

THE

MASTER

COPY

Newsletter of Wellington Masters Athletics Inc.

Volume 14 Issue 3

June 2015



Our next event

*Johnsonville 8km
Sunday 12th July*

Entry form on page 17

WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2014-15

EXECUTIVE:

President:	Michael Wray	471 2775
V.President:	John Palmer	479 2130
Secretary:	Albert van Veen	563 8450
Treasurer:	Graham Gould	973 6741

COMMITTEE:

John Hammond	04 292 8030
Tineke Hooft	237 9676
Barbara Morrison	027 271 5177
Sharon Wray	471 2775

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WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2014-15

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LIFE MEMBERS

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

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WGTM TRI CLUB:	The Secretary	PO Box 2201, Wellington 6140	

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

The second annual Athletics Wellington awards were held recently. Wellington Masters were well represented in the nominations. Our members were nominated in the distance category (Grant McLean, Michael Wray), the middle distance category (Tony Price, Michael Wray, Andrea Lambert), the walkers category (Jacqueline Wilson) and volunteers (Sharon Wray). Our strength was reflected within the list of winners, where Grant, Tony, Andrea and Jackie were recognised.

Geoff Henry, who you may remember was recognised in the last year's Athletics Wellington awards for his services to our sport, has been further recognised. Geoff is a long-time member of Wellington Masters Athletics, Wellington Harriers and Athletics Wellington with 40 years of service to athletics. For this, he appeared in the Queen's birthday honours as a Member of the New Zealand Order of Merit. Shortly after this, Geoff was nominated in the Wellington Sportsperson of the Year awards and became the New Zealand Community Trust Volunteer of the Year.

We've been busy working on the events sections of our website. Recent visitors to the site may have noticed that we have added pages for the Athletics Wellington interclub events providing a list of the masters place-getters for past seasons. I remain keen to locate results for prior years so if you have a copy of those for years further back than results are listed, please send me a copy. The next events that will be added to the site will be the North Island Masters Track & Field Champs and the NZMA National Track & Field Champs.

The Classic Cross Country Relay went well this year. Our efforts in finding a 2015 date to minimise clashes with other events appeared to have paid off, with participation numbers at their highest since 2007. We have to book the venue in advance, long before the date of the Vosseler Shield is determined. There was a 50:50 chance of Vosseler falling on the same weekend and it was unfortunate to have Vosseler scheduled for the day before. Fortunately for us a good number of people favoured the relay and many ran both events, including 74 year old Colin Maclachlan. Not even cuts and bruises from a Vosseler tumble prevented Colin from running in the relay. There's a reason why this seasoned vet still holds a number of Wellington Masters records – he's tough!

Don't forget to get your entries in for the Oceania Masters Athletics Champs if you're planning to go to Rarotonga. The timing of this edition of the biennial championships, early in the season instead of late, makes it important that you act promptly. Entries close on 31 August and as well as being a valid 2014/15 member at the time you enter; you will need to have renewed your 2015/16 membership by the end of September for your entry to be considered valid by OMA. You will find the link to online entries on our site, both on the front page and on the events page.

Michael Wray
President

TRAINING

Race Walking Training

Distance Workouts for Base Building

During the base building phase for 5K to 20K race goals, you must train your body to walk farther than your selected race distance. By dedicating a long training day each week to adapting your body to long walks, you gain physical, mental, and emotional benefits. The longer distances teach your body to burn fat as a source of energy and increase your capillaries' capacity. Walking farther than your targeted race distance allows you to feel comfortable focusing on race pace instead of race length.

With all of this said, the base building phase is the easiest to understand. The hardest part involves determining at what pace to train. Easy kilometres must be walked at an easy pace. Make sure you can talk comfortably and maintain good race walking technique at this pace for many kilometres. Do not start out fast and then slow down. If anything, do just the opposite. Start slow, and if you feel good, pick it up a little later. However, do not sprint the end of the workout.

If you maintain a fairly steady pace, the distance makes the workout harder. In the base building phase, the workout really starts only after you walk half the day's distance. Time on your feet, not pace, determines the effort of the workout. Therefore, the first few kilometres should always seem exceptionally easy.

Base Building

For a 10K, your base building phase lasts a minimum of three months. During this time you walk six days a week. If you train hard, you must rest hard. Therefore, include at least one day off each week. If your schedule permits walking only five days a week, then skip one of the easiest days in the schedule. Also note which days of the week you select to serve as workouts and which days as rest days, as long as you do not perform all of the hard workouts consecutively.

In most training schedules, you find that Sunday is the easy distance day. Your mileage on Sundays starts at a low mileage and builds up over a period of time, taking a few steps back along the way. Walking a slow progression of increasing mileage reduces your chance of injury. While your walks on Tuesday, Thursday, and Saturday are not quite as long, we still regard them as easy distance training. Walk just a few easy kilometres on Monday and Friday; these represent your recovery days each week.

Do not be compulsive about walking nonstop during base building workouts. On a long walk, you may need to stop for one reason or another, such as alleviating a burning shin muscle. Rather than pushing through discomfort, you improve more in the long run if you stop to prevent injury with a little stretching, or avoid dehydration by sipping some water from a tap or water fountain.

Training Log

Perhaps the single best tool to monitor your training is a daily log. A log also teaches you about your body's response to various training factors. Record *every* workout — yes, every single one. A training log can be as simple as handwriting in a notebook or as complex as maintaining a computer database. The form of the log matters little: the contents, a lot.

Your training log must describe all aspects of your workout. Start with the distance and pace of your race walk. For an interval workout, list your splits. Also, record average and maximum heart rates for each interval. Finally, documenting your body's response provides useful information down the line: did it feel very easy, painfully hard, or somewhat mixed? One good system involves rating your perceived exertion level for each workout by indicating a number from one to ten. You can place a star next to those workouts you considered successful, hard conditioning. At the end of each month, use the number of stars as a rough basis for assessing the quality of training for that period.

Serious athletes need to document even more information. When you wake up in the morning, record your heart rate before getting out of bed. Your resting heart rate serves as a barometer of your body's condition. If your heart rate rises for a few days, you could be getting sick or dehydrated. Another good habit: note the length (hours) and quality of how you slept. When you suddenly feel run down and don't seem to have any "zip" in your workouts, use your log to determine the possible cause: training too hard, or not getting enough sleep.

For your training log to be effective, it must be accurate. Write your results in it every day. Do not wait until the end of the week to play catch up. By then, issues like how you felt become diluted by confusion or poor recall.

If you want to race at the same pace as your easy distance race walks, then training at your easy distance pace most of the time is fine. However, most people want to race as fast as possible, so their training needs to incorporate faster walks. Race walking faster produces waste products that the body may or may not be able to handle. When your race walking pace remains at or below a certain level — *the lactate threshold* — then your body can process one waste product, lactate, at the same rate it produces this waste. When you race walk faster than your lactate threshold pace, more and more lactic acid builds, eventually slowing your pace. Therefore, to improve performance, you need to train to increase your lactic acid threshold.

Your training programme should include workouts that train your body to improve its lactate threshold. Pushing the threshold higher enables you to race faster without overloading on lactate.

Continued on next page . . .

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Interval Training

Race walking at varied intensity levels trains the many energy systems used by the body during a race. The second phase of training, the *interval training phase*, trains the body to race walk progressively closer to your selected racing pace. A few months into a training program, your body is unprepared to race at your targeted pace. Therefore, you must begin with slower walks and work up to race pace. Completing a full interval training phase and then a *peaking phase* develops your ability to sustain your targeted race pace for your entire race distance.

During this phase, your weekly training consists of three hard workouts and three easy workouts. Notice the significant decrease in weekly mileage when you start this phase. This compensates for the added stress your body takes on when increasing workout intensity.

Why Train Faster?

Distance workouts for interval training resemble distance workouts for base building. The distance day cycles from a moderate distance and builds to a longer distance, with the longest walk no farther than the greatest distance walked during the base building phase. The cycle repeats with each cycle increasing your workload for a few weeks, backing off, and then increasing it again. Importantly, your distance days need to be at an easy pace, so do not increase the pace of the distance workout from week to week. Instead, increase your pace at the start of each cycle and maintain it throughout that cycle. As the length of your easy distance walk increases, your weekly workload elevates slightly. While accelerating the pace of your distance workout at the beginning of each cycle adds to your workload, mileage reduction associated with the beginning of each cycle tempers this acceleration. The true increase in workload comes from the other workouts added to your training regimen.

Walking too fast on distance days leads to problems later in the training cycle. Recovery is as important as training hard.

Tempo Workouts

The *tempo workout* is the first workout for which you race walk at a significantly fast pace. Each week of the cycle contains one tempo day. From week to week within the cycle, the tempo workouts get slightly longer, while your race walking pace remains about the same. The added mileage results in the increased workload. Then, after each cycle, the race walking pace increases and your mileage reduces back to the original distance specified at the cycle's start. This helps your body adapt to the new pace as you increase distance. By reverting back to the shorter distance, your body is able to handle the new intensity.

Tempo walks are a great way to raise your lactate threshold, but they are very difficult workouts and must be done properly to reap full benefit. Failure to walk at the proper pace leads to training the wrong energy systems, thus throwing off the training program's balance.

While you should always warm up before working out, when you race walk a tempo workout you really must make sure you warm up properly.

When you feel you are properly warmed up, try to complete the tempo walk at a relatively constant pace, without stopping. Variance in your pace is acceptable if you start slower and finish a **little** faster than the recommended pace. When race walking a tempo workout, make sure you still can utter a few words, but have difficulty holding a conversation. Once finished, you must take the time to warm down. Walk another mile at easy distance pace and then stretch thoroughly. Do not start a tempo workout fast and slow down.

If you have a watch that stores splits, record them at regular intervals, such as each lap on a track. If you walk on a measured road course, record your time at the locations most convenient to consistently grabbing splits. Splits are important, because walking at a consistent pace or one that slowly speeds up provides more benefits than starting quickly and slowing down. Starting too quickly leads you to use the wrong energy systems, thus eliminating the workout's full benefit. To simulate your target race course experience, measure out a 2K or 2.5K loop when you train on the road. The best way to measure a loop is with a wheel - a car odometer is not accurate enough.

Long Interval Workouts

The third hard workout also raises your lactate threshold. It involves simulating a race by walking a number of shorter-than-race-distance intervals, with a rest in between each one. Many people think they need to walk these intervals at race pace; however, as mentioned, during the Interval Phase the body is unprepared to walk at the goal race pace for the entire race distance. Therefore, walk your first cycle at slower-than-race pace, and each progressive cycle at an increased pace.

After a good warm up using the same regimen employed for the tempo workout, you should be ready to begin. Race walk each interval at the pace listed on your schedule. The first few intervals usually feel fairly easy, but as you progress through the intervals, holding the same pace becomes considerably harder. After each interval, rest enough to catch your wind, thus allowing your heart rate to lower. However, do not totally recover. During the rest period, walk slowly or stretch; do not sit down to wait while time ticks away and your muscles tighten.

When the rest period ends, immediately begin the next interval. Try to use a watch that stores the splits for each interval. Remember, consistency is the key. Record the splits in your training log when you return home from the track.

Take caution when walking interval workouts. You might find it easy to blast the first interval, thus increasing the difficulty of the remaining repeats. Much like the distance workout, you gain more by completing the first few intervals a little slower and the next few on pace. Then, if you have some energy left, push a little faster on the last few repeats.

If you have problems finishing an interval workout, do not quit. Instead, consider two options. Either slow down to a comfortable pace you can sustain for the remaining repeats, or shorten the distance of each repetition. Selecting the latter option requires offsetting the dodged workout by completing additional intervals; this way, the total distance equals that of the original schedule. Finishing these difficult workouts trains your mind to focus and endure, providing great mental advantages when difficulties arise during a race. ¥

TRAINING TIPS

Three Dynamic Stretches to Improve Flexibility and Coordination

When most people think of stretching, static stretches are what come to mind. But while static stretches may have a place in some situations, the benefits of dynamic stretching can be even more advantageous, especially for athletes looking for a sport-specific warm-up routine.

Use these dynamic stretching tips that focus on functional movements to improve flexibility and prevent injury before your workout.

Rethink Your Routine

Dynamic stretching is a routine in which momentum and muscular effort are used to elongate muscles at the end of a range of motion. It can be used as a way to prepare the body for exercise by actively engaging your muscles in movements similar to those you'll perform during your activity.

A lot of athletes shy away from this type of stretching, choosing instead to perform static stretches because it's more familiar.

But if you have an open mind, including dynamic stretching into your routine will benefit your workout in ways that static stretches alone cannot. Because these stretches are based on functional movements, you will improve your range of motion and your coordination, which are both unique to dynamic stretching.

Dynamic Stretches Done Right

Dynamic stretching shouldn't last more than 10 minutes. Keep in mind that just because the stretches involve movement doesn't mean it's supposed to fatigue your muscles. The goal of dynamic stretching is to gradually increase your heart rate and elevate your core temperature before you workout. You should break a sweat, but you shouldn't be breathing hard.

Begin with the following warm-up:

1. Start with jogging, running, or skipping rope. Jumping jacks, burpees, and mountain climbers are other alternatives to get your blood flowing.

2. Once your muscles are warm and you've achieved a light sweat, choose exercises that will warm-up all of your muscle groups. Trunk twists, arm circles, squats, pushups and lunges are a good place to start. Perform each exercise for 30 to 45 seconds.

After you've completed the warm-up, you can move into a few specific dynamic exercises. There are plenty of stretches to choose from, so depending on your activity, you can vary this routine. Here are a few dynamic stretches to get you started:

1. **High knees:** This exercise can be performed in a stationary position or moving forward. Start with a running motion, bringing the opposite arm and leg up at the same time. Gradually increase the speed and height of your legs, driving your knees toward your chest. Remember to match the speed of your arms with the speed of your legs. Start with three sets of 15 repetitions.

2. **Lunge and twist:** Start this exercise by lunging with your right leg. Keep your chest up and your back straight, engaging your core. As you lower your left knee to the ground, twist your upper body toward your right knee. Follow this movement with a twist to the left. Stand back up and repeat, alternating legs. Start with 10 repetitions on each leg.

3. **Leg swings:** This dynamic stretch can be performed side-to-side and front-to-back. For the front-to-back version, stabilize yourself along a wall or balance one arm out to the side. With your feet spread apart to your hip's width, lift your right leg. Swing your leg forward and backward in one movement. Slowly increase the height of the swing in each direction. Start with 10 to 15 repetitions before you switch to the opposite leg.

Begin the lateral version of the exercise by facing a wall or holding onto a short fence. Swing your right leg in front of your left knee. Bring your leg back in front of you and extend to the right, all in one movement without a pause. Be sure to maintain your balance and gradually increase the height of the swing in each direction. After 10 to 15 repetitions, repeat with the opposite leg.

* * * *

Scorching Duathlons

Sunday 9th August – Scorching Bay
Sunday 6th September – Upper Hutt
Sunday 4th October – Scorching Bay

Scorching Triathlons

(all to be held at Scorching Bay)

2015

Sunday 15th November
Sunday 6th December

2016

Sunday 24th January – Scorching 100th (including the 'Scorching Half')
Sunday 28th February
Sunday 13th March – Triple Challenge
Sunday 3rd April – Teams Challenge.

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NUTRITION & FOOD

Bone Broth: A Must-Eat Staple in Every Athlete's Diet

By Peter Servold

Few remember the American athlete Gertrude Ederle, who was cheered with confetti by an estimated two million New Yorkers in 1926. At the age of 19, she swam across the English Channel. Because conditions were rough, Gertrude did not swim in the 21-mile straight line she had anticipated. Instead, she navigated a 35-mile course from Cap Gris-Nez, France, to Kingsdown, on the English coast.

Nevertheless, she set a record of 14 hours and 31 minutes, breaking the previous record of 16 hours 23 minutes set in 1923 by Italian Sebastian Tirabocchi.

What gave her the strength to make the arduous crossing? Bone broth, supplied by her companion boat.

Back in the early part of the 20th century, athletes recognized the strengthening powers of broth. They knew they needed to eat meat, not candy bars — or energy bars, as they're known today.

While the marketplace is infused with a weekly rotation of super food staples you supposedly should be adding to your diet, bone broth has stood the test of time. Made by simply roasting and simmering the bones of pastured animals in water for a very long time, bone broth is nature's most nutrient-dense, easily-digestible liquid, filled with micronutrients, minerals, amino acids and collagen.

As an athlete, the daily addition of bone broth to your diet could be the cure for what ails you, including the tendons in your wrist that hurt or the ligaments in your knee that swell. Cate Shanahan, the head doctor for the LA Lakers, recently said bone broth was "the number one miracle food for your joints and connective tissue (including bone) is bone broth because it contains compounds that act like growth hormones in these tissues."

This principle doesn't apply to just pro athletes. Any level of athlete will benefit from the healing liquid of broth. When it comes to nutrition, eating a well-balanced, anti-inflammatory diet isn't enough; the amino acid chains that are available from making bone broth aren't going to be found in the meat we eat every day.

Bone broth introduced into your diet will kill inflammation and swelling. It will make you feel younger at the gym, on the bike or on a run. As athletes, we make a daily habit of beating up our body to grow stronger. Bone broth as a daily supplement intake is one of the best sources of fuel for your body to heal and grow.

In addition, bone broth heals leaky gut syndrome (bloating, gas, cramps or any other digestive issue) by reducing inflammation and increasing absorption rates of nutrients. Why does this matter to the athlete? You process food more efficiently, which aids muscle recovery quicker and enhances your performance faster.

Bone broth is one of the best things you to add into your daily diet. It's easy to make, loaded with flavor, and provides tons of nutrients. Like Dr. Shanahan says, "What it really boils down to is this: In the context of real food, flavor equals nutrition."

About the Author:

Peter Servold - Based in San Diego, California, Peter Servold is a Le Cordon Bleu-trained chef, founder of national food delivery service Pete's Paleo, and author of *Paleo By Season*, one of Amazon's Top 10 Gourmet Cookbooks for 2014. Learn more about Peter at www.petespaleo.com.

* * * *

QUEEN'S BIRTHDAY HONOURS

Congratulations to Geoff Henry who was made a Member of the New Zealand Order of Merit (MNZM) in this year's Queen's Birthday Honours.

Geoff was awarded this honour for his services to athletics. He has been involved with the sport for more than 40 years. He is a past president and Life Member of Athletics Wellington. He has formed or re-established children's athletic clubs in Wellington Eastern Suburbs, Upper Hutt, Naenae and Otaki and assisted the establishment of Team Wairarapa.

He coaches disabled children, master athletes and adult athletes with disabilities and helps train new coaches and runs officials courses. He was awarded an Athletics New Zealand Merit Award in 2013.

* * * *

Chocolate Walk Race Results 2015

Wellington Masters who participated:

<u>Name</u>	<u>Club</u>	<u>Time</u>
Peter Bailie	Scottish	35:47
Bob Gardner	Scottish	37:56
Terri Grimmett	Scottish	38:43
Jackie Wilson	Trentham	40:52
Warren Jowett	Trentham	41:03
Phillip Grimmett	Scottish	41:34
Daphne Jones	Scottish	45:40
John Hines	Scottish	47:02
Rob Hannan	Wainuiomata	49:16
Murray Gowans	Scottish	50:25



RECIPE

Bean and Rice Salad

Not just for vegetarians, this salad makes a great summer lunch and contains a combination of protein and carbohydrate which helps you feel full.

Ingredients:

- 100g long-grain rice, cooked according to packet instructions
- 100g canned kidney beans, drained and rinsed
- 100g canned butter beans, drained and rinsed
- 100g canned borlotti beans, drained and rinsed
- 100g canned chickpeas, drained and rinsed
- 2 tomatoes, deseeded and chopped
- ½ cucumber, chopped
- 2 iceberg lettuce leaves, shredded
- 2 tbsp chopped parsley
- 2 tbsp chopped chives
- 2 tbsp white wine vinegar
- 5 tbsp olive oil

Method:

- Mix the rice in a large bowl with the pulses, tomatoes, cucumber, lettuce and chives.
- Mix the vinegar and oil together, season with salt and pepper, and stir into the salad.

Tip:

100g is equivalent to half a cup of beans. Alternatively, you can substitute a 400g tin of mixed beans.

Preparation time:

Serves: 2

Preparation: 10 minutes.

Nutritional information:

Kilojoules 2209

Carbohydrate 49.6g

Protein 15.7g

Polyunsaturated fat 3.7g

Monounsaturated fat 20.7g

Saturated fat 4.5g

Fibre 15.1g.

Running benefits:

This protein and carbohydrate packed salad is a perfect vegetarian option, to help repair any post-run muscle aches and re-stock your glycogen stores ready for your next training session.

* * * *

PEAK NUTRITION

Must buy grocery items

Sweet Potatoes: These are a must for runners. Just a single 420 kilojoule sweet potato supplies over 250 per cent of the RDI for vitamin A in the form of beta-carotene, the powerful antioxidant. Sweet potatoes are also a good source of trace minerals manganese and copper, which many runners are deficient in, and can impact performance as these minerals are crucial for healthy muscle function. Sweet potatoes can be roasted or boiled, filled with beans or low fat cheese or added to your favourite stews and soups.

Mixed Salad Greens: Rather than selecting one type of lettuce for your salad, choose mixed greens which typically offer five or more coloured greens. Each variety offers a unique blend of phytonutrients that research suggests may fend off age-related diseases such as Alzheimer's, cancer, heart disease and diabetes. Toss a green salad with tomato, cucumber, mushrooms, and an olive oil-based dressing, or stuff mixed greens in your sandwiches, wraps and tacos.

Wholegrain Bread: Runners need at least three to six 30 gram servings of whole grains per day, and eating 100 per cent wholegrain is an easy way to meet this requirement, since one slice equals one serving. Bread is versatile, portable and ready to eat. Spread with peanut butter or stuff with your favourite sandwich fillings and plenty of sliced vegies for a one-handed recovery meal.

Chicken: Runners need about 50-75 per cent more protein than non-runners to help rebuild muscles and promote recovery after tough workouts. Just one 100 gram serving of chicken can supply about half a runner's daily protein needs. Chicken also contains selenium, a trace element that helps protect muscles from free-radical damage that occurs during exercise, and niacin, a B vitamin that helps regulate fat burning during a run. Chicken's versatility makes it perfect for runners with little time to cook. Bake, grill, poach, or add to a stew or soup. Leftover chicken works well on top of salads, mixed into pasta or added to sandwiches.

* * * *

Two guys were working for the city works department. One would dig a hole and the other would follow behind him and fill the hole in.

They worked up one side of the street, then down the other, then moved on to the next street, working furiously all day without rest, one guy digging a hole, the other guy filling it in again.

An onlooker was amazed at their hard work, but couldn't understand what they were doing. So he asked the hole-digger, "I'm impressed by the effort you two are putting into your work, but I don't get it - why do you dig a hole, only to have your partner follow behind and fill it up again?"

The hole-digger wiped his brow and sighed, "Well, I suppose it probably looks odd because we're normally a three man team. But today the guy who plants the trees called in sick."

THE ATHLETE'S KITCHEN

Copyright: Nancy Clark MS RD CSSD, April 2015



Carbohydrates: Why are they so confusing?

Carbohydrates seem to be a source of confusion for marathoners and fitness joggers alike. Due to the *Paleo Diet*, *Grain Brain*, *Wheat Belly*, and other trendy diet books, many runners don't know what to eat. They just think they should avoid pasta, bagels, juice, bananas and sugar — even if these foods are non-problematic for them. Yet, most of the *carbs are evil, fattening & bad for you* hype is targeted not to runners but to the masses of overfat, underfit people whose bodies do not handle carbohydrates as healthfully.

What are "carbs"?

Some runners are confused about carbs because they do not even know what carbohydrates are. One marathoner claimed he "stayed away from carbs." Yet, he routinely ate oatmeal for breakfast, whole wheat wraps for lunch, and sweet potato with dinner. He failed to understand that oatmeal, wraps, and potatoes are carbohydrates. He was actually limiting his intake of *refined sugars*; there is a big difference! Here's what he needed to know about *Carb Biochemistry 101*:

- Carbohydrates include both sugars and starches. Carbs are in fruits, vegetables, grains, and milk (lactose). These carbs all digest into the simple sugar glucose. Glucose travels in the blood and, with the help of insulin, is taken up for fuel by the muscles. Runners who restrict carbs pay the price — "dead legs" and inability to perform at their best.
- All carbs — both sugars and starches — are equal sources of muscle fuel. Regardless of whether you eat a starchy potato or sugary candy, the end product is the simple sugar glucose. Some of that glucose feeds your brain; some of it fuels your muscles; and some gets stored in muscles as glycogen, ready to be used for fuel during hard and extended exercise.
- Sugars and starches are biochemically similar. For example, an unripe banana (or any fruit) is starchy. As it ripens, it becomes sweeter; the starch converts into sugar. In comparison, peas (and other vegetables) are sweet when young and their sugar converts into starch as they mature.

Are carbs bad for you?

Regarding health, some carbs are better for you than others because they offer more nutrients. For example, the sugar in sport drinks provides "empty calories" with no nutritional value (unless they are fortified to give a healthier appearance). The sugar in orange juice is accompanied with vitamin C, folate, potassium, and many other vitamins, minerals, and plant compounds that contribute to good health.

While juice offers slightly less nutritional value than you'd get by eating the whole fruit, most anti-juice hype is targeted at overfat people. Liquid calories from juice, soda and sports drinks do not contribute to satiety (fullness). Hence, drinking sugary beverages with meals adds extra calories that can contribute to undesired weight gain. Yet, for active people who want to gain weight, juice can help a skinny runner easily boost calorie intake while simultaneously adding carbs for fuel that enhances muscle-building workouts.

Even though refined sugar adds "junk calories" to a sports diet, you need not eat a sugar-free diet to have a good diet. A fit and healthy runner's menu can accommodate 10% of calories from refined sugar (World Health Organization's guidelines). Yet, if you frequently consume sports drinks, gels, and sports candies — as well as other sweets — you can easily consume more than 250 to 350 calories (10% of calories) from refined sugar. Please don't displace too many fruits, veggies and whole grains with empty calories from sugar.

What about high fructose corn syrup?

High fructose corn syrup (HFCS), also deemed evil and fattening, is less evil and less fattening than portrayed by the media ⁽¹⁾. (Ninety percent of 567 media reports on HFCS since 2004 replaced science with opinion and were biased to the erroneous ⁽²⁾.) HFCS is a double molecule comprised of 45% glucose, 55% fructose — the same as honey and similar to white sugar (50% glucose, 50% fructose). The negative hype about HFCS applies primarily to overweight folks who consume excessive calories of sweets, soda, candies and processed foods sweetened with HFCS. While no one needs excessive, lack-luster calories that could be better spent on nutrient-rich fruits, veggie and whole grains, does an athlete really need to fret about a few calories of HFCS in ketchup?

Are carbs fattening?

Despite popular belief, carbohydrates are not inherently fattening. *Excess calories* are fattening. Excess calories of carbs (bread, bagels, pasta) are actually less fattening than are excess calories of fat (butter, salad oil, cheese). That's because storing excess calories of sugar as body fat requires more energy than does storing excess calories of dietary fat as body fat. This means, if you are destined to be gluttonous and want to suffer the least weight gain, indulge in (high carb) frozen yogurt instead of (high fat) ice cream!

Continued on next page . . .

Continued from previous page

What about sugar “highs” and “lows”?

Sugar “highs” and “lows” can easily occur in overfat, underfit people. Most runners, however, can metabolize sugar without problems. That’s because exercise enhances the transport of sugar from your blood into your muscles with far less insulin than needed by the body of an unfit person. The unfit body contributes to the rise in blood sugar that triggers the need for excess insulin and leads to the “crash.”

The most common reason for “sugar crashes” (hypoglycemia) among runners relates to running out of fuel. The shakiness and sweats are because the athlete did not eat enough carbs to maintain normal blood glucose levels and the brain is now demanding sugar. One marathoner thought the 100-calorie gel he took at mile 16 caused him to “crash.” More likely, he needed 200 to 300 calories to meet his energy needs, not just 100 calories.

You are an experiment of one

If you have intestinal distress relating to wheat, gels, onions, milk or any of a multitude of fruits, veggies and grains, your best bet is to figure out how much (if any) you can tolerate. The dose might be the poison. If you need to eliminate wheat due to celiac disease or gluten intolerance, you might have trouble getting enough carbs to fuel your muscles. That is, you’d need to eat 3 cups of blueberries to replace one bagel. Not only is that expensive, but also puts you at high risk for undesired pit stops. Consulting with a registered dietitian (RD) can be a smart idea! The referral network at SCANDpg.org can help you find a local sports RD who can address your food concerns and take the confusion out of carbohydrates.

Selected References:

1. Lowndes, J, S Sinnett, S Pardo, V Nguyen, K Melanson, Z Yu, B Lowther, J Rippe. The effect of normally consumed amounts of sucrose or high fructose corn syrup on lipid profiles, body composition and related parameters in overweight/obese subjects. *Nutrients* 2014. 17; 6(3):1128-44.
2. <http://www.forbes.com/sites/trevorbutterworth/2014/02/06/sweet-and-sour-the-media-decided-fructose-was-bad-for-america-but-science-had-second-thoughts/>

Boston-area sports nutritionist Nancy Clark, MS, RD counsels both casual and competitive athletes at her office in Newton, MA (617-795-1875). Her best-selling *Sports Nutrition Guidebook* is available at www.nancyclarkrd.com, along with her food guides for cyclists, runners, and soccer players. For online education, 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.

* * * *

*What do you get when running in front of a car?
. . . . Tired!*

*What do you get when running behind a car?
. . . . Exhausted!*

* * * *

Natural or Not?



We’re all looking for easier ways to stay healthy. In today’s busy life, it’s hard to find the time!

The products we find in the supermarket are often labeled to help us select better-quality products — but what do those labels really mean?

One label that you’ll commonly see on foods of all types today is “natural.” The fact is, nobody is really sure what this means.

We might think it means fewer harmful chemicals, that it’s produced in a simpler way or that it is an organic product.

In reality, “natural” has no legal definition and can be put on any food products.

Buzzwords like natural, simple or simply, GMO-free and free-range could mean there are less harmful effects of that product in some ways.

The most important thing is to read the labels and do your research, so you can decide what is best for your family.

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

* * * *

The Explanation

Brains of older people are slow because they know so much.

People do not decline mentally with age, it just takes them longer to recall facts because they have more information in their brains, scientists believe.

Much like a computer struggles as the hard drive gets full, so, too, do humans take longer to access information when their brains are full.

Researchers say this slowing down process is not the same as cognitive decline.

The human brain works slower in old age - only because we have stored more information over time.

The brains of older people do not get weak.

On the contrary, they simply know more.

Also, older people often go to another room to get something and when they get there, they stand there wondering what they came for.

It is NOT a memory problem - it is nature's way of making older people do more exercise.

Five Hamstring Stretches Your Legs Will Love

Whether you're running around all day or sitting at your desk for hours, tight hamstrings can lead to a number of injury issues, if they're left unattended.

Running, biking, or lifting can leave you with tight hamstrings. But did you know sitting all day can also shorten the muscles, causing tightness in the hamstrings, knees and low back?

To keep yourself injury free, stretching and mobility training should be a part of your daily exercise routine. Add these five exercises into your warm up or cool down to prevent aches and pains.

Good Morning Stretch

Activate and engage the hamstrings, glutes and low back with a simple hip hinge. Begin in a standing position with feet shoulder-width apart.

With a slight bend in the knees, core flexed and weight in the heels, reach your rear backwards while lowering your chest toward the ground. Your hamstrings will load up with tension as your weight shifts back. Finish the move by driving your hips forward and chest back to an upright or standing position. Perform three sets of 12 repetitions.

Standing Extended Stretch

Try this for a deep stretch. You'll need a chair or bench to rest your foot on. It's best to have a surface lower than hip height when starting out. Begin in a standing position about 2 feet from you chair or bench. Place your right heel on the bench and flex your toe toward your shin. Reach your hands toward your right foot, slowly. Hold this position for 30 seconds before repeating the process on the left foot. Complete three sets on each foot.

Reclined Hamstring Stretch

Grab a yoga mat and lay down on your back. Extend your legs in a straight line from your body. Keep your left leg on the ground while raising your right leg to 90 degrees. Keep your pelvis on the ground and flex your toe to your shin. Use your hands to grasp your leg just below the knee, pulling it toward your upper body. Once you can't go any farther, hold the position for 30 seconds before switching feet.

Dynamic Hamstring Stretch

The first three stretches have been static, meaning you reach until you find a sticking point and hold it there. This stretch has a little more movement than the others, making it a dynamic stretch.

Standing tall, extend your arms straight out. Step your right foot forward swinging your leg up, trying to kick your hand. Bring your right foot down and repeat the move with your left foot. Alternate your feet for 30 seconds. This move can be done standing in one spot or walking across the room.

Myofascial Release - Foam Rolling

Grab a foam roller and sit on the ground. Place the roller under one or both of your hamstrings. Prop yourself up on to your hands and place your bodyweight into your legs, pressing into the hamstrings. Walk your hands backward and forward to roll up and down the back of your legs. This type of self-myofascial release will break up scar tissue and improve circulation, helping to recover faster and enhance performance.

* * * *

CURB YOUR CRAVINGS

We all know those nights when you're home with a sweet tooth but you don't want to eat lots of processed sugar that will make you feel guilty. We've put together a delectable list of healthy alternatives to satisfy your cravings without ruining your diet.

Sweet ideas for when you're:

Hungry: Sliced banana with peanut butter and a few dark chocolate chips.

Feeling light and fit: Greek yogurt, berries, organic maple syrup and almonds.

Entertaining: Fruit of your choice dipped in dark chocolate fondue.

Bored: Air-popped popcorn drizzled with honey and cinnamon.

Craving cozy: Hot-cocoa made using unsweetened coconut milk and cacao powder.

In a melancholy mood: Chai-tea with a splash of milk (and a biscotti).

Under the weather: Honey lemon tea.

As you shun refined sugars, you will appreciate the subtle natural flavours that emerge. So go ahead, indulge in a healthy treat and enjoy every delicious moment!

Ed: This article has been reproduced with the kind permission of Dr Louise Bruce-Smith, 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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Don't forget to visit our website at:

www.wellingtonmastersathletics.org.nz

and another site that may be of interest to members:

<http://athleticsrankings.com>

INJURY PREVENTION

Prevent These Five Common Running Injuries

These exercises will stop the potential pain in its tracks

If you take the right preventative measures, you can avoid pain before it starts. The American College of Sports Medicine recently released the five most common injuries runners face every year. Here are some of the best ways to avoid the most-frequent pains, strains, and aches that can come with the territory.

1. Hamstring Muscle Strain

The Problem: The back of your thigh stiffens or feels knotted, especially when accelerating or decelerating. One of your three hamstring muscles that allow you to bend your knee — the semitendinosus, semimembranosus, or biceps femoris — has either stretched too far or torn. This can happen when your hamstrings are challenged with a sudden load: for runners, this happens when you break into a sprint and ask your muscles for the force needed to accelerate your body's weight.

Thwart It: Try a hamstring-strengthening exercise like the Swiss ball hip raise and leg curl. Lie on your back with your heels on a Swiss ball. Lift your hips so your body is straight from ankles to shoulders. Pull the ball toward your butt as you bend your knees. Reverse the move, but don't let your hips sag or touch the floor. Do 2 to 3 sets of 8 to 12 reps.

2. Iliotibial Band Syndrome

The Problem: You feel pain on the outside of your knee. Your IT band, the tissue on the outside of your thigh that stabilizes your knees and hips, is rubbing part of your lateral femoral condyle, the projecting part of your thigh bone. The most likely culprits are excessive down- or uphill running, bow-legged movements, a long stride, weak hips, or incorrect foot-to-ground contact.

Thwart It: Strengthen your hip abductors with an exercise recommended by Reed Ferber, Ph.D., director of the Running Injury Clinic. Anchor one end of a resistance band to the leg of a stable bench. Stand with your feet parallel to the bench and attach the other end of the band to your outside foot. Now pull the band away from the bench with your outside foot and hold for 2 seconds, and then release for 2. Start with one set of 10 reps for each leg and increase to 3 sets over time.

3. Ankle Sprain

The Problem: You twist, roll, or turn your foot unevenly and the ankle ligaments stretch beyond their normal range. According to the American Academy of Orthopaedic Surgeons, approximately 25,000 people sprain their ankles every day.

If you have slight swelling and feel pain if you jog or jump, your ankle will typically heal in one to two weeks, says Jonathan Cluett, M.D., an orthopedic surgeon in Massachusetts. If you see bruising or can't walk, expect at least three months to feel back to normal, Cluett says.

Thwart It: If you've sprained your ankle before, it's much more likely that you will do it again — and it will hurt more. Use an ankle brace and tape after injuring it and you are 35 percent less likely to do it again compared to those who did nothing, says a Wellesley College study. "For a brace to be effective, it often restricts motion that is normal while performing a sport," Cluett says.

4. Stress Fractures

The Problem: Your muscles become tired and can't absorb added shock due to overuse. The fatigued muscle eventually transfers the stress to your bone, causing a tiny crack. More than half of all stress fractures occur in the lower leg, according to the American Academy of Orthopaedic Surgeons. The most common spot to injure is your tibia, or shinbone, but the bones in your feet, fibula, femur, and pelvis are also at risk.

Thwart It: A study in *American Family Physician* showed that taking calcium and vitamin D supplements lowers your chances of a stress fracture. Also, if starting a new training program, begin at a low mileage and gradually increase the amount you run each week, says sports medicine professionals David Tietze, M.D. and Thomas Best, M.D. Increase your mileage no more than 10 to 20 percent per week.

5. Runner's Knee

The Problem: You feel a dull ache under the centre of your knee that feels worse after walking uphill. This patellofemoral pain syndrome, or runner's knee, occurs when your thigh bone rotates too far inward, which leads to pressure on your kneecap.

Thwart It: Strengthen your hip muscles by doing the hip abductor exercise described to prevent iliotibial band syndrome. You can also move your banded leg behind you 45 degrees for 2 seconds and release for 2 seconds, working your gluteus medius, the muscle that internally rotates your hip.

On-Line Entry for Oceania Champs (Cook Islands) in October Now Open

Entries Close at 2am on 1 September 2015.

Note: Entrants must be financial members for the 2014/15 year (when entries close) and the 2015/16 subscription to be paid by the 30 September 2015 (when new season entries are verified by OMA).

ATHLETIC PROFILE – PETER HANSON

Peter Hanson turned 78 in March. He lives in a retirement village in Aotea with his wife. He also runs marathons, throws the shot put, and does a bit of cross country and trips around the world competing in Masters' competitions in the 75-79 age category. He goes to the gym each week and does weights at the retirement village. He is often seen out running in Aotea.



He has been to three world masters events. He often returns from competitions with medals, which he frames and puts up on the wall in his unit – and is fast running out of wall space. At the recent New Zealand Masters Games he came away with gold medals.

"I've got about 30 medals in total," he proudly says. "I've only counted the golds. I've also got numerous silvers and bronzes," he added.

Hanson, who is coached by Alastair Leslie, rejoined Olympic Harriers when he got made redundant at 58. He is a current member of the club and is a past president of Wellington Masters Athletics and first joined an athletics club in 1963. He says getting fit saved his life. He is ranked first in the country in the shot put, and all running events from 60m to 800m, and is second in the discus. He even did a 2-years personal best time in the 1500m recently.

When he turned 70, he thought he'd celebrate. So he ran the London Marathon, running in 27 degree heat with a hanky over his head to prevent sunburn.

"It was the hottest marathon they have ever had," he recalls.

He often competes in Wanganui, where he has only been beaten once since 2009. But he was a bit miffed to get a silver medal in the shot put at the recent Masters Games. "I got beaten for the first time in four years by a young guy who came through."

That 'young guy' was 75.

However he says he'll improve. He is planning to go to Raratonga for the Oceanias later this year and says he may even do the steeplechase. He says he has never won an international Masters or an Oceania title – his best is a silver - but says he has a fair chance when he 'ages up' for the International Masters in 2017, which will be in Auckland.

"I will turn 80 the day that it starts," he proudly says. "I might be a bit more competitive. I'm motivated to win."

Hanson did say he'd be quite competitive with young Hutt sprinter Nick Smith, who dipped under 11s in the 100m for the first time at the Les Mills NZ Track and Field championships – but he'd have to have a handicap.

"If I started out at the 60m mark we'd both finish at the same time."

The only thing he doesn't enjoy about athletics is waiting around to race - pointing out that they run the older runners last.

He is unsure what he'd do if he wasn't involved in athletics – but he is sure he won't be sitting around, "I'd probably play a bit of golf."

Reproduced with kind permission from Athletics Wellington News

* * * *

An old man went to the doctor complaining of a terrible pain in his leg.

"I am afraid it's just old age", replied the doctor, "there is nothing we can do about it."

"That can't be" fumed the old man, "you don't know what you are talking about."

"How can you possibly know I am wrong?" countered the doctor.

"Well it's quite obvious," the old man replied, "my other leg is fine, and it's the exact same age!"

30th Wellington Masters Classic Cross Country Relay

Trentham Memorial Park, Upper Hutt, Sunday 24th May, 2015

Once again a fine day out in Trentham with firm running conditions underfoot for the running of this event.

This year 18 teams (12 running and 6 walking) took part - the most teams since 2007 where 18 teams also took part.

Fastest laps for the runners were Michael Wray (Scottish) 14:28 and Michelle van Looy (Olympic) 16:58. Fastest walkers were Peter Baillie (Scottish) 24:01 and Jackie Wilson (Trentham) - 28:05.

A big thank you to those members and non-members who acted as marshals on the day and to Trentham United Harriers for setting out the course and for manning the barbecue - much appreciated.

Open Men:

Scottish

Michael Wray	0:14:28
Brendon Thompson	0:15:02
James Turner	0:16:13
Peter Kelly	0:15:28
Bill Twiss	0:15:30
	1:16:43

1 of 2

Hutt Valley

Neil Sargisson	0:17:35
Mark O'Sullivan	0:22:54
Paul Cavie	0:21:45
Glen Perkinson	0:20:44
Darren Gordon	0:16:12
	1:39:11

2 of 2

Open Women:

Scottish

Pam Graham	0:19:36
Jo Badham	0:20:26
Christine Jones	0:20:54
Loretta Desourdy	0:23:57
Mandy Simpson	0:20:09
	1:45:04

1 of 2

Hutt Valley

Vanessa Trompetter	0:20:41
Liz Gibson	0:22:11
Melanie McKnight	0:19:09
Isobel Franklin	0:24:00
Trish Coley	0:22:09
	1:48:10

2 of 2

250+

Scottish

Jonathon Harper	0:18:39
Chris Wood	0:19:07
Don Stevens	0:20:36
Dave Young	0:21:25
John Skinnon	0:19:02
	1:38:49

1 of 1

300+

Hutt Valley

Paul Newson	0:19:03
Peter Sparks	0:18:43
Albert van Veen	0:22:36
John Wood	0:19:37
Steve Cummings	0:16:46
	1:36:45

1 of 2

Scottish

Warren Burke	0:16:38
Barbara Morrison	0:24:27
Richard Sweetman	0:20:00
Colin Maclachlan	0:37:31
Bob Stephens	0:20:14
	1:59:10

2 of 2

Mixed

Trentham

Stephen Mair	0:16:41
Janet Pitman	0:17:25
Kerry Beaumont	0:18:59
Paul Homan	0:17:54
David Hood	0:17:06
	1:28:05

1 of 5

Olympic

Grant Carroll	0:16:20
Greg Turner	0:17:02
Michelle van Looy	0:16:58
Marie Push	0:19:20
Zhihao Cai	0:19:16
	1:28:57

2 of 5

Parkrun

Warwick Smith	0:16:10
Nuala Dunne	0:19:21
Tony Gormley	0:18:53
Suzanne Halpin	0:22:33
Brian Dunne	0:17:16
	1:34:13

3 of 5

Olympic

Brian Watson	0:24:16
Annie van Herck	0:23:03
Ele Brown	0:23:30
Jean Skilton	0:23:08
Tineke Hooft	0:19:14
	1:53:13

4 of 5

Scottish

Angela Campbell	0:24:00
Catherine Manchester	0:24:42
Sharon Wray	0:25:11
Jane Drummond	0:28:07
Michael Browne	0:44:37
	2:26:25

5 of 5

Open Walkers

Scottish

Peter Baillie	0:24:01
Philip Grimmett	0:27:06
Bob Gardner	0:26:41
	1:17:48

1 of 1

150+

Trentham

Jackie Wilson	0:28:05
Warren Jowett	0:27:34
Jon Roskvist	0:29:58
	1:25:38

1 of 5

Scottish

Ian Morton	0:27:57
Daphne Jones	0:32:40
Barbara Morrison	0:30:04
	1:30:37

2 of 5

Trentham

Joe Antcliff	0:30:33
John Ihaka	0:33:58
Jackie Wilson	0:30:02
	1:34:33

3 of 5

Trentham

Val Buddle	0:30:26
Pat Scholes	0:36:54
Viv Antcliff	0:34:11
	1:41:31

4 of 5

Scottish

Murray Gowans	0:36:43
John Hines	0:33:31
Rob Hannan	0:33:35
	1:43:49

5 of 5

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ATHLETICS WELLINGTON

COMPETITION CALENDAR

WINTER 2015 (Sanctioned Events)

<u>Date</u>	<u>Event</u>	<u>Venue</u>	<u>Organised by</u>
7 June	Scottish 3 Peaks Event One	Scottish Clubhouse	Wellington Scottish AC
13 June	Dorne Cup	Trentham Memorial Park	Hutt Valley Harrier Club
28 June (TBC)	Wainuiomata Classic Mountain Run, incl. Wellington Champs	Wainuiomata	Wainuiomata H&AC
4 July	NI Cross Country Championships	Taupo	Taupo Harrier Club
5 July	WLG Marathon, Half, 10km, Kids Mile (incl. WLG Marathon Champs)	Westpac Stadium	Wellington Marathon Clinic
12 July	Masters 8km Road Race	Johnsonville	Wellington Masters
18 July	5k / 10k Walking Races	Mackays Crossing	Wellington Scottish
18 July	Wellington Cross Country Champs	Waikanae	Kapiti Running & Tri Club
26 July	Scottish 3 Peaks Event Two	Scottish Clubhouse	Wellington Scottish AC
1 August	NZ Cross Country Championships	Christchurch	Athletics NZ
4 August	Scottish Waterfront 5km	Queens Wharf	Wellington Scottish AC
8 August	Bays Relay & Walkers 5k Turkey Trot	Island Bay	Wellington Harrier AC
11 August	Scottish Waterfront 5km	Queens Wharf	Wellington Scottish AC
18 August	Scottish Waterfront 5km	Queens Wharf	Wellington Scottish AC
22 August	Wellington Road Running Champs	Wainuiomata	Wainuiomata H&AC
22 August	Wellington Road Walking Champs	Trentham	Wellington Scottish AC
25 August	Scottish Waterfront 5km	Queens Wharf	Wellington Scottish AC
1 September	Scottish Waterfront 5km	Queens Wharf	Wellington Scottish AC
5 September	NZ Road Championships	Tauranga	Athletics NZ
6 September	Scottish 3 Peaks Event Three	Scottish Clubhouse	Wellington Scottish AC
8 September	Scottish Waterfront 5km	Queens Wharf	Wellington Scottish AC
13 September	Pelorus Half Marathon, 10km, Kids Mile (incl. WLG Half Champs)	Petone	Hutt Valley Marathon Clinic
15 September	Scottish Waterfront 5km	Queens Wharf	Wellington Scottish AC
22 September	Scottish Waterfront 5km	Queens Wharf	Wellington Scottish AC
29 September	Scottish Waterfront 5km	Queens Wharf	Wellington Scottish AC
3 October	NZ Road Relay Championships	Akaroa	Athletics NZ
6 October	Scottish Waterfront 5km	Queens Wharf	Wellington Scottish AC
11 October	Masterton Marathon, Half, 10km, 5km	Masterton	Athletics Masterton
25 October	Masters 10km Run / Walk	Lower Hutt	Wellington Masters

* * * *

2015 WINTER TRACK & FIELD SERIES

<u>Date</u>	<u>Event</u>	<u>Venue</u>	<u>Organised by</u>
19 July	Series 1	Masterton	Mark Harris
30 August	Series 2	Palmerston North	Mark Harris

See page 16 for the program of events and entry details.

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On-Line Entry for Oceania Champs (Cook Islands) in October Now Open

Entries Close at 2am on 1 September 2015.

Note: Entrants must be financial members for the 2014/15 year (when entries close) and the 2015/16 subscription to be paid by the 30 September 2015 (when new season entries are verified by OMA).

MISCELLANEOUS

MEMBERSHIP

Our current membership stands at 91 members. Welcome back to rejoining member Colin Maclachlan (Scottish).

* * * *

Mark Harris has finalised the winter track and field series for 2015. To get all the information and to enter please check the following link out at:
<http://www.sportsground.co.nz/wtf/113912/>

A quick snapshot of the series is as follows:-

Meetings:

3rd May = Masterton — Series 1
7th June = Palmerston North — Series 2
19th July = Masterton – Series 1
30th August = Palmerston North – Series 2

Events:

The events we will run are as follows:-

Series 1

TRACK
1.00pm 100m
1.20pm 1000m, 3000m, 5000m
1.50pm 1500m
2.10pm 400m or 2 x 200m

FIELD

1.00pm Discus
1.00pm Long Jump
1.00pm High Jump
1.45pm Shot
1.45pm Triple Jump

Series 2

TRACK
1.00pm 60m
1.20pm 1000m, 3000m, 5000m
1.50pm 800m
2.10pm 200m or 2 x 100m

FIELD

1.00pm Shot
1.00pm Triple Jump
1.00pm High Jump
1.45pm Discus
1.45pm Long Jump

Cost:

Is \$5 per person, per series, and you must register your name online on the online entry form or at the venue and pay the entry fee. Entering one event does not guarantee your entry for the next - you must ensure you have entered each event and paid your entry fee. You are more than welcome to pay your entry for all events at the start.

Any questions contact Mark Harris
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Skype Address m.l.harris

* * * *

Grant Mclean Wins Centre Award



Scottish stalwart and Wellington Masters member Grant McLean was presented with the Athletics Wellington distance award for 2014/15.

Here is Grant's very impressive CV:

- Won the NZ Road Champs M35-49 and winning team;
- Third M45 in NZ Cross Country Champs;
- First in NZMA 10000m;
- Second in NZMA 5000m (MM45);
- Won masters grades in Vosseler, Wellington XC Champs, Wellington Road Champs, Wellington Mountain Champs, Wellington Half and Wellington Marathon Champs.

ALSO CONGRATULATIONS TO WELLINGTON MASTERS WINNERS IN THE FOLLOWING CATEGORIES:

Middle Distance - Female: Andrea Lambert
Middle Distance - Male: Tony Price
Walkers - Jacqueline Wilson
Life time achievement - Phil Jensen.

WELLINGTON MASTERS ATHLETICS INC.

31st ROAD RACE (8k) & RACE WALK (6.4k)

SUNDAY, 12th JULY, 2015

Olympic Harrier Clubrooms, Alex Moore Park, Bannister Avenue, Johnsonville

Road Race: 5 laps = 8 km – Start 11.00 am

Race Walk: 4 laps = 6.4 km – Start 10.45 am

Start and finish: Is in Kipling Street. The roads are **NOT** closed to traffic.

Prizes: Prizes will be awarded to the first place runner in each age group plus additional prizes where warranted.
Prizes for first two men and women in race walk plus additional prizes where warranted.

Prizes for the first 3 Club teams.
(2 running teams and 1 walking team.)

Teams: Running – Four to a team with at least one woman.
Walking – Three to a team (mixed team).
A number of Spot Prizes will be drawn on the day.

A light lunch will be provided.

Entries: Entry Fee: \$15.00
No late entry fee payable.

Non-members: \$20.00
Pre-Masters are welcome.

Make cheque payable to Wellington Masters Athletics Inc. or

Direct Credit to: Wellington Masters Athletics Inc., ANZ Bank, The Terrace: **06 0565 0064415 00**

Postal entries to: Brian Watson, 14 Hewson Crescent, Otaki Beach, Otaki 5512 - Telephone 06 364 7758 or
Graham Gould, PO Box 5887, Lambton Quay, Wellington 6145 or email to gvvgould@xtra.co.nz

Entry form also available on the Masters website at www.wellingtonmastersathletics.org.nz



Wellington Masters 8k Road Race and 6.4k Race Walk

NAME: TELEPHONE No.

ADDRESS:

EMAIL:

CLUB: AGE ON RACE DAY:

RUNNER or WALKER (Please delete or circle one)

DECLARATION AND AGREEMENT TO BE SIGNED BY ALL PARTICIPANTS

I agree to abide by the following race rules.

1. I will follow the directions of race officials.
2. I acknowledge that I compete at my own risk.
3. There are NO road closures.
4. Runners and walkers must use the footpaths provided or where there is no footpath, run/walk on the left hand side of the road.
5. Privacy Act: Information concerning this event may be used by Wellington Masters Athletics and its sponsors for promotional purposes.

Signed.....

- COMING EVENTS -

2015:

July

4-5	Gold Coast Airport Marathon, Half Marathon, 10km & 5.7km	Gold Coast
4	North Island Cross Country Championships	Taupo
5	Armstrong Motor Group Marathon, Half Marathon, 10km & 5km	Westpac Stadium
12	Johnsonville 8km Road Race and Walk	Olympic Harrier Clubrooms

Aug

1	NZ Cross Country Championships	Christchurch
4-16	WMA Stadia Championships	Lyon, France
30	Sunshine Coast Marathon, Half Marathon, 10km & 5km	Sunshine Coast

Oct

5-9	OMA Stadia Championships	Rarotonga
11	Bank of America Chicago Marathon	Chicago
14-18	ITU World Duathlon Championships	Adelaide, South Australia
25	Lower Hutt 10km	Venue to be confirmed

Nov

15	Sovereign Duathlon Series	Auckland
21	Air NZ Queenstown International Marathon	Queenstown

Dec

12	Ironman 70.3 Taupo	Taupo
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2016:

Jan

9	Port of Tauranga Ironman	Tauranga
16	Sovereign Duathlon Series	Christchurch

Feb

13	Buller Gorge Full & Half Marathons	Westport
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Mar

5	Ironman NZ	Taupo
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26 Oct-

6 Nov	WMA Stadia Championships	Perth, Australia
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2017:

April

21-30	World Masters Games	Auckland
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2018:

Jan

20-27	OMA Stadia Championships	Dunedin
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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 RECORDS:

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.

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


