) or apple juice (that has no L-citrulline), the peak power was only slightly higher and the L-citrulline gave no significant benefits. The bottom line: Watermelon is a nourishing fruit and a welcome refreshment for thirsty athletes. You would need to eat a *lot* of watermelon to get the equivalent of L-citrulline found in (expensive) supplements. Your best bet is to enjoy watermelon in standard portions as a tasty addition to your sports diet.

What can be done with pea, hemp, or other plant protein to make them as effective as whey for building muscle?

In general, plants (such as peas, hemp) contain less leucine than found in animal proteins. Leucine helps drive the muscle's ability to make new protein. Hence, to increase the muscle-building properties of plant proteins, you need to either eat large portions of, let's say, hemp or pea protein (to get a bigger dose of leucine), or you can combine those plant-foods with leucine-rich proteins, such as soy, egg, or whey.

The bottom line: Your best bet to optimize performance is to optimize your total sports diet. No amount of any glimmer-of-hope supplement will compensate for lousy eating.

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). For information about her *Sports Nutrition Guidebook* (new 5th edition) and food guides for runners, cyclists and soccer players, see www.nancyclarkrd.com.

For online education, also see www.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.

* * * *

5 Steps for Winter Wellness

1. BOOST YOUR VITAMIN C

Vitamin C helps keep your immune system healthy and can help reduce the length and severity of a cold if you get one which is great news! However, it is no use swallowing endless vitamin C supplements when you have a cold - that really won't help. You need to have plenty of foods rich in vitamin C on a day to day basis to get the benefits, that way, if you do get a cold - hopefully it won't last as long! Lemons, oranges and feijoas are all in season right now and are packed with vitamin C. Add lemon juice to cold or hot water for a tasty drink or try feijoas with low fat yoghurt for a delicious snack.

2. GET OUTSIDE

When it is cold and wet, it can be very tempting to stay inside - but it is vital that you don't get caught in that trap, you need to get outside. You need to expose your skin to daylight to help your body to make Vitamin D which is important to keep your bones healthy, but also helps keep your immune system healthy. You also need to expose your eyes to daylight to help regulate your mood and sleep.

3. GO WHOLEGRAIN

Wherever you can, choose the wholegrain option - whether it is bread, crackers or breakfast cereal. Oats, brown rice, quinoa and buckwheat are other examples of whole grains which are delicious and so versatile. Wholegrains are packed with fibre which keeps things moving through your gut and they are also a great source of B vitamins which helps keep your energy up. Try adding them to soups for extra nutrition.

4. GET IN YOUR GREENS

We all know vegetables are good for us, but as the cold months kick in, it is a great time to enjoy some of the dark leafy greens! Spinach, kale and silverbeet are a few examples - they are a great source of vitamins and minerals to help keep your body in tip top shape through the colder months. BONUS - these greens are super easy to grow too so get into the garden!

5. MOVE IT

Colder, darker days can make the couch a very appealing place to be - but, keeping active will help you to maintain a healthy weight, keep your body working well and help you feel better so find a way to keep moving! Don't be afraid of the rain, get a good umbrella and coat - you can still enjoy a walk when there are a few rain drops. See what classes are running at your local leisure centre, try going for a swim - just find something that works for you that you can keep up with throughout the whole of autumn and winter.

Claire Turnbull, NZ Registered Nutritionist, AUT/Millennium Institute. For more information about Claire, visit her website: www.claireturnbull.co.nz

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Train For Distance - Train Your Stomach

Just as you must train your legs to go the distance, your digestive system must be fine-tuned to deliver the nutrients under the stress of long runs. In this process, you'll steadily eliminate (or adjust the intake of) foods that produce negative effects. You want to get into a routine, knowing exactly what to eat, when to eat it, how much to drink with it, etc. If you adjust this during your series of long runs, you'll reduce the chance of problems in the event to almost nothing. Your stomach and GI tract can adapt to delivering nutrients with little or no negative reactions throughout a strenuous endurance event.

While a variety of foods is great for overall nutrition, your pre-race diet will be more focused. Analyze your eating the day before and the morning of long runs. Over the months, eliminate foods that cause problems. If you had a problem, eliminate the food or foods that could have caused it. Realize that it may have been the quantity of food. It's better to err on the side of eating too little than too much. But, please, don't starve yourself. Continue to eat small meals or snacks (which you know will digest quickly) all day long into the evening.

Start with the foods that have digested quickly for you leading up to the long workouts and didn't cause stomach or other GI problems. Write down the schedule in a journal or notebook where you can review it before your next long run. After each snack, note the amount, the time, and any fluid you consumed with it. As you work on the right quantity and timetable, you'll gain control over how you feel the day before and the morning of the half or full marathon.

Muscle in Focus: Adductor Longus

Once spring arrives and speed sessions start to appear in your training, the adductor longus tends to make itself known, giving you a tight and sore groin. The adductor longus is the main visual muscle that you will see in your groin region. It attaches to the pubic bone and traverses inferiorly towards the mid shaft of the femur (upper leg bone). As the name suggests, its main action is to adduct the thigh (move the leg towards your midline), but it also medially rotates it (turns your leg inwards).

Most distance runners would be familiar with this muscle around spring time, when you start to come off your long, slow winter miles and get into some quicker speed work. Many runners will pull up a little sore initially (delayed-onset muscle soreness, or DOMS) from this change in pace, and the adductor longus is likely to be one of the tight spots. The reason for this muscle becoming sore is not completely obvious. Unlike your calves, which can take a greater load when hitting the ground at higher speeds, the stabilisation activity of this muscle during quicker running is increased, which leads to DOMS – but this being the case, you would think your gluteus medius (hip stabiliser on the other side of the hip joint) is also likely to pull up sore. The other mechanism involved in quicker running that may cause this muscular soreness is through increased stride length. Lengthening in stride causes your adductor longus to go through a greater range of motion in an eccentric contraction with regard to your trail leg. In layman's terms, when running quicker, the leg behind you is put under more stress or load.

What to do about DOMS

Immediately after a session, do all those things that you have been taught – a good cool-down followed by a light static stretch, hot-and-cold shower (or cold pool if available) and fluid and nutrient replacement. Massage, or self-massage, directly after a quick session will not make a difference to the onset of DOMS. Once DOMS has occurred, usually 24-48 hours later, heat followed by a vigorous, non-oily self-massage of the adductor longus will lessen the symptoms and increase your amount of pain free range of motion. Self-massage of the adductor longus involves grabbing hold of and shaking it, followed by superficial frictioning (rubbing of the skin). Static stretching at this stage will rarely help, and can even increase the symptoms. Light, dynamic stretching (gentle swinging of the leg) after heat and massage has been shown to help considerably.

Other problems

The adductor longus can be torn. Many runners would have felt that awful "twang" feeling when attempting to accelerate or tripping on a stick while running trails. If you feel this occur, go and see someone. DON'T stretch this muscle when torn – it will make it worse. In comparison to their neighbors, the adductors have poor blood supply, and as a result they tend to heal slowly. It is important that you seek further medical treatment and advice for what is appropriate for the few weeks following injury.

The adductor longus may also become sore without reason. This is a typical sign that your pelvis is out of alignment and you need to see someone to have a look at it. For those who get regular soft tissue work, ask your therapist to check your pelvis alignment each week – sore or not. They can easily make changes and prevent the pain coming on.

Although stretching this muscle when injured is not a great idea, light stretches when healthy will keep it mobile. Given the muscle does not reach beyond your knee; you can also do a "short adductor" stretch. This is done in a seated position with both heels to your groin and the elbows gently pushing the knees out. An alternative stretch is to lunge (see photo below). The adductor longus you are stretching is the back leg. As you get into a full lunge you will notice it beginning to stretch. When DOMS is apparent, your range of motion will be restricted and the stretch will come on much earlier.



Self-massage to this area should be slow and gradual. Quick sliding techniques will often irritate the adductor longus. Seated with one leg bent at the hip and knee (see photo below), gradually run your thumbs or fingers along the adductor longus, stopping at the sore bits and waiting for this sensation to subside. With any luck it will clear up within a few days.



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If you have any results, articles or stories you would like included in "The Master Copy", please send to:

**The Editor, The Master Copy,
122 Onslow Road, Khandallah,
Wellington 6035, or**

Email to palmer.palace@xtra.co.nz

INJURY PREVENTION

Piriformis Syndrome

Learn how to treat and prevent lower back and buttock pain

THE SYMPTOMS

Pain in the lower back and/or buttocks, sometimes feeling as if it's deep inside the buttock muscles. It may be too painful to sit on the affected buttock. The pain and/or tingling can radiate down the backs of the legs as well.

WHAT'S GOING ON IN THERE?

The piriformis muscle runs behind the hip joint and aids in external hip rotation, or turning your leg outward. The catch here is that the piriformis crosses over the sciatic nerve. The piriformis muscle can become tight from, for example, too much sitting (a problem many working people can relate to). The muscle can also be strained by spasm or overuse. In piriformis syndrome, this tightness or spasm causes the muscle to compress and irritate the sciatic nerve. This brings on lower back and buttock pain, sometimes severe. The diagnosis is tricky because piriformis syndrome can very easily be confused with sciatica.

The difference between these diagnoses is that traditional sciatica is generally caused by some spinal issue, like a compressed lumbar disc. Piriformis syndrome becomes the go-to diagnosis when sciatica is present with no discernable spinal cause.

Runners, cyclists and rowers are the athletes most at risk for piriformis syndrome. They engage in pure forward movement, which can weaken hip adductors and abductors, the muscles that allow us to open and close our legs. Throw in some weak glutes, and all those poorly conditioned muscles put extra strain on the piriformis. And you've got a painful problem.

Another risk for runners: Overpronating (when your foot turns inward) can cause the knee to rotate on impact. The piriformis fires to help prevent the knee from rotating too much, which can lead to overuse and tightening of the muscle.

FIX IT

Employ dynamic rest: Stop the offending activity (if your pain is moderate or severe, you'll want to anyway). Use upper-body workouts to maintain fitness. Core work will probably be a problem because your lower back and glutes will hurt. Let the pain be your guide and back off immediately if you do anything that hurts.

Try an NSAID: An anti-inflammatory like ibuprofen or naproxen can help with swelling and inflammation.

Stretch your hip rotators: As pain allows, try to gradually open up your hips by stretching your hip flexors and rotators. These two stretches can help:

Seated Piriformis Stretch

While sitting in a chair with your back straight, rest your ankle on your opposite knee. Then pull gently down on your knee until you feel a stretch in your hip. Hold for 10 to 15 seconds. Repeat several times with each hip.

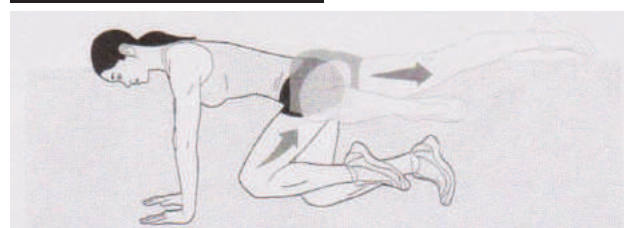
Lying Piriformis Stretch

Lie on your back with your knees raised and your feet flat on the floor. Put your right ankle on your left knee. Raise your left foot while pressing down on your right knee until you feel the stretch in your hip and buttock. Hold for 10 to 15 seconds. Repeat several times, then reverse the leg positions to stretch the left side and do a few reps.

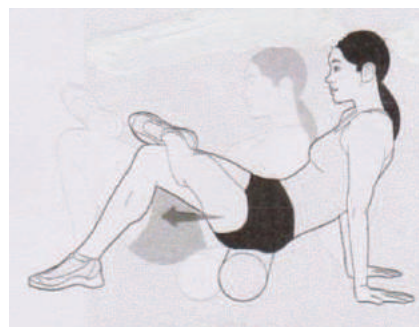
PREVENT IT

Many of the interconnected muscles in this region – piriformis, glutes, hip flexors, hamstrings, quads – support one another, and weakness in one area can mess up the works. In short, if you want healthy piriformis muscles, you need to prioritise total body fitness.

EXERCISES & STRETCHES:



FIRE HYDRANT IN-OUT – Get down on your hands and knees with your palms flat on the floor and shoulder-width apart. Relax your core so that your lower back and abdomen are in their natural positions. Without allowing your lower back posture to change, raise your left knee as close as you can to your chest (your knee may not move forward much). Keeping your left knee bent, raise your thigh out to the side without moving your hips. Kick your raised left leg straight back until it's in line with your torso. That's one rep.



GLUTES ROLL – Sit on a foam roller with it positioned on the back of your left thigh, just below your glutes. Cross your left leg over the front of your right thigh. Put your hands flat on the floor for support. Roll your body forward until the roller reaches your lower back. Then roll back and forth. Repeat with the roller under your right glute.

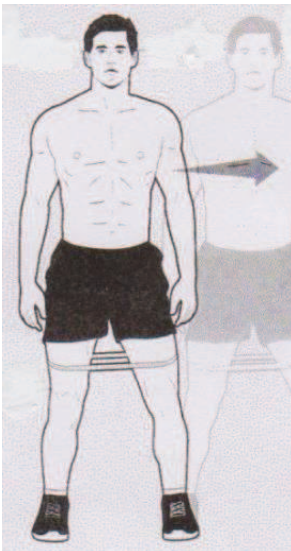
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INJURY PREVENTION

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BODYWEIGHT JUMP SQUATS – Place your fingers on the back of your head and pull your elbows back so they're in line with your body. Perform a bodyweight squat until your thighs are parallel to the floor, then explosively jump as high as you can (imagine you're pushing the floor away from you as you leap). When you land, immediately squat and jump again. Hold dumbbells at your side to make it more challenging.



LATERAL BAND WALKS – Place both legs between a miniband 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.

* * * *

Rest and Cross Training - Important to Know

By Jeff Galloway

Significant rest is as important as the stress components of the running program. It's actually during the rest days from running that your muscles recover enough to prevent injury or lingering tiredness.

To maximize the chance of having resilient legs, it's very important to rest the muscles of the day before the long run. Cross training can be done on other non-running days, as long as the lower leg muscles can recover and you don't seem to be accumulating overall fatigue. Avoid exercises such as stair machines, leg strength exercise, cycling that involves standing up, and step aerobics classes. The most common training exercises are walking, swimming, cycling and upper body strength exercise.

Cross training won't improve your marathon time, and it's not necessary for finishing the marathon. It will provide attitude – boosting endorphins, stress release, and fat-burning on the days when you need to let your running muscles recover.

Easing into new exercises:

- On the first day go five easy minutes, rest for 20-30 minutes, and then go for five more minutes.
- You could start with two to three different exercises, alternating them and gradually increasing the session to one hour.
- During each successive session, increase by three to five minutes on each of the two segments.

For example:

- Session #:**
- 1 - 5 min/5 min
 - 2 - 8 min/8 min
 - 3 - 12 min/12 min
 - 4 - 15 min/15 min
 - 5 - 18 min/18 min
 - 6 - 22 min/22 min.

Exercise every day at first, if you wish, building up to two 30 – minute sessions. You may combine the exercise into a continuous session with a frequency of every other day. On the off day, you may do a different exercise routine.

* * * *

JARGON BUSTER

vVO2 - VO2 max refers to maximal oxygen uptake, but how about vVO2? It's the speed (v for velocity) at which you are running when you're consuming oxygen at your VO2 max, and is sustainable for between six and 10 minutes.

Position Your Body for Success

One important aspect to living a life of wellness is exactly that – living! We live and enjoy this life by being active, allowing our spine, nervous system, and joints to move for optimal functioning.

We can be active by playing a sport, working in the garden, working on a project, or even going on a hike.



Before you dive into your favorite activity, position your body for success and good health. Here's how:

Remember to warm up

Whatever the sport or activity you love, sometimes it's easier to just dive in without a proper warm-up. By not warming up the joints, the chances of straining a muscle or injuring a ligament increase, keeping you on the sidelines.

Warming up is simply starting out slowly. Get your body moving in whatever activity you enjoy, gradually building momentum. If your activity is walking, start slowly and gradually build up speed to your comfort level. Starting out slowly allows your muscles and joints to receive the oxygen and nutrients they need to perform the activity.

By warming up, not only will your body be better prepared for physical activity, but you will also notice improved physical performance.

Utilise proper posture and movement

For example, if you're planting flowers in the garden or working on a project in the garage, remember to lift objects with support from your legs rather than with your back alone. Keeping your back in an upright position while lifting with your legs will help the discs in your spine to stay active and healthy.

Rather than bending down and twisting your back while shoveling, keep your back straight, bend at the knees, lift the loaded shovel with your legs, and turn with your whole body. If you find yourself on your knees for an extended period of time, remember to take a break, get up and move to increase circulation to your leg muscles and knee joints. Studies have shown that active engagement in improving your posture and movement reduce lower back pain.

Together with chiropractic care, warming up with healthy joint movement and body posture will allow you to better enjoy your favorite activities while avoiding injury. You will be able to enjoy a healthier lifestyle, enabling you to further enrich the lives of those you love.

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

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Wellington Olympic Harrier Club 100 Years

On 30th May to the 1st June 2014 the Wellington Olympic Harrier Club celebrated 100 years with a photo session on the Friday night, Saturday afternoon a race followed by dinner in the evening and ending with a light run and lunch on the Sunday.

Saturday afternoon at Bryant's Farm Ohariu Valley was the Grant Memorial for current and older members. Brian Kilpartick and myself attended this event and the dinner. We both now run with the Levin Harrier Club.

The Grant Memorial Race is 8km race consisting of 4 laps over a 2km cross country course. There were 8 creek crossings with plenty of mud - a genuine harrier race. Brian Kilpatrick and I were the oldest competitors with myself at 75 and Brian a young 71 - we ran well and did not get last.

The evening dinner was a great catch up time with people that I have not seen for 30 to 40 years.

The guest speaker for the evening was Dick Taylor winner of the 10000m at the 1974 Commonwealth Games at Christchurch who was an interesting and humorous speaker - and man who had just started his athletic career only to have it tragically halted by arthritis.

Wellington Olympic is the second oldest club in the Wellington district and still maintains a good membership and standard of events.

A great Saturday afternoon and evening a credit to the 100 years committee and hoping we are still as successful in the next 100 years.

Brian Watson

* * * *

THINGS YOU SHOULD'VE LEARNT BY NOW

You will never find anybody who can give you a clear and compelling reason why we put the clocks back.

ATHLETICS WELLINGTON

TRACK and FIELD PROGRAMME 2014/15

<u>Date</u>	<u>Event</u>	<u>Venue</u>
2014		
4 October	Black Programme	Newtown Park
11 October	Gold Programme	Newtown Park
18 October	Black Programme	Newtown Park
25 October	Regional League – Round One	Hastings
26 October	Gold Programme	Newtown Park (Sunday)
1 November	Black Programme	Newtown Park
8 November	Regional League – Round Two	Palmerston North
15 November	Gold Programme	Masterton
22 November	Regional League – Round Three (including Wellington 5000m Champs)	Newtown Park
23 November	Special Olympics	Newtown Park
28-30 November	North Island Masters Track & Field Championships	Hastings
29 November	Black Programme	Newtown Park
6 December	Gold Programme	Newtown Park
13 December	Athletics NZ North Island Championships	Palmerston North
20 December	Scottish Night of Miles (Twilight)	Newtown Park
2015		
1 January	Tauranga Twilight Meet	Tauranga
3 January	Lovelock Classic	Timaru
9 January	Bob Spence 1500m Classic (Twilight)	Newtown Park
9-11 January	North Island Colgate Games	Wellington
16-18 January	South Island Colgate Games	Dunedin
17 January	Potts Classic	Hastings
17 January	Gold Programme (incorporating Kiwi Throwers meeting)	Newtown Park
20 January	Cooks Classic (including Junior 3000m Championships)	Wanganui
23 January	Capital Classic – incl. NZ Senior 3000m & AW Senior 3000m Champs	Newtown Park
31 January	New Zealand 10km Championships	Auckland
31 January	Black Programme	Newtown Park
7 February	Porritt Classic	Hamilton
7 February	Gold Programme	Newtown Park
14-15 February	Wellington Track & Field Championships	Newtown Park
14 February	International Track Meet – including NZ Junior 3000m Champs	Christchurch
21 February	Gold Programme – including Masters Have-a-Go Pentathlon	Newtown Park
28 February	Black Programme/Request	Masterton
6-8 March	Athletics NZ Track & Field Championships	Newtown Park
14 March	Gold Programme	Newtown Park
21 March	Black Programme & Requested Events	Newtown Park
21 March	Melbourne GP	Melbourne
28 March	Request Programme	Newtown Park
28-29 March	Australian Senior Championships	Brisbane
29 March	Special Olympics	Newtown Park

Black Programme:

<u>Time</u>	<u>Track</u>	<u>Field</u>
2.00pm	3000m Track Walk	Pole Vault
2.30pm	Sprint Hurdles	
2.30pm		Shot Put
2.50pm	100m	
3.05pm	800m	
3.25pm	400m	Triple Jump
3.40pm	3000m/5000m	Discus
4.05pm	200m	

Gold Programme:

<u>Time</u>	<u>Track</u>	<u>Field</u>
1.45pm	5000m Track Walk	
2.00pm		High Jump
2.30pm	300m/400m Hurdles	
2.50pm	100m	Javelin
3.05pm	1500m	
3.30pm	Steeplechase (distance of 3000m, 2000m or 1500m)	Long Jump
3.50pm	400m	
4.05pm	200m	
4.30pm		Hammer

MISCELLANEOUS

MEMBERSHIP

Our membership for the 2013-14 year closed at 86 members.

* * * *

AUDIT REPORT

To the Members of the Wellington Masters Athletics Incorporated

I have audited the attached financial report. The financial report provides information about the past financial performance of the Wellington Masters Athletics (Inc.) and its financial position as at 31 August 2014. This information is stated in accordance with the accounting policies set out in the financial report.

Committee's Responsibilities

The Committee are responsible for the preparation of a financial report that provides a true and fair view of the financial position of the Wellington Masters Athletics (Inc) as at 31 August 2014 and the results of its operations for the year ended on that date.

Auditor's Responsibilities

It is my responsibility to express to you an independent opinion on the financial statements presented by the Committee and report my opinion to you.

Basis of Opinion

An audit includes examining, on a test basis, evidence relevant to the amounts and disclosures in the financial report. It also includes assessing:

- the significant estimates and judgments made by the Committee in preparing the financial report,
- and whether accounting policies are appropriate to the Club's circumstances, are consistently applied and adequately disclosed.

I conducted my audit in accordance with generally accepted auditing standards in New Zealand except that my work was limited as explained below. I planned and performed my audit so as to obtain all the information and explanations I considered necessary in order to provide me with sufficient evidence to give a reasonable assurance that the financial report is free from material misstatements, whether caused by fraud or error. In forming my opinion I also evaluated the overall adequacy of the presentation in the financial report.

Other than in my capacity as auditor I am also a member of the Club.

Qualified Opinion

In common with other organizations of a similar nature, control over some income prior to it being recorded is limited and there are no practical audit procedures to test the effect of this limited control.

In my opinion, except for adjustments that might have been found to be necessary had I been able to obtain sufficient evidence concerning income

- the financial report complies with generally accepted accounting practice, and

- gives a true and fair view of the financial position of the Wellington Masters Athletics (Inc.) as at 31 August 2014 and the results of its operations for the year ended on that date.

My audit was completed on 15 September 2014 and my qualified opinion is expressed as at that date.

**Richard Sweetman,
Chartered Accountant (Retired)
Wellington.**

* * * *

Jim Lockhart and Mariette Hewitson Baton

This award is presented in conjunction with the Masters 8km Road Race and is awarded to the athlete whose time is the closest to an age group record.

Past winners of this trophy:

1999	Diane Rogers (Trentham)
2000	Diane Rogers (Trentham)
2001	Ellis Goodyear (Capital)
2002	Ellis Goodyear (Capital)
2003	Diane Rogers (Trentham)
2004	Peter Thomas (Trentham)
2005	Peter Thomas (Trentham)
2006	Ellis Goodyear (Capital)
2007	Sheryne Beeby (Olympic)
2008	Graeme Lear (Scottish)
2009	Diane Rogers (Trentham)
2010	Diane Rogers (Trentham)
2011	Teresa Cox (Trentham)
2012	Michael Wray (Scottish)
2013	Michelle van Looy (Olympic)
2014	Vicki Humphries

* * * *

WEBSITE

Wellington Masters is now in control of our own website. President Michael Wray has spent many hours in getting the new site up and running and it is far superior to the Wellington page that was on the NZMA site. If you inadvertently log onto the NZMA site you will automatically be linked to the new site.

The site can be found at:

<http://www.wellingtonmastersathletics.org.nz/events.html>

Please take the time to have a look at the new site and see the enhancements that have been made.

WELLINGTON MASTERS ATHLETICS INC.

Statement of Receipts and Payments for the period ending 31 August 2014

<u>2013</u>	<u>RECEIPTS</u>	<u>2014</u>
1,145.81	Balance of Current Account 31 August 2013	3,270.83
10,000.00	Total of Term Deposits 31 August 2013	10,000.00
7,190.01	Savings Account 31 August 2013	7,731.18
18,335.82		21,002.01
4,650.00	Subscriptions Received	4,100.00
43.77	Interest on Current Account	23.00
715.03	Interest on Term Accounts	718.87
1,450.00	Race Fees	1,321.00
100.00	Donations	50.00
24,140.00	National Championships Income	-
402.00	Wellington Championships Entry Fees	165.00
345.00	Uniforms Sold	135.00
31,845.80		6,512.87
50,181.62		27,514.88
	<u>PAYMENTS</u>	
4,635.00	Subscriptions to NZMA	3,735.00
879.76	Race Expenses	654.51
750.65	Telephone, Postage & Newsletter Expenses	825.80
22.50	General Expenses	110.00
21,417.95	National Championships Expenses	-
410.00	Wellington Championships Expenses	262.82
603.75	Uniforms Purchased	-
460.00	Track and Field Levy to Wellington Centre	575.00
-	Website Expenses	69.55
-	WMA Honours Board	138.00
29,179.61		6,370.68
21,002.01	TOTAL FUNDS AT 31st August 2013	21,144.20
	Represented by:-	
3,270.83	ANZ Bank Current Account	2,854.15
10,000.00	ANZ Bank Term Deposit due 11/09/14	10,000.00
7,731.18	ANZ Bank Savings Account	8,290.05
21,002.01		21,144.20

Statement of Accounting Policies:

The above statement is prepared on the basis of Receipts and Payments through the Association's banking accounts. No provision is made for accruals of any amounts due at the end of the period. As the Association is not GST registered the amounts in the Statement include GST.

For the Audit Report see page 16.

WELLINGTON MASTERS ATHLETICS

30th Annual 8km Road Race & 6.4km Walk

Olympic Harrier Clubrooms, Johnsonville

Sunday 3rd August 2014

With the weather forecast threatening a repeat of last year's torrential rain and gale force winds, numbers didn't quite return to the previous level. As it happened, a light shower for the start of the walking race gave way to sunshine and the wind restrained itself to 20km/h levels. This year 26 runners and seven walkers took part. As fastest male walker over the hilly four-lap course Geoff Iremonger (Scottish) has this honour and Terri Grimmett (Scottish) for the women.

Fastest male runner over the five-lap course was Stewart Milne (WHAC), chased home by Michael Wray (Scottish). The first two women's places were held by Vicki Humphries (WHAC) and Renae Cresar (Kapiti).

To celebrate the 30th anniversary of the race, medals were awarded to the first three finishers within each grade.

The Jim Lockhart and Mariette Hewitson Baton for the time closest to an age group record was won by Vicki Humphries, who set a new record for the W50 grade.

A special thanks to Brian Watson for organising this event (for the 30th year) and for the marshals and timekeepers – your support is much appreciated.

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

Run (8km)

<u>Name</u>	<u>Club</u>	<u>Age</u>	<u>Race Time</u>	<u>Race Pl</u>	<u>Grade Pl</u>
Stewart Milne	WHAC	M35	28:54	1	1
Michael Wray	Scottish	M45	30:13	2	1
Vicki Humphries	WHAC	W50	33:22	3	1
Chris Clarkson	-	M35	33:47	4	2
David Hood	Trentham	M55	34:32	5	1
Tony Simmers	Olympic	M45	34:54	6	2
Renae Cresar	Kapiti	W35	35:08	7	1
Chris Homan	Trentham	SM	35:38	8	1
Nicola Hankinson	Olympic	W35	36:31	9	2
Glen Wallis	Scottish	M50	37:07	10	1
Brian Hayes	WHAC	M65	37:15	11	1
Neil Price	WHAC	M50	37:47	12	2
John Wood	Hutt Valley	M70	39:20	13	1
Lance Broad	Levin	M55	39:52	14	2
Teresa Cox	Trentham	W45	40:08	15	1
Robin Stephen	Levin	M60	41:41	16	1
Guy Dobson	Levin	M60	44:03	17	2
Maryanne Palmer	Wgtn Tri Club	W60	46:16	18	1
Julie Klein	Olympic	W40	46:28	19	1
John Palmer	Wgtn Tri Club	M65	46:29	20	2
Ray Wallis	Aurora	M70	47:33	21	1
Matthew Squire	Levin	M50	48:01	22	3
Albert van Veen	Hutt Valley	M65	49:31	23	3
Brian Watson	Olympic	M75	49:43	24	1
Peter Hanson	Olympic	M75	53:26	25	2
Bob Slade	Levin	M70	54:49	26	2

Walk (6.4km)

<u>Name</u>	<u>Club</u>	<u>Age</u>	<u>Race Time</u>	<u>Race Pl</u>	<u>Grade Pl</u>
Terri Grimmett	Scottish	W55	42:57	1	1
Barbara Morrison	Scottish	W65	44:19	2	2
Geoff Iremonger	Scottish	M65	50:31	3	1
Andrea Adams	Olympic	W45	51:56	4	3
Daphne Jones	Scottish	W70	51:56	5	4
John Hines	Scottish	M75	53:59	6	1
Robyn Iremonger	Scottish	W65	dnf (3 laps)		

- COMING EVENTS -

2014:

Oct

4	NZ Road Relay Championships	Akaroa
5	Scorching Duathlon	CIT Campus, Upper Hutt
12	Masterton Full & Half Marathon Levin Half Marathon, $\frac{1}{4}$ Marathon & 5km	Masterton Levin
19	Masters 10k Road Race & Walk Napier Half Marathon & 10km	Huia Pool, Lower Hutt Napier

Nov

2	New York Marathon Auckland Marathon Martinborough Charity Fun Ride - 48km and 155km options	New York Devonport, Auckland Martinborough
14	Queenstown International Marathon	Queenstown
15	Rimutaka Rail Trail - 21km, 14km & 7km	Kaitoke
16	Tour of Wairarapa Cycle Race - 50km and 115km options	Masterton
28-30	North Island Masters Track and Field Championships	Hastings

2015:

Feb

14	Buller Gorge Full and Half Marathons	Westport
15	Round the Bays - Half Marathon, 10km & 6.5km	Frank Kitts Park

April

20	119 th Boston Marathon	Boston
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May

5	Nelson Half Marathon, $\frac{1}{4}$ Marathon and 5km	Saxton Field, Stoke
24	Masters Classic Relay	Trentham Memorial Park

Oct

14-18	ITU World Duathlon Championships	Adelaide, South Australia
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2017:

<u>April</u>	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 2014/2015 YEAR
(1st September 2014 to 31st August 2015) = \$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., ANZ 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

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