

THE

MASTER

COPY

Newsletter of Wellington Masters Athletics Inc.

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John Turner (Timekeeper) and Bruce Perry (Race Referee) waiting for the start at the Classic Relay.

Photo – Sharon Wray



Birthday Girl Helen Willis running the anchor leg for the Scottish Women's team at the Classic Relay.

Photo – Sharon Wray

WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2015-16

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John Hammond	04 292 8030
Michelle Van Looy	021 244 8645
Sharon Wray	471 2775

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

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WGTV 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

FROM THE PRESIDENT

In August the Wellington Masters Athletics association will turn 40. To celebrate this milestone we are looking into holding a celebratory dinner. We have started investigating options and Roger Robinson has agreed to be the key note speaker if we can align diaries. Roger is an internationally known author, runner and scholar. As a master's runner, he achieved feats that most of us can only dream about achieving. Roger is known to many in the region and spends about six months a year in Wellington. He is a regular keynote speaker at functions with a wide repertoire and one speaking topic he likes to use is entitled, somewhat aptly for us, "never too old to run and race."

The function will be scheduled for late November or early December to fit Roger's travels and give us time to organise. It's too early to say what the ticket cost will be but probably around \$50 per head, although we will do what we can to bring that down. I sincerely hope many of you will attend what should be a great night.

The Johnsonville 8km Run and 6km Walk Road Race is coming up in a few weeks. Being on 17 July, it is one week earlier than normal to avoid clashing with the Wellington Cross Country Championships, which are a week later than in previous years. I encourage everyone to come along. In addition to recognising the winners, we will have a good range of spot prizes. Sadly, Brian Watson will not be the race director this year due to health issues. I believe this will be the first year the event will be held without Brian, which is an amazing statistic for an event in its 32nd year. The recipe for Brian's special stew has been procured so all attendees will receive the customary post-race feed, which always helps bring participants and officials back up to temperature in those years when the weather is less than kind.

For those with more interest in Indoor competition than cross country, Auckland Masters Athletics are holding an Indoor Meet at the AUT Millennium Stadium on 24 July. The events will be the 50m dash, 50m hurdles, high jump, long jump and shot put. They are also offering an outdoor 600m and 1200m. Entries close on 20 July with no late or on-the-day entries. See the link on our events page for more information.

The Athletics Wellington Annual Awards were held recently. We had several members represented in the finalists (Tony Price, Michael Wray, Andrea Harris, Jacqueline Wilson, Gary Rawson). It's great to see our people recognised in the region for their performances and two Wellington Masters Athletes came away as winners: Michael Wray for Distance and Jacqueline Wilson for Walks.

The Wellington Track and Field Committee have started planning next season's programme. There is a desire to mix things up a little to liven up the black and gold programmes. Athletics Wellington held a workshop with participants from several different areas of athletics recently to gauge ideas and appetites for change. If you have anything that you would like to put forward, please let me know and I will take any feedback into the Committee sessions.

*Michael Wray,
President*

TRAINING

It's a Fine Line Between Listening to Your Body and Training Through an Injury

When recovering from an injury, how fine is the line between listening to your body & working with the recovery to just pushing through, ignoring discomfort?

Maybe you are like John Humphries in this story [here](#), who would just push on regardless of his injury and/or then try and play catch up with the training. That story is a cautionary tale that came right with the correct advice in the end.

However, we need to get back on task and answer the question at hand. To purely answer the question the line is pretty fine. Push too far and you may find yourself re-injured again. Don't bother trying to push yourself and you may never get back to full fitness.

The All Blacks and other elite level sports teams are surrounded by support staff to assist them get the best advice possible. You also need support staff, be it your doctor, physiotherapist, coach and other key people, depending on the nature of the injury.

The key to deciding how close to that line to push is not a sole decision. You also need to draw on the knowledge of your physiotherapist and doctor, as well as your coach. If your coach has a background and qualifications in Sports Medicine and Rehabilitation then they can be a great benefit to you.

The lead person making the decision at any one moment in time needs to be yourself, as often your coach, doctor or physiotherapist will not be right beside you whilst you are out training. You need to be responsible for driving yourself back to full fitness and not allowing yourself the excuse that you are injured. The information and guidance you receive from your support staff will assist you in making the decision of how hard to push you.

If your doctor or physiotherapist is saying 'no running (or some other activity)', then ask them "at what point can you commence running again?" Don't accept the answer of in a few weeks or some other arbitrary time frame. Ask them what physical tests can they get you to do to determine if you are ready to commence running again. Ask about the

pathway to the solution to get back doing the activity that you currently can't do. Have that as a goal and discuss it with all your support staff.

All injuries heal at different rates depending on a number of factors:

- How fit and strong the injured part was when it got injured.
- The nature of the injury (traumatic or overuse).
- The duration you've had the injury.
- What you've done since you got the injury.

What else can you still do despite being injured? Rather than getting down and out whilst being injured, look at what you can do. If you are a triathlete or multisport athlete you can focus on other aspects of your sport. If you are a single sport athlete, you can look at doing other exercise that will assist with developing key components of fitness for your sport. A marathon runner needs efficient heart and lungs and so does a cyclist, so maybe you can commence cycling whilst being unable to run to maintain or enhance the efficiency of your heart and lungs. Discuss this with both your physiotherapist and your coach.

Now back to that fine line. If it is physical pain you are trying to push through, this is no good and will put back both your training and your injury. However if it is discomfort from being unfit having not been able to train for a bit, and then push on through it. There is a difference between the two, so listen to the cues your body is giving you.

Look for solutions from your support team and develop a plan to build you back to your previous fitness level.

Coach Ray is the Head Coach & Director of Qwik Kiwi – Endurance Sports Consultant.

Coach Ray specialises in assisting first timers and recreational athletes to achieve their sporting goals. He can be contacted at www.qwik.kiwi, ray@qwikkiwi.com and 021 348 729. Make sure you sign up to his monthly informative newsletter.

Ed: - This article has been reproduced with the kind permission of Ray Boardman (Coach Ray), PGDipSportMed, PGDipRehab, PGCertSc, BSc, DipSptSt.

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Check out his informative blog at: www.coachray.nz

Seven Ways to Stay Safe on Your Run

Here are some tips to stay safe during your run:

Traffic

Always run against traffic. You will have a clear view of the traffic. Be especially careful of cars making turns. If you run with traffic, cars making right turns will be behind you. Run against traffic for a better view. Cars may not see you, so make eye contact and run defensively.

Traffic Lights

Never cross an intersection when the "don't walk" light is flashing or on. Don't take a chance that the intersection is clear. Make eye contact with drivers to be sure they see you. Motion them through the intersection so you can be sure it is clear.

Make a Presence

Wear bright colors to help drivers spot you. If you have to run at night, wear reflective colors and be extra mindful of traffic.

Routes

Women need to be extra careful. Stick to well-traveled and well-lit areas. Avoid running alone at night and early in the morning. Stay on main streets if running at night or early in the morning. Stay away from remote areas of trails or bike paths if running alone. Vary your running route and run in low-crime areas.

Hearing

It can be great to run with music, but keep the volume low enough so you can hear traffic or someone coming up behind you. Always be aware of your surroundings. Look for "safe" areas like petrol stations you can run to if needed.

ID

Take some form of ID with you in case you need medical attention. A good choice is the Road ID band.

Cash

What if you pull a hamstring on a long run? You may want to carry some cash to get you home or take a cell phone to call for a ride.

* * * *



What's Really Causing Your Back Pain?

When back pain happens to you, it's a far cry from enjoyable. And while no one likes to experience it, the pain itself is actually quite common. In fact, nearly every adult in the world has experienced back pain at some point during his or her life. But in many cases, back pain doesn't actually begin in your back.

So, where does it start? Take a look at a few options that could be responsible for your back pain.

Hip Misalignment

Back pain often begins in other parts of the body.

Do you ever feel like you're taking uneven steps? Frequently carrying a heavy bag to one side, poor posture, and not wearing supportive shoes can all contribute to hip misalignment leading to low back pain. Misaligned hips often begin as a result of weak back, core or pelvis muscles and uneven shoe wear.

Text-Neck

In today's world, it seems that we're all guilty of spending at least some amount of time each day looking down at our smart phones or tablets. Unfortunately, too much of this downward tilt can cause pain in your neck from overstretching tissue and muscles, eventually leading to spinal misalignment. Back pain as a result of text-neck is a compensation reaction, with the real issue being the neck.

Teenagers and younger children face the highest risk for suffering from symptoms of text-neck.

Prolonged Sitting

If you spend most of your day behind a desk, you could find yourself sitting for hours on end without much movement. Prolonged sitting compresses the spine and increases stress on the back, legs, arms and even neck. To combat back pain caused by long periods of sitting, set an alarm to remind yourself to get up and move every hour. Choosing an ergonomic chair, keyboard, and mouse pad for your work space can also benefit your health.

Consider Chiropractic Care

Regardless of where your back pain has started, chiropractic care can usually help. To learn more about how adjustments could help you, contact our practice to set up an appointment.

We'd also be happy to discuss additional ways to incorporate more movement into your day. Small changes in your daily routine can pay off in the form of better health!

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

HEALTH

Many Uses of Magnesium

By Tanja Gardener

Magnesium may be one of nature's most versatile minerals

Pop quiz: what does your body use Magnesium for?

Many people think this mineral simply helps with tense, tight muscles; but if you answered that question with "nearly everything", you wouldn't be too far wrong. Here's just a selection of the functions that this versatile mineral performs within your body:

- Playing a role in over 300 different metabolic processes;
- Helping relax tense and tight muscles;
- Assisting with mental relaxation;
- Supporting strong, healthy bones; and aiding with Calcium absorption;
- Helping maintain healthy heart function; and
- Supports restful sleep.

That's a lot of different roles – which means it's really important to ensure you and your family are getting enough Magnesium each day.

How to get more Magnesium into your diet

The good news is that Magnesium occurs naturally in many of the staples of a healthy diet. Some of the richest food sources^[1] include:

- Dark green leafy vegetables (e.g. kale, spinach and silver beet);
- Other fruits and vegetables (especially apricots, bananas and avocados);
- Legumes (peas, beans and chickpeas) and nuts (especially almonds and cashews);
- Soy and soy products;
- Whole grains; and
- Milk and dairy products.

For some people, simply eating healthily each and every day will provide all the Magnesium they need. Others, however, may need more – especially if they're experiencing a lot of stress; are pregnant or breastfeeding; exercise intensely; or consume a lot of caffeine, alcohol and sugar.

In any of those cases, a Magnesium supplement can be extremely helpful.

How much Magnesium do you actually need?

According to the New Zealand Ministry of Health guidelines^[2], Kiwi men need between 400-420mg of elemental Magnesium each day, depending on their age. For women, the level is lower: 310-320mg (unless you're pregnant, in which case the recommendation is 350-400mg). Again, the exact amount depends on your age.

Keep in mind that this recommendation is for your intake of elemental Magnesium from ALL sources: both food and supplements.

What does "elemental Magnesium mean"?

If you look at different Magnesium supplements, you'll notice something interesting about the way they're labelled. Some will talk about total Magnesium content, where others only talk about "elemental Magnesium". Here's why knowing the difference between the two is important.

First off, understand that Magnesium doesn't naturally exist on its own. Instead, it forms "salts" with other substances, for example Magnesium oxide, which is what you'll see on a supplement label. The "elemental Magnesium" is then the amount of actual Magnesium within each salt.

For example, Magnesium oxide is about 60% Magnesium, which means that 400mg of Magnesium oxide only provides 241mg of actual elemental Magnesium. Other salts provide even lower percentages.

So if you want to know how much actual Magnesium is in your supplement, you need to know the amount of elemental Magnesium it contains.

Which Magnesium supplement is right for you?

There are a vast number of Magnesium supplements on the market. The right one for you will depend on the amount of elemental Magnesium you need, plus a host of other factors.

[1] <https://www.nlm.nih.gov/medlineplus/ency/article/002423.htm>

[2] <http://www.nhmrc.gov.au/filesnhmrc/publications/attachments/n35.pdf>

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Anyone can run a hundred metres – it's the next forty-two thousand and two hundred that count.

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ATHLETE PROFILE

International Competition for Top Masters Athlete Michael Wray



Getting an Athletics Wellington award for Senior Distance Men is not a good omen. It seems recipients must have to have an injury.

The 2015 and 2014 winners – Grant McLean and Todd Stevens – were both injured the following year. This year's winner, Michael Wray, a finalist in all three years, hopes he doesn't suffer the same fate. McLean and Stevens weren't finalists this year.

"It's a good thing I won it this year then," Wray said.

He is currently coming back from his own injury, after tearing a tendon in his foot. He hasn't raced much recently.

"I had to force myself not to," he said.

Wray is among the top two middle distance runners in the country in his age group. His first individual post-injury race was this month's Vosseler Shield. He won it last year; this year he came sixth, but he was most pleased his foot didn't give him grief.

All those ahead of him were younger. The previous two years he came second, behind McLean and Stevens.

Wray's rankings are good: ranked top five in Oceania for 800m, 1500m, mile, 3000m, 5000m, 10,000m and steeplechase; and top ranked New Zealander in the 3000m and also in the mile where he is ranked 12th in the world.

At the Oceania masters champs, Wray would have won all six of his events overall, as well as in his age category, but after a collision with a backmarker in the final bend of the 1500m, he was 2nd.

But that wasn't his top-rated competition.

"The thing that really stood out for me was the national half marathon champs. I approached it as a longer 10k."

He came third master, and top in his age group.

His long term aims are to compete in Perth at the World Masters Champs in October, as a precursor to the big event – the World Indoor Masters Games in Korea, when he moves up to the 50-54 age bracket.

"I'll need to be competitive," he said. "Perth is more about the experience."

He sees himself as a real medal prospect in Korea but thinks he will need some luck and for everything to go perfectly.

"Getting a world medal is a hard thing to do."

But if it wasn't for his wife entering him in a fun run around 10 years ago, Wray may not be running at all, let alone joining a club.

"I kept seeing this guy in a yellow singlet at the marathons. I thought I'd like to join his club," he said.

That club was Scottish. The athlete was Grant McLean. Now Wray's middle distance is faster than McLean's.

He is currently coached by Mark Harris, who won the Volunteer of the Year award this year, and is a previous coach of the year. He has recently been working on shorter distance speeds.

"What Mark does with me seems to work," Wray said. He has given me huge confidence in my abilities."

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SOME PERKS OF BEING OVER 60

Kidnappers are not very interested in you.

In a hostage situation you are likely to be released first.

No one expects you to run — anywhere.

People call at 9pm and ask, "Did I wake you?"

People no longer view you as a hypochondriac.

There is nothing left to learn the hard way.

Things you buy now won't wear out.

You no longer think of speed limits as a challenge.

You can live without sex but not without your glasses.

You enjoy hearing about other people's operations.

You get into heated arguments about pension plans.



RECIPE

Tuna Patty Burgers



Ingredients:

250g packet long grain 90 second microwave rice
425g can tuna in spring water, drained, and flaked
3 spring onions, thinly sliced
1 lemon, juice and rind, finely grated
1 tablespoon capers, chopped
1 egg, whisked
1 cup dried breadcrumbs
Olive oil spray
4 hamburger buns
4 lettuce leaves
2 large tomatoes, sliced
Sweet chilli sauce, to serve.

Method:

1. Cook rice following packet instructions. Allow to cool.
2. In a large bowl, combine rice, tuna, spring onions, lemon rind, 1 tablespoon lemon juice, capers and egg. Stir until well combined. Form mixture into 4 patties. Place onto a plate and refrigerate until required.
3. Heat a large non-stick frying pan over a medium heat. Spray tuna patties with olive oil. Coat each patty in breadcrumbs. Cook for 2-3 minutes on each side or until light golden and heated through.
4. Place base of hamburger buns on 4 serving plates. Top with a lettuce leaf, tomato slices, tuna patty, and a dollop of sauce. Top with bun lid and serve.

Preparation Time: 15 minutes.

Serves 4.

* * * *

Five Plus a Day, the Seasonal Way

One way to amplify your healthy food intake as the weather gets cooler is by eating seasonally-available produce.

If we bombard our system with the same foods all year round, we can develop nutritional deficiencies, and overconsumption may contribute to food intolerance formation. One theory of why gluten, dairy, and soy intolerances have become so prevalent is that particular substances are consumed at every meal, never allowing the body to get a break from their specific phytochemicals.

For example, eating large amounts of potatoes forces our body to process excess glucose in the form of amylose, which will affect insulin, like other carbohydrate-rich foods. Other phytochemicals of the potato, like calystegines, are likely to be behind the arthritic pains that potatoes and other nightshades contribute to, and will rise in concentration as we eat more potatoes.

Now we see why it is important to not eat too much of a single food. But why is seasonal availability important in overcoming nutritional deficiencies?

From the second a fruit or vegetable is picked, it starts losing nutrients. The longer it sits around, the fewer nutrients available when you consume it. The freshest produce is locally grown, as well as seasonally grown.

If a farmer uses sustainable farming practices, meaning they replenish the soil with natural fertilisers which contain more nutrients than just NPK (nitrogen, phosphorus and potassium), higher nutrient density exists.

The last way necessary to create the most nutritionally-dense food is growing organic produce. When plants have to protect themselves against herbivores, they produce more of their protective chemicals like caffeine, essential oils, digitalis, and other chemicals that vary from plant to plant.

Now you understand why seasonal produce is so important, and why locally-, sustainably-, and organically-grown produce is a great addition to your diet.

Late Autumn and Winter Produce

Fruits:

This list will be short and sweet. Three refreshing fruits top this list – lemons, limes and mandarins – which are all in season from June until August. Joining them are rhubarb and tamarillos. Feijoas, grapefruit, kiwifruit and tangelos are also available for part of the winter season.

Vegetables:

Vegetable availability points us towards the cruciferous vegetables. Enjoy an abundance of artichokes, broccoli, Brussel sprouts cauliflower, cabbage and kale. Add carrots, kumara, leeks, shallots, spinach, squash, swedes and yams to the menu and you have quite the variety.

Match these seasonal fruits and vegetables with your favourite meat to create a new favourite dish. Also, combining these ingredients into an amazing soup is always a winning deal.

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For more information visit their website: www.health2000.co.nz

THE ATHLETE'S KITCHEN

Copyright: Nancy Clark MS RD CSSD, May 2016



Fighting Fatigue: Why am I so tired....???

"I feel tired a lot. What vitamins will give me more energy?"

"When I get home from work, I'm just too tired to cook dinner..."

"I feel like taking a nap most afternoons. I get up at 5a.m. to run — but really, should I feel this tired at 3:00p.m.?"

Runners commonly complain about fatigue and feeling too tired, too often. Granted, many of them wake up at early o-thirty to run, and some do killer workouts that would leave anyone feeling exhausted. Many routinely get too little sleep. And the question remains: *How can I have more energy?*

Vitamin pills will *not* boost your energy. Vitamins help convert food into energy, but they are not a source of energy. Save your money.

Adequate sleep, however, will indeed boost your energy. Sleep is essential to recharge your body with the rest needed to feel fully functional and perform well. Eating the right foods at the right times is also energizing and fights fatigue.

The combination of adequate food plus adequate sleep not only sharply reduces fatigue — but also the need for caffeine. In particular, the late-afternoon cup of Joe that contributes to the bad cycle of sleeping poorly at night, having "no time" for breakfast, under-fueling during the day, and fighting chronic fatigue all afternoon. Sound familiar?

If you feel too tired, too often, you might want to learn from this case study. Tom, a 45-year-old hard-core marathoner met with me because he wanted to have more energy, eat better, and ideally lose a few pounds of excess body fat. Here is his spreadsheet for a typical day of food and exercise:

Time	Food-Exercise	Calories
5:00 am	Mug of black coffee	0
5:30-6:30	Run x 1 hour	(- 600)
7:30	Protein bar + banana	400
8:30	More coffee	0
9:30	Small packet almonds	100
Noon	Salad/chicken/dressing	500
2:00	Piece of fruit	100
3:00	Iced coffee with milk	100
3:00-5:00	<i>Tired, unable to focus</i>	
5:30 pm	<i>Gets home "starving"</i>	
	<i>Calories eaten during active part of his day</i>	Only 1,200
	<i>Ideal pre-dinner intake for less fatigue</i>	2,300
All day	Total calories needed	3,000

No wonder, when Tom got home from work, he felt starved. He had consumed less than half the calories he deserved to have eaten for the entire day.

Three ways to fight fatigue

Here are three suggestions I gave Tom to fight fatigue:

1. *Eat a substantial breakfast and lunch — plus a second lunch.* A second lunch at 3:00 or 4:00 boosts afternoon energy. It does not add extra calories; it's just trading evening snacks for a healthy afternoon meal. You are better off eating those calories at the proper time of day, when you need the energy, and not before bed.

Continued on next page . . .

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2. *Limit caffeinated beverages.* Little is wrong with enjoying a morning cup of coffee, but a lot is wrong with abusing coffee to keep you alert in the afternoon. Eat food for true energy, not caffeine, for a stimulant.
3. *Make sleep a priority.* You might not be able to go to bed earlier every night, but maybe every other night?

Making a calorie spreadsheet

Most runners have no idea how much food is appropriate to eat at Breakfast, Lunch #1 and Lunch #2. No wonder they are tired all the time! Many think a yogurt for breakfast, salad for lunch, and an apple for a snack is appropriate. That's only 700 to 800 calories — way too little!

The best way to estimate your calorie needs is to meet with a local sports dietitian (use the referral network at www.SCANDpg.org). For a reasonable estimate, add together these three components of your daily energy needs:

<i>Resting Metabolic Rate (RMR)</i>	Weight x 10 calories/lb.
<i>Calories for daily life:</i>	30% to 50% of RMR
<i>Calories for training:</i>	± 500 to 800 cals/hour.

Sample energy needs for Tom, who weighs 180lbs:

- 1,800 calories to stay alive (RMR; 180 x 10 cals/lb)
- 600 calories for desk job/light activity (33% x 1,800)
- 600 calories for an hour running
- 3,000 calories/day to maintain weight. 2,400-2,600 to lose weight

Target intake: 600-800 calories every 4 hours.

Tom started eating:

- Breakfast: a banana pre-run; then refuel with bagel + PB + latte
- Lunch #1 at 11:00: Soup + sandwich
- Lunch #2 at 3:00: Graham crackers + peanut butter
- Dinner: smaller meal that contributed to better sleep.

After just one day of eating enough food at the right time, Tom commented, "I feel great!!! I have more energy and less fatigue..."

Food is indeed a powerful energizer. Give it a try?

*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 Guide for Marathoners**, as well as teaching materials, are available at nancyclarkrd.com. For online and live workshops, visit www.NutritionSportsExerciseCEUs.com.*

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* * * *

Look Out For Your Liver!

The liver is an amazing organ! It is the second largest organ in the body (after skin). It carries out three crucial tasks: helping digestion, making proteins, and getting rid of bad things. Every nutrient that we consume must pass thru the liver so that it can be transformed into a different biochemical form.

The liver filters and removes harmful antigens that cause allergic reactions. It is a storage facility for glucose, vitamins A, B12 and K, iron and copper.

The liver is responsible for lipid metabolism, cholesterol synthesis, and the manufacture of bile for emulsifying fats. Often a dysfunctional liver can be the reason behind unexplained weight gain. This could be due to low bile production, resulting in the non-breakdown of fats, which then store in the liver causing fatty liver. This in turn disrupts sugar metabolism and the breakdown of insulin, which can lead to diabetes.

Without the liver synthesising certain hormones, the result can be raised blood pressure, meaning that sometimes even if you fix a liver problem, you also fix other seemingly non-related problems such as weight gain, blood pressure, and many others.

The liver has an incredible ability to regenerate itself when supplied with the correct nutrition, and RNA and DNA nucleic acids which are available in HealthZone Liver Zone. This formula supports liver health, cholesterol and fat metabolism, detoxification channels, and bile duct health.

Ed: - This article has been reproduced with kind permission from Health 2000.

For more information visit their website: www.health2000.co.nz

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You cannot propel yourself forward by patting yourself on the back.

- Steve Prefontaine



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INJURY PREVENTION

How to Recover From a Hamstring Strain

The hamstring plays a pivotal role in walking, jumping, running, cycling or swimming. The hamstrings are the powerhouse of your legs. Hamstrings allow you to bend your knees, straighten your leg and control movement from the hip. A hamstring injury can cause a big disruption in your fitness or training regimen, leaving you on the couch for weeks if not treated right.

More: [How to Prevent Injuries in Endurance Training.](#)



What is a Hamstring Strain?

- A hamstring strain is an excessive stretch or tear to the muscle fibres.

More: [The Whole Story on Hamstrings.](#)

What Are the Symptoms?

- Sharp pain in the back of the leg during exercise.
- Swelling or bruising; or
- Pain when [stretching](#) or contracting the muscle.

Severity of a Hamstring Pull

Grade 1

- Discomfort when walking;
- Tightness in posterior thigh;
- Little swelling; or
- Slight pain when bending the knee against resistance.

Grade 2

- Difficulty when walking — slight limp;
- Pain during activity;
- Noticeable swelling or bruising;
- Pain when bending the knee against resistance — very difficult; or
- Unable to straighten the knee.

Grade 3

- Severe pain;
- Major swelling or bruising;
- Difficulty walking — may need crutches; or
- Can't bend or straighten the knee.

Note: *If you have a grade three hamstring strain, seek medical attention immediately.*

More: [The Art of Stretching.](#)

How to Treat a Hamstring Strain

Once you experience any of the symptoms above you should immediately stop your exercise. Apply ice to the injury and continue with [R.I.C.E. therapy](#) (Rest, Ice, Compression, Elevate). If bruising occurs (internal muscle bleeding), use a compression bandage on the hamstring to minimize bruising. During the first few days, ice your hamstring with your leg straight. This will help control the swelling and gently stretch the muscle. Heat should not be applied until the third or fourth day. Heat may increase swelling or muscle bleeding. Use the compression bandage instead.

More: [Seven Ways to Relieve Sore Muscles.](#)

Gentle stretching and light resistance will help recover your hamstring muscle. Here are two effective stretches you can do at-home.

Hamstring Stretch

- Find a wall, pole or doorway.
- Lay on the floor facing up.
- Bring the injured leg straight up and rest it against the wall.
- Your healthy leg is either bent (if using a wall) or straight on the ground if using a doorway or pole. As you gain strength you can move closer to the wall, pole or doorway.

Hamstring Strengthener

- Sit on a chair or stool with wheels.
- Bend both legs.
- Take the injured leg and straighten it out in front of you, heel stays on the ground.
- Slowly bend the knee of the injured leg so the chair starts to move forward.
- Then repeat the movement.
- Try to move the chair from one side of the room to the other.

If pain occurs longer than two weeks, you should seek medical help.

* * * *

Don't forget to visit our website at:

www.wellingtonmastersathletics.org.nz

Four Ways Walking Can Help You Run Faster

By Marty Munson

There's a perfectly legal "secret" that more and more top athletes are using to run faster these days, and it's called walking.

Athletes including Olympic triathlete Barb Lindquist (Athens, 2004), Boston Marathon winner Amby Burfoot (1968) and hundreds of others at every level have found that adding regular walking breaks into their training — often as frequently as every 10 minutes — makes their overall race times faster. Among the benefits: You can run more frequently and run longer without stressing your body so much.

The run/walk technique is the brainchild of Olympic runner Jeff Galloway, author of running bestseller "[Galloway's Book on Running](#)."

One of the key coaches who is also using it for triathlon is Bobby McGee, an elite athlete consultant to USA Triathlon, a coach educator for the International Triathlon Union and author of "Run Workouts for Runners and Triathletes".

More: [How to Increase Your Endurance by Walking](#)

Why it Works

When you add walks to your run, McGee explains, you get multiple benefits:

Faster Race Times

You can run so much faster after a refreshing walk break that your net total time over a race is less than if you ran it consistently throughout.

It's like interval training that allows you to run short segments at paces you couldn't achieve if you just ran a steady pace. "The body can handle far more total work when the work is interspersed with recovery periods," McGee says.

More Frequent Training

"Normally, if you did a 30km run, you'd need 48 hours to recover. But what I've found with the run/walk method is that people are recovering much quicker. The system does not suffer the long-term fatigue that it would at a prolonged effort," McGee says.

Since you're not breaking your body down so much in a negative way, you can run more days per week and do longer runs. "And as a general rule, frequency trumps volume if you want to increase your run ability," he explains.

More: [Six Secrets to a Faster Race](#)

A Healthy Outlook on Long Runs

If you don't love long runs, this may change that. With this system, you don't have to run 25km, you just have to run 4 or 10 minutes, then walk, and repeat. "The mind is far more capable of holding focus

intermittently," McGee says, "rather than relentlessly pursuing the same pace for an extended time."

More: [Seven Mistakes to Avoid on Your Long Runs](#)

The Ability to get (Some) Injured People Running Again

McGee himself has experienced this benefit: "I have a ruptured hamstring and was unable to run at all. But with the run/walk, I now run three times a week and am pleased as punch to be able to run again."

More: [Three Exercise Alternatives for Injured Runners](#)

How to Do it Right

Reap the greatest benefits with these run/walk secrets:

1) Figure out Your Best Run/Walk Ratio

A classic ratio is 10 minutes of running followed by one minute of walking. There's no magic formula, but you can estimate your ratio based on how fast you can run a mile. Beginning runners can start out with a one-minute run/one-minute walk combination and gradually increase the amount of running time between walks.

More: [Run-Walk-Run to Faster Times, Faster Recover](#)

2) Don't Wait to Walk

Walk breaks are a key part of this technique, they're not an SOS. If you wait to walk until you're tired, it's too late.

McGee recommends not running longer than 10 to 15 minutes before your first walk break. People that have a hard time running after the walk break may not be walking early enough. "This is probably the most common complaint, but often comes from individuals who have not habituated to the methodology but who recall being forced to walk in races [from being tired] and had a hard time coming back from that," he says.

3) Walk, Don't Saunter

"The big mistake is that people drop the cadence too much and walk with long strides and with their arms down," McGee says. Instead, keep your cadence above 60 (the same foot hits the ground 60 times in a minute) and keep your arms bent.

More: [Tips to Build Your Athletic Walking Technique](#)

4) Get Your Head in the Right Place

There's no shame in walking! "Many savvy athletes have been gaining the run/walk advantage for some time now," McGee says. When you run a race faster, "know that you are not going to be asked if you ran the whole way. Instead, you will log, 'PR — broke four hours in marathon'."

More: [Four Ways Walking Can Improve Your Running](#)

About the Author:

Marty Munson is a USAT Level 1 triathlon coach. Her writing has appeared in *Health*, *Prevention*, *Marie Claire*, *Shape.com* and *RealAge.com*. Find more triathlon tips and strategies from her and other experts in the field at [trieverything.wordpress.com](#).

MISCELLANEOUS

MEMBERSHIP:

At the time of going to print our membership stands at 87 members. Welcome to new member Graeme Sayer (WMA).

* * * *

WELLINGTON MASTERS ATHLETE OF THE YEAR

Past winners:

2000	Judy Hammond
2001	Ellis Goodyear
2002	Barry Prosser
2003	Bernie Portenski
2004	Simon Poelman
2005	Bill Nicholson
2006	Peter Baillie
2007	Colleena Blair
2008	Jim Blair
2009	Grant McLean
2010	Anne Hare
2011	Jim Blair
2012	Jacqueline Wilson
2013	Jacqueline Wilson
2014	Judy Hammond
2015	Judy Hammond Gary Rawson

Note: From 2015 it was decided to present a trophy for both the male and female Wellington Masters Athlete of the Year.

* * * *

NZ MASTERS ATHLETE OF THE YEAR

Congratulations to Judy Hammond on winning the award for the 2015 NZ Masters Jumper of the Year. This is the third year that Judy has taken out this award. The other years she won this award were 2012 and 2014.

* * * *



This year we celebrate the 9th Games in Timaru and as usual it is going to be an absolute cracker. Timaru is so looking forward to hosting you for this spectacular week of competition, challenges and comradery.

If you play to win, play for the love of your sport or just to have fun we have everything you'll want with ten days of sporting action followed by nine nights of entertainment in our very own national treasure, the Caroline Bay Hall.

We have 46 sports on offer, ranging from the classic Olympic events such as Track and Field Athletics and Swimming, to the blockbuster team events like Netball, Football, Hockey and Softball. We've also included some not so famous sporting challenges for you to brush up your skills on such as Mini-Golf, Petanque and the new Masters Swing Ball Champs. Browse through the [sports timetable](#) and sort out your sporting schedule. View the [social programme here](#).

Entries now open

Games registrations are open now and as usual if you enter early, you can save your cash. All entries received by midnight on 1 July get a \$15 early bird discount.

Save time, enter online. The online registration system is an easy to use, step-by-step process. You can manage the sports you want to enter, manage team entries, pre-order merchandise and pay for your registration and sports fees. It only takes about five minutes to enter. [Click Here to Register](#).

Remember - anyone can register for the Masters Games ... as long as they're old enough!! Forward them this email and get them to Register.

Book your accommodation early!

When the Masters' are on - they are definitely the biggest show in town. That means you have to book your accommodation early. Teams especially need to get in now to ensure you get the location and style you want. For further information on booking your accommodation contact:

Timaru Visitor Centre/Te-Ana Maori Rock Art Centre

2 George Street
(Landing Service Building opposite Railway Station)
Timaru 7910
New Zealand
Phone: +64 3 688 4452
timaruinfocentre@teana.co.nz

Geraldine Visitor Centre

Kiwi Country Complex
Cnr Waihi Tce & Jollie St
Geraldine 7930
New Zealand
Phone: +64 3 693 1101
Fax: +64 3 693 1008
geraldineinfocentre@kiwicountry.co.nz

All other inquiries to:-

Chris Thomas,
Games Manager
Phone 03 688 5531
info@simasters.com

31st Wellington Masters Classic Cross Country Relay

Trentham Memorial Park, Upper Hutt, Sunday 22th May, 2016

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

This year 13 teams (8 running and 5 walking) took part - down from last year where we had 18 teams take part (12 running and 6 walking). Vosseler on the previous day probably had something to do with the lower turnout of teams this year.

Fastest laps for the runners were Brian Garmonsway (Trentham) 13:24 and Michelle van Looy (Olympic) 16:50.

Fastest walkers were Peter Baillie (Scottish) 24:50 and Terri Grimmett (Scottish) 27:30.

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 - very much appreciated.

Open Men:

Trentham

Brian Garmonsway	0:13:24
Michael Beaumont	0:16:25
Josh Campbell	0:14:39
Stephen Mair	0:16:29
Kevin Thompson	0:15:54
	1:16:54

1 of 2

Scottish

Glen Wallis	0:18:18
Michael Wray	0:15:11
James Turner	0:16:56
Peter Kelly	0:15:26
Bill Twiss	0:15:50
	1:21:41

2 of 2

Open Women:

Scottish

Anne Hare	0:17:17
Lyn Clark	0:19:31
Sharon Wray	0:21:31
Jo Badham	0:19:06
Helen Willis	0:19:11
	1:32:36

1 of 3

Hutt Valley

Liz Gibson	0:20:32
Melanie McKnight	0:19:43
Brig Murdoch	0:20:20
Trish Coley	0:21:25
Keryn Morgan	0:20:34
	1:42:34

2 of 3

Olympic

Cathryn Wood	0:21:04
Ele Brown	0:22:38
Annie Van Herk	0:21:48
Denise Pilcher	0:22:03
Michelle Van Looy	0:16:50
	1:44:23

3 of 3

250+

Hutt Valley

Mat Rogers	0:14:27
Darren Gordon	0:17:04
John Wood	0:19:41
Richard Kellett	0:18:10
Stephen Cummings	0:17:32
	1:26:57

1 of 1

300+

Scottish

Bob Stephens	0:19:58
Richard Sweetman	0:22:17
Marshall Clark	0:18:27
Maryanne Palmer	0:24:50
Terri Grimmett	0:23:20
	1:48:52

1 of 1

Mixed

Hutt Valley

Paul Strickland	0:19:12
Mike Butler	0:20:08
Marian Goodwin	0:20:58
Isobel Franklin	0:22:20
Julia Baron	0:20:33
	1:43:13

1 of 1

Open Walkers

Scottish

Peter Baillie	0:24:50
Terri Grimmett	0:27:30
Bob Gardner	0:26:32
	1:18:52

1 of 1

150+

Scottish

John Palmer	0:31:26
Ian Morton	0:27:30
Philip Grimmett	0:26:51
	1:25:47

1 of 4

Trentham

Joe Antcliffe	0:31:26
Judy Scott	0:37:50
Jackie Wilson	0:29:51
	1:39:07

2 of 4

Scottish

John Hines	0:33:25
Murray Gowans	0:37:07
Rob Hannan	0:34:14
	1:44:46

3 of 4

Trentham

Viv Antcliffe	0:33:14
Val Buddle	0:32:13
Pat Scholes	0:41:30
	1:46:57

4 of 4



* * *

CLASSIC RELAY 2017

The committee is looking at Sunday 28th May 2017 for the 32nd running of this event and it is hoped that this will avoid the clash with the Vosseler being held on the Saturday before the Classic Relay.

We are grateful to those members who ran in the Vosseler this year and then fronted up on the Sunday to take part in the Classic Relay. Your commitment and dedication is really appreciated.

The committee has to book Trentham Memorial Park 12 months out from the event to guarantee the booking of the park and at the time of making the booking for the 2016 event, Wellington Harriers hadn't set a date for the Vosseler and it was only later when they finally set their date that we realised the clash but it was then too late for us to change our date. It seems that Wellington Harriers have settled on the third Saturday for their event, so without the clash, we might get more teams entered for next year's event.

WELLINGTON MASTERS ATHLETICS INC.

32nd ROAD RACE (8k) & RACE WALK (6.4k)

SUNDAY, 17th JULY, 2016

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 man and women in race walk plus additional prizes where warranted.

Prizes for the first 2 Club teams.
(1 running team 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: Graham Gould, PO Box 5887, Lambton Quay, Wellington 6145 or email to vgvould@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.....

UPCOMING EVENTS

2016:

June

26 Gazley Volkswagen Wellington Marathon, 21.1km, 10km & 5km Westpac Stadium

July

2 North Island Cross Country Championships Spa Park, Taupo
2-3 Gold Coast Airport Marathon, $\frac{1}{2}$ Marathon, 10km & 5.7km Challenge Gold Coast, Queensland
10 Sydney Harbour 5km & 10km The Rocks, Sydney
17 **Johnsonville 8km Road Race** **Olympic Clubrooms, J'Ville**
24 Wellington Cross Country Championships Grenada North

Aug

20 Wellington Road Walking Championships Trentham
Wellington Road Running Championships Wainuiomata
21 Woodbourne Half Marathon Blenheim

Sept

3 NZ Road Championships Masterton
18 Blackmores Sydney Marathon, $\frac{1}{2}$ Marathon, Family Fun Run Sydney

Oct

7-16 9th South Island Masters Games Timaru
16 **Lower Hutt 10km Race** **Lower Hutt**
Medibank Melbourne Marathon, $\frac{1}{2}$ Marathon, 10km & 5.7km Melbourne

26 Oct-

6 Nov WMA Stadia Championships Perth, Australia
30 Auckland Marathon North Shore, Auckland

Dec

19 Rotorua Half Ironman Rotorua

2017:

April

21-30 World Masters Games Auckland

May

6 Nelson Half Marathon, $\frac{1}{4}$ Marathon & 5km Fun Run & Walk Saxton Field, Stoke

2018:

Jan

20-27 OMA Stadia Championships Dunedin

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 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


