

# THE

# MASTER

# COPY

Newsletter of Wellington Masters Athletics Inc.

Volume 14 Issue 5

October 2015

## 2015 Zofingen ITU Powerman Long Distance Duathlon World Championships



Richard (on left) with other NZ team members

Richard Sweetman (our Hon. Auditor) who raced in the 65-69 category turned in the outstanding performance of the day. After starting the final run 29 minutes down on the leader in fourth place managed to charge through the field, taking the lead and winning gold for the kiwis by 7 minutes.

Richard's Time: 10hrs 18mns 10 secs.

Long Distance Duathlon - Run 10km - Bike 150km - Run 30km

### WELLINGTON MASTERS ATHLETICS INC.

#### COMMITTEE MEMBERS 2015-16

##### 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
Michelle van Looy	021 244 8645
Barbara Morrison	027 271 5177
Sharon Wray	471 2775

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# WELLINGTON MASTERS ATHLETICS INC.

## COMMITTEE MEMBERS 2015-16

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PRESIDENT:	Michael Wray	24 Fitzroy Street, Wadestown, Wellington 6012	471 2775
IMM. PAST PRES:	Brian Watson	14 Hewson Crescent, Otaki Beach, Otaki 5512	06 364 7758
VICE PRESIDENT:	John Palmer	122 Onslow Road, Khandallah, Wellington 6035	479 2130
SECRETARY:	Albert van Veen	95 Kamahi Street, Stokes Valley, Lower Hutt 5019	563 8450
TREASURER:	Graham Gould	PO Box 5887 Lambton Quay, Wellington 6145	973 6741
COMMITTEE:	John Hammond	148 Wellington Road, Paekakariki, Kapiti 5034	04 292 8030
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## LIFE MEMBERS

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

---

## CLUB CO-ORDINATORS

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H V HARRIERS:	Albert van Veen	95 Kamahi Street, Stokes Valley, Lower Hutt 5019	563 8450
H V MARATHON:	The Secretary	PO Box 30926, Lower Hutt 5040	021 689 183
KAPITI:	John Hammond	148 Wellington Road, Paekakariki, Kapiti 5034	04 292 8030
LEVIN HARRIERS:	Brian Watson	14 Hewson Crescent, Otaki Beach, Otaki 5512	06 364 7758
MASTERTON:		PO Box 375, Masterton 5840	021 456 675
OLYMPIC:	Tineke Hooft	1 Tombane Lane, Papakowhai, Porirua 5024	237 9676
	Annie van Herck	53 Kanpur Road, Broadmeadows, Wellington 6035	478 6775
SCOTTISH:	John Hines	Flat D1003 Central Park Flats, 20 Nairn St, Wellington 6011	384 3231
TRENTAM UNITED:	Jackie Wilson	1 Bernadette Street, Upper Hutt 5018	526 7439
UNIVERSITY:	Richard Brandon	PO Box 6108, Wellington 6140	476 5758
WAINUIOMATA HARRIERS:	Rob Hannan	63 Bull Avenue, Wainuiomata, Lower Hutt 5014	972 6472
WGTM HARRIERS:	Neil Price	11 Hurman Street, Karori, Wellington 6012	476 6956
WGTM MARATHON:	The Secretary	PO Box 14-489, Kilbirnie, Wellington 6241	
WGTM MASTERS:	Jim Blair	Flat 4, 39 Kiln Street, Silverstream, Upper Hutt 5019	528 2992
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 REPORT TO AGM

It was a relatively uneventful year for Wellington Masters Athletics. We are not due to host a Championship for NZMA again until 2018 so in many ways we can anticipate another couple of calm years to follow. We closed the 2014/15 year with 91 members, a small increase on the previous year and for a membership year in which there were no local NZMA Championships this is a healthy number that compares well with other centres.

We have extended the footprint of our website. It now contains event pages with a list of previous place-getters for all championship events in which Wellington Masters are likely to compete: our own local events, Athletics Wellington events, NZMA North Island Championships, NZMA National Championships, Athletics NZ Championships and Oceania Masters Championships. The World Masters Championships (Outdoor, Indoor and World Masters Games) will be available within a week or two. The centre track and field champs are not yet available but I hope to add those to the list.

Once this stage is complete, I will investigate options to have an interrogable database where you can enter the name of a Wellington Master and see a list of previous results.

We ran the Masters Classic Cross Country Relay in May. Eighteen teams competed, which is the highest number since 2007. Our concerns about holding it the day after Vosseler were apparently unfounded. Next year it will be held at a similar time, on 22 May. We don't yet know whether Vosseler will be 21 or 28 May so we may face the same clash of weekends, but it seems to be a more popular timing than the times we've previously tried.

The Johnsonville Road Race had 38 competitors. It's been over 15 years since we had more, so again that's a pleasing turnout. It's worth noting that number would have been higher. However, we did not realise until the date had been locked in that the Wellington Marathon was taking place a few weeks later than usual and a few people who wanted to compete sent apologies for not having recovered from the previous week's marathon.

The Lower Hutt 10km attracted 32 competitors, the most since 2009. Sharon Wray took over race directing duties and we were duly rewarded with the biggest and best marshalling crew that I have ever experienced for this event. Sharon also dealt with the council in getting permission to run across roads, an experience that highlighted the course is not a sustainable location. With its many road crossings and potential traffic conflicts, the course is too risky for us to continue to use without a formal (and expensive) traffic management plan with the council. The school entrance adjacent to the start/finish area has also become a high traffic area now the school premises have been hired out to a local church on Sunday mornings. Therefore the plan for the next event is to move to the sealed stopbank path alongside the Hutt River.

We have investigated course options and the recommended option is to use the Lower Hutt parkrun start line as our race start. We would run north along the path for 2.5km to a manned turnaround point and head back to the start. Back at the start, it is simply a case of running the parkrun 5km course i.e. head south along the path for 2.5km before heading back to the parkrun finish. The parkrun course uses a grass verge as their turnaround and another for their finish, but we can easily move our turnaround and finish back to the path to keep the whole course on a sealed surface. We would only need two marshals, one at each turnaround, to supplement the start/finish timers. The start/finish area is less than one kilometre from the Huia Pool base we use for that event. This is not quite as close as the previous course, but certainly within range and gives every opportunity for a post-race cool-down jog.

One new event in the planning stage is a Lower North Island Masters Track & Field Championship. This would be a similar concept to the ANZ Regional League, but as a single meet to be held annually. The meet would celebrate the contribution to master's athletics by Colleena Blair and athletes would represent their centre in a points competition. The winning centre wins the right to hold the Colleena Blair Memorial Shield. Jim Blair is the architect of this new event and I look forward to it coming to fruition.

You should have seen in the last Vetline a subject that was also a topic in the last Master Copy: proposed changes regarding our relationship with Athletics New Zealand. The recently appointed NZMA President, Andrew Stark, is keen to pursue a possible merger with ANZ.

Andrew has mapped out three membership types:

- NZMA and ANZ – for members who compete in events throughout the year organised by both NZMA and ANZ.
- NZMA only - for members who only compete in the masters championship events such as North Island, NZMA, OMA & WMA Track & Field Championships.
- NZMA non-competitive - for supporters who do not compete or members who only compete in local masters events.

There is also a proposal to make Vetline a separate subscription, rather than something automatically included in your subscription.

It is important our members give feedback with opinions and concerns on what this could mean. Most of our members are members of both NZMA and ANZ, so a merger would have little, if any, negative impact and simplifies managing multiple subscriptions. However, we also have a significant number who are not interested in ANZ events so only maintain membership of NZMA and it is particularly important for those members to provide input.

Andrew Stark is more than happy to take feedback directly. Similarly, the Wellington Masters Committee is more than happy to receive feedback and pass that on.

*Michael Wray, President*

# TRAINING

## *How to Perfect Pacing for Running*

By Amanda Casanova

Race jitters surround you at the starting line as runners bounce in place and do some final stretching. The countdown begins and you set out for the race — but are you too fast from the start? Too slow?

Pacing strategy is an important part of race day, and it can mean setting a PR or crawling across the finish line with an empty tank. Here are some tips for your next race strategy.

### **If You Have Issues Starting Out Too Quickly:**

Race day conditions can make you spring from the starting line with too much speed. The crowd, the noise, your adrenaline and the atmosphere will make it feel like you're running at a normal pace, but you may really be pushing your pace too fast too early in the race.

During a half marathon, you'll want to aim to run conservatively for the first three km, or about five to 10 seconds slower than your goal finishing pace.

During a marathon, you should aim to run a pace that is about 10 to 15 seconds slower per km than your goal pace for the first three or four kms.

**How to do it:** Do a few workouts that simulate your goal pace. Tempo runs will help train your body to work at that pace. On race day, warm up with a lap at your goal pace, so you know what it feels like and your body is warmed up to the pace. As you race, aim to run slower than your goal pace for the first few kms and then pick up the pace throughout the remainder of the race.

### **If You Have Issues Starting Out Too Slowly:**

If you find you have too much energy at the finish line, your conservative pacing probably cost you a personal best. In many races, it's a smart strategy to run a conservative first few kms, But you don't want to sell yourself short by running too slowly for too long and have unused energy left at the end of the race.

In a short race, such as a 5K, you should aim to run the first km 3 percent faster than your goal pace, but no more than 6 percent faster. A 2006 study

showed that the speedier first km lead to a faster overall time.

Shorter races are a chance for in-shape runners to come off the starting line with a good amount of speed. The strategy could mean several seconds off your finishing time.

**How to do it:** Work tempo runs into your workout routine to simulate your goal race pace. A few pre-gun strides on race day can also help your legs adjust to the faster pace you want for the first km. To avoid overdoing the first km on race day, pay attention to your km one time and be sure to back off the pace when you hit that first km marker.

### **If You Have Issues Slowing Down Mid-Race:**

If you suddenly start slipping off your goal pace halfway through the race, it can be easy to get discouraged. You realize you're only halfway through, your energy feels drained and you've hit the dreaded "wall."

Slowing down mid-race is usually largely mental, so you can prevent a physical breakdown by making sure to properly fuel and hydrate before the race. If the race overwhelms you and you start to panic, try to stay motivated by thinking of how far you've come and knowing you're not the only one in pain.

**How to do it:** Reassess your body if you start slowing down, and adjust your goals. Mentally, break up the rest of the race into smaller goals and try to make it to each km marker. Every few kms, re-evaluate your body to see if you can pick up the pace or need to stay conservative to finish.

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*Amanda Casanova is a writer and journalist living in the Dallas, Texas area. She has worked for the Houston Chronicle, the Abilene Reporter-News and the Galveston County Daily News. She is an active runner and regularly competes in races in north Texas.*

\* \* \* \*

I started to feel old for the first time when I'm about two-thirds of the way through a 5km and I'm going like, "I'm working it. I'm doing good," and look over and these two eight-year olds passed me. They're like talking to each other, not even trying. The worst thing was, by the time I finished the race, some camera crews had shown up so I came blasting across the finish line, because I'm trying to catch these eight-year-old brats, and there are these Channel 4 News types: "Hey you just ran a 5km, how do you feel?" And now I gotta try to be all Jason Bourne about it and not cry, which is what I want to do.

- Matt Damon, on running a 5km road race with his triathlete brother.

# WELLINGTON MASTERS ATHLETICS INC.

## Statement of Receipts and Payments for the period ending 31 August 2015

<u>2014</u>	<u>RECEIPTS</u>	<u>2015</u>
3,270.83	Balance of Current Account 31 August 2014	2,854.15
10,000.00	Total of Term Deposits 31 August 2014	10,000.00
7,731.18	Savings Account 31 August 2014	8,290.05
<hr/>		<hr/>
21,002.01		21,144.20
4,100.00	Subscriptions Received	4,350.00
23.00	Interest on Current Account	23.44
718.87	Interest on Term Accounts	423.56
-	Interest on Savings Account	361.31
1,486.00	Race Fees	1,765.00
50.00	Donations	50.00
-	Wellington Champs Entry Fees	230.00
135.00	Uniforms Sold	240.00
<hr/>		<hr/>
6,512.87		7,443.31
<hr/>		<hr/>
27,514.88		28,587.51
	<b><u>PAYMENTS</u></b>	
3,735.00	Subscriptions to NZMA	4,050.00
854.51	Race Expenses	339.59
825.80	Telephone, Postage & Newsletter Expenses	532.45
380.37	General Expenses	45.00
-	Athletics Gear Purchased	373.75
-	Website Expenses	183.45
575.00	Track and Field Levy to Wellington Centre	575.00
-	Track & Field Expenses	277.32
<hr/>		<hr/>
6,830.68		6,376.56
<hr/>		<hr/>
<b>21,144.20</b>	<b>TOTAL FUNDS AT 31st August 2015</b>	<b>22,210.95</b>
	Represented by:-	
2,854.15	ANZ Bank Current Account	3,319.59
10,000.00	ANZ Bank Term Deposit due 07/09/15	10,000.00
8,290.05	ANZ Bank Savings Account	8,891.36
<hr/>		<hr/>
21,144.20		22,210.95
<hr/>		<hr/>

### **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.

# TRAINING TIPS

## How to Run a Faster 5K

**Want to run a faster 5K come race day? Start by breaking it down to two main components: your training plan and your race-day tactics.**

### Training Plan

First, take a look at your training plan. Try to add in or tweak a few workouts so they are 5K-specific, incorporate hills on a regular basis and add strength workouts. These will ensure that you are physically prepared for a 5K.

### Speedwork

To race faster, you must practice running faster. Start incorporating some faster running days (speed workouts) into your training plan. Speed workouts can range from short, fast surges of 20-30 seconds, to mile repeats, to 15-20 minute tempo runs.

**More:** [6 Speed Workouts to Run a Faster 5K](#)

### Hill Work

Hills are speedwork in disguise: They help strengthen your legs and build endurance that will come in handy as you are powering through your next race. A hill workout doesn't have to be fancy; it can be as simple as incorporating a hilly route in your everyday training runs. If you are looking to make it more formal, find a hill (anywhere from 200-400m in distance) with a 4 to 8 percent grade; sprint or run hard up the hill; and recover on the downhill (either walk or slowly jog). Repeat a few times, gradually building up the number of intervals over time.

### Strength Work

Focusing on strength work a few times a week will not only make you stronger (which helps you run faster), but it can help prevent injuries by increasing the ability of your bones, ligaments, tendons and muscles to withstand the impact of running.

**More:** [10 Running-Specific Strength Training Exercises](#)

### Race Day Tactics

You also want to take a look at the tactical side of racing a 5K. Aspects such as running the tangents better, proper pacing and strengthening your mind can make a huge difference in your 5K finish time.

### Run the Tangents Better

You can run your fastest 5K ever, but still end up with a slower time. How is that possible? Running even just .10 mile extra (3.2 instead of 3.1) could cost you 30-plus seconds extra on your official time. The better you run the tangents, the less mileage you will run and, therefore, the less time you will be running. Aim to cut the corners as closely as possible while looking for the shortest route in between the curves.

### Perfect Your Pacing

Even if you follow everything in this article, you can sabotage all of your hard work by starting too fast on race day. You trained for a certain pace; trust it. You will show up to the start line with freshly tapered legs, and the pace will feel easy when you start. Don't give in. Trust your training, stick to your goal pace and save energy for the last portion of the race.

### The Mental Game

A 5K can hurt — there's no way around that — and you will find that your mind will want to quit long before your body does. As the race progresses, your lungs will be burning and lactic acid will be telling your legs to slow down. Thoughts of quitting or easing up the pace start to take over. Prepare yourself to quiet the negative thoughts when they begin to creep in during the last half of a 5K.

**More:** [Running and Pain: How to Overcome Your Mental Blocks](#)

\* \* \* \*

An Australian teacher asks her students if they're Wallabies fans.

Everyone raises their hand except one little girl. The teacher says "Why aren't you a Wallabies fan?"

"I am an All Blacks fan"

The teacher asks why, "Because my mum is an All Blacks fan, and my dad is an All Blacks fan, so I'm an All Blacks fan too!"

The teacher says "That is no reason. What if your mum were a moron and your dad were a moron, what would you be then?"

"Then I'd be a Wallabies fan"

\* \* \* \*

I gave birth twice without drugs, and the last three miles of the marathon were as close to that experience as anyone would care to know.

- Christy Turlington, mother/model and marathon finisher

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Commercial Printers

Kind supporters of Wellington Masters  
and printer of "The Master Copy"  
magazine.

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# NUTRITION & FOOD

## ***Simple Changes to Remedy an Unhappy Tummy***

What's a sad belly, you ask? Well, it's a bit irritated. Grumbly. Perhaps bloated or constipated but maybe runny too. It's uncomfortable. And if not looked after, it can make you really, really sick.

The gut has been called the body's second brain, with research over the past few decades revealing it's critical to overall health. Besides an unhealthy gut making you feel like crap (excuse the pun) with a number of short term symptoms, it can also be a contributing factor in auto-immune diseases, diabetes, inflammatory bowel disease and more.

According to Teresa Cutter (aka The Healthy Chef), "everything you eat and drink forms a foundation for your health".

"It gets assimilated into the digestive system from the moment we smell it. It's fairly simple: you eat bad food, you feel like crap, you eat good food, you feel awesome."

Expanding on that theory, here are six simple tweaks you can make today for a happier belly.

### **Eat more fresh food**

Fruits and vegetables and wholefoods nourish the gut and digestive system because it means you will make meals yourself.

"Preparing food yourself is one of the most important things you can do, because you know what's in the food you're eating, and it's prepared with love," Cutter says.

"I go back to when my grandmother used to cook for me with veggies from her garden and she used to make her own sauerkraut. For me it was great and a beautiful nurturing environment. It was about simple, whole food. I think people these days are confused and think they have to be gourmets in the kitchen.

"But it's a lovely thing to have a bowl of steamed vegetable with olive oil and other simple foods. If there's one thing you do today, make it eat more fruits and vegetables."

### **Introduce probiotics**

If you've never taken probiotics regularly, it's time to start. A good dose of probiotics daily can work miracles.

"With the right amount of good bacteria, you will build your immune system," says Cutter, "so you'll be less sick. Your body will absorb the nutrients from food better and it will help gut motility."

Probiotics build up the good bacteria in the gut which contains 10 times more bacteria than all the human cells in the body. If the balance is off, that's when you'll start to feel bad. Anything from taking antibiotics to eating and drinking poorly will contribute to bad bacteria outnumbering the good. So anything you can do to reset that balance is the key.

"Probiotics can come in a powdered form from the health food shop or in a fermented food form. Get a good variety as there are different strains of probiotics which tackle different ailments."

### **Stimulate your digestive system**

Teresa Cutter recommends introducing bitter foods into your diet to incite digestive juices and cleanse the liver.

"Every day I squeeze one lemon into two glasses of filtered water," she says. "It helps stimulate the production of bile, which acts like a natural laxative and increases stomach acid, allowing you to break down food more effectively. Other citrus fruits, herbs and spices like limes, grapefruit, dandelion, peppermint and ginger are also fantastic."

### **Avoid processed foods**

That means anything that comes in a packet. Biscuits, cakes, crackers, packaged soups, sauces, lollies, chocolate, processed cereals, chips, artificial sweeteners, processed meats, anything that has a long use-by date which you think is unusual ... cheese in a tube, for example. Real cheese wouldn't be on a shelf, right? Only food that's been stuffed with additives and preservatives that make it okay to sit on a shelf for months (or years!) instead of the fridge would. Basically, if it's wrapped in plastic, avoid it.

Cutter says "they contain additives and chemicals which can upset the digestive system and cause a bunch of problems".

### **Avoid inflammatory foods**

This can mean different things to different people but, basically, inflammatory foods can aggravate your digestive system and "slow the healing process," Cutter says. She recommends cutting back on wheat, milk, gluten, refined sugar, caffeine and alcohol for a happier belly.

"Swapping out your morning coffee for a matcha tea which is loaded with antioxidants and kinder to your digestive system," she says. "Introduce natural anti-inflammatories like turmeric to juices or throw on braised vegetables for a hit of goodness."

### **Move**

As in exercise. More and more, doctors are cementing how important it is to get daily exercise now to help prevent early aging later in life with diseases like diabetes, dementia, obesity and more all offset with exercising.

For the belly, "physical activity speeds up digestion, increases blood flow to all of your organs, and stimulates the muscles in the GI tract," Teresa says. "It can even tone the walls of your colon."

The aim is to do at least 30 minutes each day. That's every day. Make a commitment to exercise and you will really start to see some happiness in your belly!

- Fairfax



## ***RECIPE***

### ***GF Breakfast Loaf with Zucchini & Rosemary***

This absolutely flavour-packed gluten-free loaf replaces boring old toast on the breakfast table. It's excellent with avocado and freezes really well. Enjoy fresh or freshly toasted.

#### **Ingredients:**

- 2¼ cups almond meal
- 1 tsp gluten-free baking powder (½ tsp baking soda and ½ tsp cream of tartar)
- 1 cup grated kumara
- 1 large zucchini (grated, then squeezed)
- 1 cup grated parmesan
- 6 free-range eggs, lightly beaten
- 1 large garlic clove, crushed or finely chopped
- 2 tbsp finely chopped rosemary leaves
- Flaky sea salt and cracked pepper
- Mixed seeds (pumpkin, sesame and sunflower)

#### **Method:**

- Preheat oven to 165°C.
- Using a large bowl or a food processor, combine all ingredients and mix until very well combined.
- Pour into a greased and lined loaf tin. Sprinkle seeds on top as desired. Bake for approximately 60-70 minutes until golden. Use a skewer to test that the inside is cooked.
- Leave until cool before slicing.

\* \* \* \*

### ***There's Nothing Fishy about Fish Oil***

We've all heard about the health benefits in fish oil, which can be easily taken in capsule or liquid supplement form. Taking fish oil gives you more Omega-3 fatty acids, as well as often containing Vitamin A, C, D, or other valuable ingredients.

Some of the amazing effects fish oil has been found to have are:

- Enhancing your immune system;
- Boosting your memory;
- Reducing inflammation;
- Decreasing risk of certain cancers;

- Improving bone health;
- Improving the look of hair and skin;
- Reducing the risk of heart disease;
- Helping eye conditions such as glaucoma and macular degeneration;
- Preventing pregnancy complications; and
- Improving concentration in children and adults.

Our bodies simply cannot produce Omega-3 oils on their own, and we need to supplement that by eating fish or taking fish oil. These fats can be found by eating fish twice per week, if you prefer to get your Omega-3s direct from their source. If you're eating fish often, be sure it's baked, grilled or steamed. Frying it seems to reduce the nutritional benefits. The alternative is a molecularly distilled fish oil supplement with no heavy metals.

#### **How Do I Know What the Good Ones Are?**

The quality of fish oil supplements is greatly varied, and you must be sure that it is a high-quality fish oil supplement you're taking. So many vitamins bought off the shelf can be low quality and may not give your body what it needs. The two main fatty acids in fish oil are EPA and DHA. Your supplement should have:

- A minimum of 500 milligrams combined of EPA and DHA;
- Third-party test results on the supplement's label;
- No fishy smell or taste; this could mean it has gone bad;
- Certification that only non-endangered fish species were used.

If you follow these four guidelines, your fish oil will provide you with all the valuable benefits that Omega-3 oils offer.

\* \* \* \*

### ***FLOWER POWER***

Cauliflower has long been a vehicle for cheesy sauce, but it's jam-packed with goodness all on its own.

Cauliflower is high in sulforaphane, a sulphur compound that kills cancer stem cells, and a single serving of this cruciferous vegetable contains 77 per cent of your daily vitamin C needs. It's also high in choline, a B vitamin which aids brain development. When selecting the perfect cauliflower, look for tightly closed florets and avoid age spots.

- Try cauliflower rice in place of normal rice or couscous. Pulse cauliflower florets in a food processor to make rice-sized grains, then microwave for 7 minutes or saute in a fry pan.
- Make a gluten-free pizza base by pulsing cauliflower florets in a food processor, then mix with a beaten egg, a handful of parmesan cheese and some oregano. Spread out on an oven tray until golden.
- For delicious roasted cauliflower, sprinkle florets with cumin seeds, olive oil and salt and pepper, then roast until slightly browned. Serve as a side with crumbled feta cheese, or blend and cool for a tasty, chunky dip.



# THE ATHLETE'S KITCHEN

Copyright: Nancy Clark MS RD CSSD, August 2015



## Fruits & Veggies: Do you eat too few?

Feeling ashamed and embarrassed, many runners “confess” they eat too few fruits and vegetables. They totally understand that fruits and veggies are good for their health and better than vitamin pills, but they can’t figure out how to enjoy them more often — or how to get inspired to learn to like them. Sound familiar? Maybe this article will help you boost your intake of these healthful sports foods.

### ***I know I should more fruit for snacks, but I just don’t...***

When hunger strikes, a piece of fruit is unlikely to be your snack of first choice because it is not very hearty. That is, calorie-dense apple pie with ice cream can easily be far more appealing than just an apple. One solution: plan to make the snack heartier by pairing fruit with protein. For example, enjoy an apple (or grapes) with cheese; smear a banana with peanut butter; or combine raisins with nuts. Would that boost the snack-appeal?

### ***How many fruits/veggies are enough?***

Ideally, you should eat a fruit or vegetable at each meal. If you don’t/won’t/can’t do that, at least eat a pile of veggies with dinner to compensate for no produce at the other meals. You could also create a *loaded smoothie* at breakfast that has enough fruit (and veg) for the whole day.

### ***Other suggestions include:***

***Breakfast:*** large banana on cereal; lots of berries in yogurt; tall glass of orange juice.

***Lunch:*** extra tomato and spinach in a wrap; big bowl of fruit salad; large apple (with cheese) for dessert.

***Snacks:*** tart cherry, grape or blueberry juice; banana (with peanut butter); dates; dried pineapple; V-8 juice.

***Dinner:*** Pre-dinner, munchies: baby carrots (with hummus), cherry tomatoes; at dinner: big pile of cooked veggies; extra-large side salad.

### ***The more you eat the more nutrients you get.***

Eight ounces of orange juice offers all the vitamin C you need for the day. So does one stalk of cooked broccoli and half a green pepper. Could you consume a taller glass of OJ, a bigger pile of broccoli, or munch on a whole pepper (like you’d eat an apple)? You’d consume double the vitamin C — plus electrolytes and many other health-boosting compounds.

### ***What if I don’t like kale...?***

Although kale is nutrient-rich, it is not the only green vegetable with health-value. Here’s how some green veggies compare, based on a 50-calorie cooked portion. (Note: “%” = % of the amount you should consume each day):

<b>Vegetable</b>	<b>Vitamin. A</b>	<b>Vitamin. C</b>	<b>Calcium</b>	<b>Magnesium</b>	<b>Folate</b>
<b>50 calories</b>					
Kale 1.5 cup	188%	106%	14%	11%	6%
Spinach 1.25 cup	167%	30%	30%	63%	82%
Broccoli 1.5 cup	16%	125%	6%	10%	40%
Asparagus 1.25 cup	16%	23%	5%	10%	83%

Continued on next page . . . .

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### **Don't like many veggies?**

Because fruits and vegetables offer similar nutrients, you can swap one for the other. That is, if you don't enjoy red tomatoes, at least try to have red strawberries, red apples or red peppers. In general, you want to consume a variety of colors of fruits and/or veggies — and enjoy a rainbow of health:

**RED** strawberries, apples, watermelon, tomato;

**ORANGE** oranges, mango, papaya, sweet potato;

**YELLOW** pineapple, peaches, summer squash;

**BLUE/PURPLE** blueberry, plums, eggplant, purple grapes;

**GREEN** kiwi, honeydew melon, green grapes, broccoli, spinach, kale, peppers;

**WHITE** banana, onion, potato, cauliflower.

### **But they rot...**

Many runners live alone, rarely cook, and get tired of wasting money tossing out rotten produce. If that's your case, some solutions include:

- Buy bags of frozen vegetables and fruits (freezing retains the nutrients); even canned ones are nourishing.
- Buy the desired portion of greens and other salad (or stir-fry) ingredients at the salad bar. Instead of buying a whole head of lettuce, of which half might end up rotting in your refrigerator, buy just what you need.
- Cook enough veggies for several days. For example, bake several sweet potatoes at once, or make a big pot of ratatouille with eggplant, tomatoes, zucchini, and onion to enjoy for the week.

### **Can I eat too many fruits and vegetables?**

Doubtful, unless you eat them to the exclusion of other foods.

For example:

- If your dinner is just rice with stir-fried veggies (no tofu, chicken, or protein-rich food), the meal lacks adequate protein to build and repair muscles. Solution: Either add a protein, include a glass of milk with the meal, or enjoy Greek yogurt for dessert.
- If you follow a Paleo-type diet and eat just protein and veggies for meals (no grain), your meal could easily lack adequate carbs to refuel from hard exercise. Solution: include starchy root vegetables, such as carrots and beets.
- If you are a vegetarian and prepare pasta with just tomato sauce (no meatballs), the meal lacks protein. Solution: choose protein-enriched pasta, and add a salad with beans, nuts, and extra cheese.
- If you are dieting without success, you might be consuming more calories than you realize from yet-another handful of grapes. That (large) apple might have 150 calories, as does the bag of baby carrots. While the calories are healthful and preferable to cookies, they still count. Fruits and veggies tend to be "guilt-free" but they are not totally "calorie-free."

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*Sports nutritionist Nancy Clark MS RD CSSD has a private practice in the Boston-area (Newton; 617-795-1875), where she helps both fitness exercisers and competitive athletes create*

*winning food plans. Her best-selling **Sports Nutrition Guidebook**, and food guides for marathoners, cyclists and soccer players, as well as teaching materials, are available at: [www.nancyclarkrd.com](http://www.nancyclarkrd.com). For online and live workshops, visit [NutritionSportsExerciseCEUs.com](http://NutritionSportsExerciseCEUs.com)*

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**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 website listed above.

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## **Triathlon - (Join the Club)**

Now that the road running season has come to an end, it's time to think about challenges and goals for the spring and summer. And if you thought that T2 was the posh tea shop on Lambton Quay, wind trainers were coaches who gave you instructions about running in a Wellington southerly, and drafting penalties involved painting a football spot kick shootout, then how about having a go at triathlon?

Triathlon provides a fantastic mental and physical challenge. It can also help you become an even better runner, by offering cross-training benefits, the opportunity to build up and maintain fitness and race sharpness with a reduced risk of injury, and a new group of people to train with and compete against. A number of Wellington Masters are regular triathletes. As competitive runners you'll already understand the benefits of regular training, have a good cardiovascular fitness base, and enjoy racing. You'll love that feeling of passing people on the run (the third and final discipline for most triathlons). And Wellington is a brilliant place for the sport, with a series of excellent local events run out of Scorching Bay each summer, catering for all abilities from complete newbies to elite competitors.

The Tri Club offers coaching and structured training sessions, informal and formal open water swim sessions, sponsor services and discounts, coached pool swim squads, group bike rides, the opportunity to race for Wellington Championship titles, race for the Club at national events, and to compete for New Zealand at the annual age group world championships. As members of a running club, you'll already appreciate the benefits of club membership in what is essentially an individual sport.

And if triathlon all seems rather daunting, with the complexity of three sports, swimming in the sea, and the assumption that you have to spend thousands of dollars on flash bikes, then fear not! The sport is friendly and welcoming. We can help, we can maybe loan you a bike for a while and provide advice on buying one, set you up with training buddies and mentors, and take you through those steps to your first race.

James Turner, President, Wellington Triathlon Club

[james@jtassociates.co.nz](mailto:james@jtassociates.co.nz)

027 503 9899

# Did you know 70% of Your Immunity lies in Your Gut?

By Heidi Billington - Naturopath

Developing and maintaining a healthy digestive system is one of the keys to improving your overall wellness. How we breakdown our food, absorb the nutrients and excrete what we don't need, can determine how we function on a daily basis! Unfortunately most of us don't think twice about how we digest until it begins to give us problems such as bloating, reflux, constipation and cramps. But did you know that a host of other niggling problems such as headaches, anxiety, low energy and weight gain may also be caused by an unhealthy gut.

So what can you do to help protect and keep your gut healthy and balanced?

**Eat Slowly** – Chewing slowly enables the saliva to mix properly with the food and therefore allowing enzymes to start doing their job of breaking down carbohydrates. Slower eating also prevents us from gulping down unnecessary air causing bloating and wind later on. Chew each mouthful at least 20 times and learn to savour the taste of food while it lingers longer on the taste buds!

**Use Probiotics** – The word “probiotic” literally means “for life”; but the term usually refers to supplements that contain living, beneficial bacteria. Billions of these friendly bacteria from more than 400 different species occur naturally in a healthy digestive system, with most living in the intestines, where they are sometimes called “intestinal flora”. These bacteria support general wellbeing in several ways, such as assisting digestion and helping to maintain immunity. However, they can be very sensitive to changes in their environment, and some lifestyle factors can significantly reduce their numbers. Supplementing with a concentrated probiotic such as the Healtheries P3 or Healtheries Probiotica 30 Billion High Strength can help during times when levels of intestinal flora are low. Probiotics are naturally found in yogurt and other fermented foods such as miso, kefir, sauerkraut, kimchi and kombucha tea and may be a good addition to your daily diet.

**Eat the right foods** – Get plenty of fresh, wholefoods in your diet. Raw veggies and fruit contain naturally occurring enzymes that will help you digest better.

**Be regular** – Eating fibre and increasing water intake can help keep the bowels moving and prevent constipation.

Remember that you are what you eat and absorb and a healthier digestion system means a healthier you!

## Heidi Billington

My passion for natural health comes from a desire to help people achieve better health by balancing both the body and mind. A positive mindset and a well-nourished body is a great combination for living a happy, healthy and fulfilled life. Herbs and supplements can also play a huge part in supporting the body through the tough demands of modern day living.

As a Naturopath and Medical Herbalist one of my aims is to help take the confusion out of where to start and what to do with supplements.

Lifestyle and dietary changes are important too and I'm always happy to give helpful information when needed through the naturopathic advice line.

For more information visit the website: [www.healtheries.co.nz](http://www.healtheries.co.nz)

\* \* \* \*

## Reduce Inflammation for Optimal Health

It's implicated in a range of health conditions including heart disease, diabetes, certain cancers, Alzheimer's and Parkinson's disease. You may not even know you're living with it.

What is it? It's inflammation, and in its chronic form, it can wreak havoc on the body.

### What Is Inflammation?

Inflammation has been defined as “A localised reaction that produces redness, warmth, swelling, and pain as a result of infection, irritation, or injury. Inflammation can be external or internal.”

According to nutritionist and dermatologist Nicholas Perricone, MD, temporary inflammation is our body's way of fending off sudden injury or infection. When inflammation becomes a chronic issue, however, “the immune system mistakenly attacks normal cells, and the process that ordinarily heals becomes destructive.”

### Foods That Cause and Reduce Inflammation

Do you have inflammation-causing foods lurking in your pantry or fridge? Culprits include white sugar and flour, dairy, alcohol and foods fried in trans-fats. Along with reducing or removing these damaging foods from your diet, consider adding inflammation-fighting foods to help stave off illness.

- Fatty fish
- Nuts including walnuts, cashews and almonds
- Berries
- Orange and yellow fruits
- Dark leafy greens
- Avocados in small amounts
- Extra virgin olive oil
- Ginger, saffron, garlic and turmeric.

### Natural Chiropractic Care for Better Health

In addition to making smart dietary decisions to reduce inflammation, we encourage you to visit us for regular chiropractic care. Keeping your spine aligned and your nervous system in check may help reduce dangerous, disease-causing inflammation.

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*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](http://www.chiro.co.nz)

# ATHLETICS WELLINGTON

## TRACK and FIELD PROGRAMME 2015/16

<u>Date</u>	<u>Event</u>	<u>Venue</u>
<b>2015</b>		
10 October	Black Programme	Newtown Park
11 October	Scottish 100 x 1 mile Relay	Newtown Park
17 October	Gold Programme	Newtown Park
24 October	Black Programme	Newtown Park
31 October	Regional League 1	Masterton
7 November	Regional League 2	Whanganui
14 November	Gold Programme	Newtown Park
15 November	Special Olympics	Newtown Park
21 November	Regional League 3	Palmerston North
<b>27-29 November</b>	<b>North Island Masters Track &amp; Field Championships</b>	<b>Auckland</b>
28 November	Black Programme	Newtown Park
5 December	Gold Programme	Newtown Park
12 December	North Island T & F Championships	Palmerston North
19 December	Scottish Night of Miles (Twilight)	Newtown Park
<b>2016</b>		
8-10 January	North Island Colgate Games	Palmerston North
9 January	Lovelock Classic	Timaru
9 January	Request Programme	Newtown Park
15-17 January	South Island Colgate Games	Nelson
16 January	Potts Classic & NZ Junior 3000m Championships	Hastings
16 January	Request Programme	Newtown Park
19 January	Cooks Classic	Whanganui
22 January	Capital Classic	Newtown Park
23 January	Solapower Throw Meeting	Lower Hutt
30 January	New Zealand 10,000m Championships	Auckland
30 January	Black Programme	Newtown Park
31 January	Kiwi Throwers Meeting	Newtown Park
6 February	Wellington Senior Championships	Masterton
13 February	Porritt Classic	Hamilton
13 February	Gold Programme	Newtown Park
13 February	Wellington Seniors Championships overflow	Newtown Park
20-21 February	NZ Combined Events Championships	Whanganui
21 February	Black Programme	Newtown Park
25 February	Auckland Track Challenge	Waitakere
<b>26-28 February</b>	<b>NZ Masters Championships</b>	<b>Dunedin</b>
27 February	Requested Programme	Newtown
<b>4-6 March</b>	<b>Athletics NZ Track &amp; Field Championships</b>	<b>Dunedin</b>
5 March	Requested Programme	Newtown
12 March	Requested Programme	Newtown Park
19 March	Requested Programme	Newtown Park

### Black Programme:

<u>Time</u>	<u>Track</u>	<u>Field</u>
1.45pm	Sprint Hurdles	
2.00pm		Pole Vault
2.05pm	800m	
2.30pm	100m	Shot Put
2.50pm	3000m Track Walk	
3.25pm	400m	Triple Jump
3.40pm	3000m/5000m	Javelin
4.15pm	200m	

### Gold Programme:

<u>Time</u>	<u>Track</u>	<u>Field</u>
1.45pm	300m/400m Hurdles	
1.55pm	5000m Track Walk	High Jump
2.10pm		Discus
2.40pm	1500m	
3.05pm	200m	
3.10pm		Hammer
3.30pm	Steeplechase (distance of 3000m or 2000m)	Long Jump
3.50pm	400m	
4.15pm	200m	

# ATHLETIC PROFILE – VICKIE HUMPHRIES

## *The Inspirational Vickie Humphries*



Not too many woman win open titles in their fifties, but WHAC's Vickie Humphries is an exception. She picked up the overall women's title at the Wellington Half Marathon on September 12, in a time of 1hr 28min 12 sec. "I was hoping to win my age group – but I got the open medal. It was a very slow time to win, to be honest," she said.

Vickie has been a member of WHAC since her dad introduced her to athletics. Both her parents were keen runners and enjoyed competing in the masters events. "It's a fantastic club - being a member of WHAC is a huge part of my life," she said. "I've grown up with the club."

She said her dad, who competed in marathons, triathlons and ironman events, would have been pleased with the title.

"My dad passed away at the end of last year. He took me to harriers when I was 11."

Vickie has got a few medals – she won her age division and was placed fourth in the Wellington marathon in July, and has also competed in the Vosseler Shield, Dorne Cup and the Shaw Baton relay this season - but her most treasured medal is the "best mum in the world" medal from her children.

Vickie has also competed overseas, she has done the New York Marathon with her parents, and the Tel Aviv Half Marathon many years ago when her Mum competed at the World Masters championships.

Despite the years of competing, she still gets nervous before races. "If you don't get nervous you are not firing when the gun goes off," she says.

Vickie is also a keen churchgoer, and says she couldn't compete without the support of her busy family and friends at WHAC. So "faith, family and friends" are important to her. Her son Luke was in the New Zealand U23 Ultimate Frisbee team, which competed in the World Championships in London this year; daughter Kellie is a keen dancer, and husband Neil is an avid supporter of all three.

Her next big event is the National Road Relay club champs from Takahe to Akaroa in October. The WHAC senior women's team includes Kelsey Forman who recently represented New Zealand in steeplechase at the IAAF Youth Championships.

Vickie won't be stopping competing any time soon. "I want to be a fit grandmother - when I stop enjoying it I'll stop doing it."

*Reproduced with kind permission from Athletics Wellington News*

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## **AIMS Tackles Drugs at Symposium**

Drugs and distance running is the theme of the ninth AIMS Marathon Symposium to be held on 7<sup>th</sup> November, over the same weekend as the Athens Marathon the Authentic.

The Symposium has become a regular feature of the marathon weekend, attracting race organisers from throughout the world.

Issues of "Doping Threats in Long Distance Running" will be addressed by prominent specialists from AIMS, IAAF and WADA as well as marathon organisers and coaches.

AIMS has on its website a list supplied by the IAAF of athletes serving racing bans for violating anti-doping rules.

\* \* \* \*

*Accept the days when running seems impossible.  
Embrace the days when running seems effortless.*

# Runner Injured "ONLINE"!

By Pat Carroll

I've been involved in distance running for over 30 years and witnessed a number of changes during this time. Hygiene has certainly improved. Back in the day we would cool & "HYDRATE" ourselves with a sponge. We would throw the sponge on the ground - a volunteer would pick the sponge up - place it in a contaminated drum of water (along with other discarded sponges) and then place the sponge back on a table for runners further down the line to pick up etc etc. Knowing a clean sponge was a strong possibility was added incentive to be in the front pack.

Running attire involved headbands, ¾ length socks and short shorts. Casual training runs were dictated more by how we were feeling, and when we ran hard - we ran hard. Race results were published in a "hard copy" some days/weeks later. Digital watches came along and advanced from 10 to 50 to 100 lap memory. Heart rate watches were next on the scene with the strap around chest being the only option.

Turn the clock forward 30 years and the headbands have gone, however, strangely enough the socks have become longer. Events now provide online live updates re how any runner is progressing and eventual online results show every 5km split. Totally amazing! Watch technology has gone through the roof. It's incredible the different types of data we can now obtain from a sat nav watch.

I do become concerned when watch technology takes over. I'm aware of runners who get caught up in an online challenge to outdo each other re km's travelled each week and also overall average km pace for the week. Such a challenge plays havoc with one's necessity to involve adequate "recovery". It's exciting to be able to take advantage of advancements in watch technology, however, just like most vices - a healthy amount is fine but an over indulgence can be detrimental. Reduced recovery increases the likelihood of injury and or fatigue.

We need to be dictated by what is realistic for us "individually" rather than getting caught up with online challenges and coming off worse for wear. Same deal goes with following a training program. It's possible to download a generic program or use an app, however we're not all the same. In an ideal World you will be following a training workload that is realistic for YOU based on where you're currently placed. My local newspaper recently contained a "Beginner" training program involving "6" runs/week. I find such a workload to be unrealistic for the majority of runners. Seldom do I set more than 4 training runs/week.

Possibly you're about to set sail for a major running goal in the 2nd half of 2015 and if so I encourage you to acknowledge your capability and build on this gradually. Keep online challenges to a manageable level, and to involve sufficient recovery time in your training program. **NB: Your next run is only as good as your last recovery.**

\* \* \* \*

# Meet Your Body's Needs

Traveling is one of life's most exciting experiences. Seeing another culture, country, or even just a neighbouring town gives us memories that last a lifetime. In all that excitement, it might be easy to forget to prioritise your health.



Be sure to lift with the strength of your legs, not your back.

We have some simple ways to make sure you don't lose sight of addressing your body's needs.

**Stretching.** If you're traveling by plane, get up and walk the aisles. You may even find a small area that you're able to stretch out in. If you're in the car, remember to stop every couple of hours to get out and stretch. This will also give you the opportunity to enjoy the scenery and take pictures!

**Hydration.** Drinking water regularly is one of the easiest ways to make sure your body gets the hydration it needs to work properly.

**Lifting Heavy Suitcases.** When you're loading up the car or bringing your bag to the airport, be sure to lift with the strength of your legs, not your back.

**Support Your Neck.** There are countless options for supportive travel pillows. Find one that works for you to make sure your neck is in its optimal position.

**Support Your Back.** A small towel or article of clothing can be rolled up and placed behind you at your lower back to give it the support your seat may not have.

**Sleeping.** Remember to sleep on your side, not your stomach. A good stretch after you sleep can also make a difference in the way you feel.

**Exercises.** You might find that rolling your shoulders or ankles makes your blood circulate to areas that feel cramped from traveling.

Your body was meant to move so meet its needs while you're away and at home!

*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](http://www.chiro.co.nz)*

\* \* \* \*

***You know you're a runner when . . . you scoff at paying \$10 for a movie ticket, but you'll happily pay \$40 for a 5km that you hope lasts less than 30 minutes.***

# INJURY PREVENTION

## *The Importance of Rest in a Workout Program*

By Ashley Lauretta

For fitness junkies, the hardest part of a workout routine is often getting enough rest. A day spent away from the gym, whether it's relaxing on the couch or sitting in the office, can leave you restless and eager to get your blood pumping.

This holds especially true when it comes to injuries. Despite the urge to exercise, however, taking time off is critical when it comes to recovery.

### **Types of Injuries**

According to Dr. Scott Quinby, without proper rest, people are much more likely to have both acute or overuse injuries.

"An acute injury would be something such as a muscle strain or pull," says Quinby, who helps clients prevent sports-related injuries as the medical director of the Baylor SportsCare program at Baylor Scott and White Health. "An overuse injury would be something in the realm of a stress fracture."

### **The difference?**

Acute injuries result in setbacks to training schedules, while overuse injuries force a change to an entire fitness program. Any metabolic changes that occur with exercise can take time to get corrected. Rest allows athletes to get the body back to its baseline.

"As far as metabolism goes, your body needs to get things such as electrolytes in order so you can refuel your tanks," Quinby says.

**More:** [Sports Therapy: 3 Ways to Rehab an Injury](#)

### **Incorporating Rest**

It's important to not just rest when an injury occurs. Rest should be a part of everyone's workout schedule in an effort to prevent future problems.

One key to injury prevention is to add regular rest days to a fitness routine. The number of days depends on what sport you're competing in or what your health goals are. Typically, it's recommended to get at least 1 to 2 days of rest per week.

**More:** [9 Things for Athletes to Do on a Rest Day](#)

Another factor to consider, especially for athletes, is cross-training, which can help ensure different muscles are being used each day. Quinby is a proponent of cross-training, as it keeps the body from repetitive daily stress.

If you're creating a workout routine, be sure to include rest days as a form of injury prevention, and vary your workouts.

**More:** [How to Boost Athletic Performance With Active Rest](#)

### **Gender Differences**

Another important characteristic of rest and injury prevention is men and women should think about it differently. For women, the biggest challenge faced is what can happen to bones from overuse injuries.

"Women are at an increase for injuries such as stress fractures," Quinby says. "This has to do with osteoporosis."

This increased risk means women must listen to their bodies more. When experiencing pain, it's important to seek professional advice.

Sometimes, the only way to heal is to turn down the intensity of your workouts. Without this, injuries can occur or worsen, forcing you to stop exercising completely. To stay pain-free and on track with your goals, you simply need to take a day or two off.

**More:** [How Many Rest Days Do You Need?](#)

\* \* \* \*

## **Benefits of Water Running/Walking**

- Legs must find the most efficient mechanical path through the water. Extraneous motions of the feet and legs are reduced or eliminated over time.
- The water's resistance strengthens muscles which can serve as back-up strength to the primary running/walking muscles. By alternating off and on, the main running/walking muscles will retain resiliency longer. These smaller "reserve" muscles will also be able to keep you going for a little while if you overuse the main running/walking muscles and need some help to keep going during the last few miles in the half or full marathon.
- You get a great cardiovascular training session without any pounding. Since the prime running/walking muscles are not being used, most injuries can heal.

Jeff Galloway Resources: [www.jeffgalloway.com](http://www.jeffgalloway.com). Visit the E-Shop where you will find "Galloway Training Programs" and other books.

# MISCELLANEOUS RESULTS

## Walking Races, McKays Crossing Saturday 25<sup>th</sup> July

### A Division – 10km

Name	Club	Time
*Peter Baillie	Scottish	56:36
*Terri Grimmett	Scottish	1:02:41
*Bob Gardener	Scottish	1:03:24
Philip Grimmett	Scottish	1:04:38
John Leonard	Scottish	1:06:03
*Barbara Morrison	Scottish	1:08:45
*Daphne Jones	Scottish	1:16:46

### 5km Race

*Jackie Wilson	Trentham	32:36
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### B Division – 10km

Dougal Cable	Kapiti	1:09:31
*John Hines	Scottish	1:17:17

### 5km

Andrea Adams	Olympic	40:00
Leeane Palmer	Scottish	40:00
Robyn Iremonger	Scottish	46:24

\* Member of Wellington Masters

### Thanks to our officials:

Geoff Iremonger and Peter Baillie for measuring the course earlier in the week.

**Judges:** David Lonsdale and Geoff Iremonger.

**Timekeepers:** John Turner and Murray Gowans.

**Lap scorers:** Bart Jones and David Cooke.

\* \* \* \*

## WMA Outdoor Championships

4 -16 August, Lyon, France

Name	Age Gr.	Time	Pl.
<b>1500m</b>			
Tony Price	M55-59	5:00.83	37
<b>5000m</b>			
Tony Price	M55-59	19:15.70	22
<b>Half Marathon</b>			
John Hines	M75-79	2:51.10	13
<b>Full Marathon</b>			
Tony Price	M55-59	2:58.18	8
<b>High Jump</b>			
Jim Blair	M80-84	1.11m	6
<b>Hammer</b>			
Jim Blair	M80-84	22.67m	14
<b>Javelin</b>			
Jim Blair	M80-84	21.97	10
<b>Throws Pentathlon</b>			
Jim Blair	M80-84	2514 pts	10
<b>100m</b>			
Vanessa Story	W40-44	14:51	12
<b>200m</b>			
Vanessa Story	W40-44	27:26	14

### 400m

Vanessa Story	W40-44	1:00.64	6
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### 8km Cross Country

Judy Stewart	W65-69	38:07	4
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### 10000m

Judy Stewart	W65-69	47:34.73	4
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### Half Marathon

Judy Stewart	W65-69	1:49.01	2
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Note: Judy Stewart is a past member of Wellington Masters.

\* \* \* \*

## MEMBERSHIP

Our current membership stands at 40 members. Welcome to new members Mark Bradley (WMA), Shaun Broughton (WMA), Michael Chadwick (WMA) and George Preddy (Wellington Marathon Clinic).

\* \* \* \*

## BMW Berlin Marathon

27 September 2015

Christine Jones (Wellington Masters member) ran a gun time of 3:56:27 for a 2138th overall place. She said the marathon was a great experience although she went out too fast and suffered for it but overall was happy with her result - 12th in age group. She is now in Florence having a holiday before returning to NZ. A grand total of 41,224 runners had registered for the race.

A Kenyan double in a major marathon is hardly unusual but there was a majestic quality about the manner of victory for both Eliud Kipchoge and Gladys Cherono on the streets of Berlin in the 42nd edition of the BMW Berlin Marathon. The 30-year-old Kipchoge defied footwear problems to run a 2:04:00 personal best by five seconds in ideal weather conditions. He achieved this while both his insoles were flapping about, half out of his shoes, from kilometre 16, although the runner himself admitted he had been aware of a problem within the first kilometre. His fellow Kenyan Eliud Kiptanui achieved a big lifetime best for second place with 2:05:22 ahead of the Ethiopian Feyisa Lelisa, who clocked 2:06:57.

Gladys Cherono smashed the 2:20 barrier in only her second marathon, joining the exclusive club of now 18 women who have achieved this distinction. The Kenyan ran the fastest woman's time of the year with 2:19:25 ahead of the Ethiopian duo of the former Berlin winner Aberu Kebede (2:20:48) and Meseret Hailu (2:24:33).

\* \* \* \*

## WEBSITE

See what's happening on our website at:

[www.wellingtonmastersathletics.org.nz](http://www.wellingtonmastersathletics.org.nz)



# - COMING EVENTS -

## 2015:

### **Oct**

14-18	ITU World Duathlon Championships	Adelaide, South Australia
18	Napier Half Marathon, 10km & 5km Melbourne Marathon, Half Marathon, 10km & 5.7km & 3km	Napier Melbourne
<b>25</b>	<b>Lower Hutt 10km</b>	<b>Huia Pool, Lower Hutt</b>

### **Nov**

1	Auckland Marathon, Half Marathon, 10.5km & 5km	Auckland
8	Rimutaka Incline Run	Kaitoke, Upper Hutt
15	Sovereign Duathlon Series AvantiPlus Tour of Wairarapa Cycle Race, 115km and 50km	Auckland Masterton
21	Queenstown International Marathon, Half Marathon, 10km & 3km	Queenstown

### **Dec**

5	The Goat 21km (off road)	Tongariro
12	Ironman 70.3 Taupo	Taupo

## 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
16	Barcelona Marathon	Barcelona, Spain

### 26 Oct-

6 Nov	WMA Stadia Championships	Perth, Australia
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### **April**

3	Paris Marathon	Paris
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### **July**

2-3	Gold Coast Marathon, Half Marathon, 10km & 5.7km Challenge	Gold Coast, Queensland
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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@extra.co.nz](mailto:phanson@extra.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 2015/2016 YEAR  
(1st September 2015 to 31st August 2016) = \$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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