

# THE

# MASTER

# COPY

Newsletter of Wellington Masters Athletics Inc.

Volume 16 Issue 2

April 2017

## 2017 World Masters Champs, Daegu, Korea



Michael Wray crossing the finishing line for Gold in the M50 Cross Country



Jackie Wilson on her way to winning Gold in the W70 10km Road Walk

Photos: Sharon Wray

### **WELLINGTON MASTERS ATHLETICS INC.**

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#### **COMMITTEE:**

John Hammond	04 292 8030
Sean Lake	389 5912
Sharon Wray	234 7972
John Palmer	479 2130

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# WELLINGTON MASTERS ATHLETICS INC.

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## LIFE MEMBERS

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

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

CLUB REPRESENTATIVES AND MEMBERS ARE ALWAYS WELCOME

# ***FROM THE PRESIDENT***

Since my last report, it has been a time for athletes to experience competition on the World stage. First up was the World Indoor Championships in Korea, which despite the name has a range of outdoor winter events to be contested too, and as I write the World Masters Games in Auckland is in full swing.

There's quite a contrast between the two World events from what I have experienced so far. The Korean Championship was an official World Championship and as such, the execution was by the book. The Games, however, are less concerned with the rules and more concerned with participation.

The visible difference is in the kit people wear to compete. Many wear their national uniforms but even more are competing in general gear, including ordinary t-shirts and I even noted one 1500m runner in board shorts! Medal presentations are less formal; there is no physical podium and no use of national anthems, which is probably justified as the assigned nationalities of some athletes don't always line up – I have noted athletes who are registered with masters being assigned a different country to their registration. As a non-registered event, where the concept of national representation is explicitly stated as not applicable, your assigned country has no purpose beyond a cosmetic designation.

While the differences above are all cosmetic, a significant point of difference has been where the rules of progression are changed from what is publicised on the lane draw sheets or told to athletes on the start line of heats. In one instance, this resulted in additional qualifying spots being advertised to heat two that heat one didn't know about – resulting in heat one racing for spots and heat two jogging around chatting. As annoyed as the heat one runners were, this was nothing compared to the anger of eight 100m sprinters who finished their prelims having cruised to semi-final spots – only to be told after their race that the semi-final stage had been dropped to go directly to a final and they hadn't qualified. It would have been one thing if the athletes had been told before their race, but to find out afterwards created angry scenes.

Despite these issues, we have still produced some medalists from Wellington. As at the end of day three of competition these are: Judy Hammond won gold in the long jump, high jump and 100m, Jim Blair won gold in the javelin and high jump, Peter Stevens won gold in the 10km Road Race, Michael Wray took silver in the 5000m and Richard Sweetman came away with bronze in the 10km Road Race. With six more days to go, I think we can be sure there will be more medals coming Wellington's way.

At the World Championships, Wellington athletes performed well in Korea. It was a shame Alessandro had to withdraw from the trip due to injury after his NZ record setting during preparation. He would have gone up against a runner setting a new World Record, so we have to assume he wouldn't have won gold but his times on domestic soil suggest a silver medal was a realistic aim.

Those that did make the trip were Jackie Wilson (two golds), Michael Wray (one gold), Vanessa Story (one silver, one bronze), Andrea Harris (two silvers), Jim Blair (three golds, three silvers, one bronze) and Tony Price (who narrowly missed out on medals a couple of times). That's three world champions in Wellington – congratulations to all on achieving the highest accolade in masters athletics!

*Michael Wray,*  
*President*

# TRAINING

## Three Ways to Stay on Track with Your Running Goals During Winter

Winter, where the days are shorter, the weather is colder, and the mornings are tougher. As runners, we know how tough it is to wake up early in the winter to get in a quick run, especially when it's raining. Although it's tempting to go back to sleep after the alarm clock beeps us to reality, you have to get up on your feet and run towards your goals (no pun intended!). Of course, we all need a little push in the morning, so here are a few tips on how to stay on track during the cold and wet winter days.

### **1. Run Before your Brain Figured out What You're Doing**

The sun rises later and sets earlier, making the days shorter and the temperature colder. You might laugh, but waking up early in the morning to run is actually the best way to get your daily run in. The weather might seem colder in the morning, but it's actually not much colder than during the day.

It just seems like it's colder because you're leaving the wonderful warmth that your covers are providing in the morning. Instead of dwelling on how cold it is, just throw on your winter running gear and get out the door. You don't have to start running right away, but at least you'll be out of the house and ready to get to work on your mileage.

### **2. Set Your Alarm 15 Minutes Earlier**

Being that your bed seems to be extremely comfortable and warm in the morning, it's a guarantee that you'll want to hit the snooze button when your alarm beeps. Hitting the snooze button isn't such a big deal if you have a lot of time to get ready in the morning, but if you are under a strict schedule and only have a set amount of minutes to train, you can't keep jetting the snooze button.

To make sure that you're not going in to your temptations too much in the morning, set your alarm clock 15 minutes before you actually have to wake up. This way, you'll still be able to hit snooze without it affecting your daily and training schedule as well. You'll have exactly 15 minutes to mentally and physically wake up and wrap your head around the fact that you have to go out and run or train.

### **3. Go All Out on Winter Gear**

There are some things that we can be cheap on, but winter running gear isn't one of them. When running outside in the winter, you need to make sure that your body temperature is kept at a healthy level to decrease your chances of getting injured. Your body warms up only after about ten minutes of running at a normal pace, so it's important to have clothing that will keep you warm while running outside. Don't be cheap, invest for the long term.

\* \* \* \*

## Four Foods to Keep You Young

You're never too old to start eating right and taking care of your body from the inside out. Try to incorporate these four foods to help keep your mind and body on the upside of life.

- Apples — they help keep your digestive system going strong.
- Ginger — for aches and pains, ginger is packed full of powerful antioxidants to help fight inflammation and hurt muscles.
- Cherry juice — we need sleep on our side to function optimally into our golden years. If you're having trouble getting to bed and staying asleep, opt for cherry juice in the evening as it has melatonin in it.
- Spinach — full of magnesium, spinach can help maintain nerve function and regulate blood sugar.

\* \* \* \*

## LIONS TOUR - Test Eden Park Saturday 24th June 2017

Greetings, a friend of mine has 2 tickets in a corporate box for the test. Unfortunately he didn't realise when he bought them that it is the same day as his wedding – so he can't go! If you are interested and want to go instead of him: It's at St Marks Church, 95 Remuera Road at 5pm. Her name is Louise, she's 5ft 8, about 67kg, good cook, and makes \$200k per annum modelling. She'll be the one in the white dress. Cheers, Rob.

\* \* \* \*

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

**The Editor, The Master Copy,  
122 Onslow Road, Khandallah,  
Wellington 6035,  
or email [palmer.palace@xtra.co.nz](mailto:palmer.palace@xtra.co.nz)**

## Records Created in the 2016/17 Race Walking Season

Here is a list of Records the Wellington Race Walkers have created during 2016/17. Congratulations to all for these phenomenal achievements:

### 1500m

Bart Henderson M50 - WMR  
Daphne Jones W75 - WMR

### 3000m

Jackie Wilson W70 - NIMR  
Daphne Jones W75 - WBP, NZMR, NIMR, WMR

### 5000m

Sean Lake M45 - WMR  
Terri Grimmett W55 - WMR  
Clive McGovern M65 - WMR  
Sue Hoskin W65 - NZMR, WMR  
Jackie Wilson W70 - NZMR, WMR  
Daphne Jones W75 - NZMR, NIMR, WMR

### 10,000m (Road)

Sue Hoskin W65 - NZMR, WMR  
Jackie Wilson W70 - NZMR, WMR  
Daphne Jones W75 - NZMR, WMR

### 10,000m (Track)

Sean Lake M45 - WMR  
Arlene Wong Tung W40 - WMR  
Joe Antcliff M50 - WMR  
Jackie Wilson W70 - NZMR, WMR  
Daphne Jones W75 - NZMR, WMR

### 20K (Road)

Jackie Wilson W70 - NZMR, WMR

#### Key to Records:

**WBP** - World Best Performance (= World Record)

**NZMR** - NZ Masters Record

**NIMR** - North Island Masters Record

**WMR** - Wellington Masters Record

\* \* \* \*

**Congratulations to** Jackie Wilson (NZMA Walker of the Year) and Tony Price (NZMA Middle Distance Runner of the Year). These awards were decided at the NZMA AGM held at the NZMA track and field championships held in Nelson in March.

\* \* \* \*

#### WEBSITE:

See what's happening on our website at:

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

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#### 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](mailto: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.

## Step to It!



*Do you track your daily steps? Using a pedometer or smartphone app can help you get an idea of how much you're walking.*

Walking — it's so easy a toddler can do it. Yet so many adults are sitting for the majority of their day instead of allowing their body to do what it was designed to do: Move!

As your chiropractor, we help keep your spinal bones in alignment so your nervous system can function at its best. But outside of the practice, we need a little help from you to ensure your body stays healthy each day with movement and exercise.

### The Walking Effect

Walking isn't just good for your legs; it's great for your entire body. Even something as short as a brisk 20-minute walk is enough to get your blood flowing and elevate your heart rate. But the benefit of adding more steps into your day doesn't just stop there. Walking can help you lose weight, lower the risk for certain diseases, improve your mood, strengthen your heart and give you more energy.

### How to Get More Steps in Your Day

Looking for easy ways to fit more steps into your day? Consider these small adjustments you can make that can keep you moving longer.

- If you're not ready to give up television, hide your remote to make you get up to change the channel.
- Headed to the market? Instead of driving up and down the rows looking for the nearest spot, park in the back of the lot and enjoy a longer walk to the store. Your blood pressure will thank you!
- Taking a bathroom break at work? Consider using the lavatory one floor up or down versus the closest one.

*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)

# RESULTS FROM DAEGU



Jim Blair with the medals he won at the World Masters Championships held in Daegu, Korea

## World Masters Indoor Championships

These are the results of the Wellington Masters members who competed at these Championships.

200m		
W40		
2	Vanessa Story	27.10
400m		
W40		
3	Vanessa Story	1:00.22
800m		
W40		
4	Vanessa Story	2:24.71
W45		
4	Andrea Harris	2:32.25
1500m		
W45		
2	Andrea Harris	5:20.41
M50		
7	Michael Wray	4:51.71
3000m Walk		
W70		
1	Jackie Wilson	18:36.47
10km Race Walk		
W70		
1	Jackie Wilson	1:02:52.00
8km Cross Country		
M50		
1	Michael Wray	28:31.00
M60		
7	Tony Price	31:59.00
Javelin		
M85		
1	Jim Blair	21.83m
Shot Put		
M85		
2	Jim Blair	8.89m
3000m		
W45		
2	Andrea Harris	11:10.00
M50		
4	Michael Wray	9:44.14
M60		
4	Tony Price	11:04.79
Weight Throw		
M85		
3	Jim Blair	8.91m

Hammer Throw		
M85		
2	Jim Blair	20.87m
High Jump		
M85		
1	Jim Blair	1.05m
Triple Jump		
M85		
1	Jim Blair	5.14m
60m Hurdles		
M85		
2	Jim Blair	20.81
Half Marathon		
M50		
4	Michael Wray	1:17:05.00
M60		
5	Tony Price	1:26:35.00

\* \* \* \*

## Four Habits of a Happy Spine

We often experience pain when something isn't working properly. By that logic, feeling good would mean that everything is working fine, right? Not always. Because it's often easier to tell when your spine isn't as healthy as it could be, we'd like to share four habits of a happy, healthy spine.

### 1. It's carried well

For a healthy spine, good posture is crucial. This doesn't mean just standing up straight when you're moving about, but also being conscious of how you sit when you're at work or home and even how you sleep in your bed.

### 2. There's always time for exercise

A happy, healthy spine needs regular exercise to function well. So, what's the best way to exercise your spine? Work the muscles around it like your abs so they're strong enough to maintain its proper position.

### 3. It gets proper nutrients

When we eat healthily, chances are we're more conscious of how it may help our clothes fit well than what it does for our nervous system. A healthy diet high in leafy greens and vegetables can help our body better accommodate stress and allow our nervous system to function optimally.

### 4. Your spine is well rested

Not getting enough sleep each night can wreak havoc on our entire body — including our spine. Your spine helps you stay upright all day, and it needs its time to relax and rejuvenate just like the rest of you. Make sure your spine is supported during sleep and avoid stomach slumber when possible.

# HOW DO YOU SPEND YOUR TIME

By Barbara Kendall

**Life seems to get faster and faster. I just blinked and it's now 2017, both my kids are at college, and it was just yesterday they started school! How did that happen?**

Time is perishable; it does run out, and it stops for no one. We are all given an equal amount – 168 hours per week – so how we want to spend our time on earth is up to us.

When I reflect on my life, I feel incredibly blessed. It has been an amazing journey so far. Even with all the ups and downs, I wouldn't want to change anything, as every experience has added to the learnings and wisdom that have made me, me.

What I have realised is that to live the life you want, it doesn't just happen. You have to make it happen, take charge, make some determined decisions, and create great habits that are sustainable and satisfying.

After spending 25 years as a world-class athlete, one of the keys to my success was having to reflect honestly and openly in consultation with my trusted support team. We did this after every major training session and at the end of every competition. We looked diligently at the facts and then made changes as a team that were necessary.

This included looking at attitudes, emotional reactions to high-pressure situations, cohesion and trust of relationships around us, everyone's physical state, plus all the essential technical and tactical requirements of my sport, like weather and equipment. We called this "box ticking." If we ticked all the boxes before a competition and everything was on track, usually the results took care of themselves.

After experiencing the power of this process over the years, it has become a lifetime habit. Every three or four months I do a box tick on all areas of my life to make sure I am on track. This helps me prioritise where I want to spend my time.

Life was quite simple as an athlete because I only had one priority – to be my best emotionally, physically and mentally at every competition. Once children came into the mix, things became a little more complicated and time became even more precious, so box ticking, prioritising and planning was even more important.

The first step I take towards box ticking is to make lots of lists to ensure I think of everything,

and to get things out of my head and onto paper. Writing it all down removes stress and makes it all easier to analyse, prioritise, and make realistic plans for how I need and want to spend my time.

I make work to-do lists, career-aspiration lists, what-I-want-to-learn-about lists, kid-management lists, health and wellbeing lists, dream and holiday lists, husband lists, and what-I-need-to-fill-my-soul-with lists, to name a few. The best part about this process is the great satisfaction of achievement that comes with crossing things off the lists!

Taking time to reflect on your life and how you spend your time will be worth its weight in gold. The real success comes from taking the action that is needed to make it happen!

The choices we make about how we spend our time determines the outcome and quality of our lives.



Barbara Kendall is a five-time Olympian and three-time medallist. Qualified in Career Practice and Applied Management, she now coaches in leadership, self-intelligence, health and well-being, culture and engagement.

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

*For more information visit their website: [www.health2000.co.nz](http://www.health2000.co.nz)*

\* \* \* \*

## Stressed or Exhausted?

**Sometimes our fast-paced lives can become overwhelming.**

Stress and anxiety levels rise and sleep quality diminishes, leading to physical and mental exhaustion, which lowers our immunity to winter ills and chills.

During these times, nutrients like magnesium, B vitamins, and vitamin C are rapidly depleted. A lack of these nutrients further impairs our ability to adapt to stress, maintain energy levels and ward off nervous tension. Depleted magnesium levels means stress responses can be triggered faster, contributing to irritability and overreactions.

It is important to offset these losses and bolster immunity by maintaining vital nutrient levels through healthy eating and supplementation.

Magnesium is vital for optimal adrenal activity and assists with the maintenance of the nervous system, cardiovascular system and bone health. ¥



## **RECIPE**

# Moroccan Lamb Burgers, Grilled Halloumi and Pistachio Salsa

Spiked with aromatic herbs, topped with grilled halloumi and a fragrant salsa, these could easily be your star summer burger.



### **Ingredients:**

1 cup fresh breadcrumbs  
1/3 cup milk  
600 grams lamb mince  
2 cloves garlic, crushed  
1 teaspoon each ground cumin and sweet smoked paprika  
1/2 teaspoon ground cinnamon  
1 egg, beaten  
big handful fresh coriander, finely chopped  
Sea salt and ground pepper.

### **Salsa**

1/2 cup pistachios, divided in half  
1/2 cup each packed basil and mint  
2 cloves garlic, crushed  
1 tablespoon lemon juice  
1 teaspoon sea salt  
1/3 cup olive oil.

### **To serve**

200 grams halloumi cheese, sliced  
4 small pitta breads, warmed and split  
Kasundi or other tomato relish, rocket, strips of cucumber, thick plain yoghurt.

### **Directions:**

**Burgers:** Put the breadcrumbs and milk in a large bowl, leave for 5 minutes, and then add the remaining ingredients. Season generously, gently combine well and form into 4 patties.

Cover and refrigerate until ready to cook but take out of the fridge 30 minutes before cooking.

**Salsa:** Put half the pistachios and all the remaining ingredients in a food processor and blend until well chopped but not totally smooth. Roughly chop the remaining pistachios and stir through.

**Lamb:** Cook the burgers on a grill pan over a medium heat for 4–5 minutes each side or until cooked through.

Heat a sauté pan with a little oil and cook the halloumi on both sides until golden.

**To assemble:** Spread the bottom bun with tomato relish and layer up with rocket, cucumber, a lamb burger and halloumi. Top with a spoonful of yoghurt and a dollop of pistachio salsa. Add the tops and serve immediately.

**Serves 4.**

\* \* \* \*

## Power up the Protein!

Older adults generally appreciate they need fewer calories than they used to, but the source of those calories is all important. For example, you may be surprised to learn that older adults need 25% more protein compared to when they were younger.

Why is this? Well younger bodies tend to build up muscle fast and break it down more slowly. Older bodies do the opposite! Having regular amounts of protein during the day (rather than only at dinner time) provides your body with the amino acids from protein that helps with preserving muscle mass and staying strong, as well as helping your immune system and being able to recover from illness or injury.

Good sources of protein include meat, eggs, chicken, fish, milk, cheese and yoghurt. Instead of cake, biscuits or muffins have cheese on a wholegrain cracker or some yoghurt and fruit. Replace your breakfast toast and jam with eggs and bacon, or yoghurt and fruit and enjoy cheese, nuts and seeds as a snack.

Another great snack is a smoothie with milk and yoghurt. Just check your yoghurt is not high in sugar - the Greek style is the best!

\* \* \* \*

There are friendships that have been forged by dedication and by pain, by defeat and by accomplishment, by mud and by sweat, by laughter and by tears. Friends who have seen each other when we look our worst and when we look our best, when we feel like we could collapse and when we've won our biggest victory. Friends who encourage us when we want to stop, stick with us when we're about to fall, and run beside us not just in races but every day. These are the types of friendships that don't fade with time and don't dwindle with distance. These are running partners. – Ellen Gass, [ilovetorun.org](http://ilovetorun.org)



# THE ATHLETE'S KITCHEN

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## Meal Timing: Does It Matter When You Eat?

Meals and snacking patterns have changed over the past 40 years. You have undoubtedly noticed that many of us are eating fewer calories from meals and more calories from snacks. As a result, I get questions from both runners and non-athletes alike about how to best fuel their bodies: *Should I stop eating after 8:00 pm? Which is better: to eat 3 or 6 meals a day? Does it really matter if I skip breakfast?* Because meals can be a central part of our social life — and busy training schedules can contribute to chaotic eating patterns — many runners disregard the fact that food is more than just fuel. When (and what) you eat impacts your future health (as well as today's performance).

Food consumption affects the central clock in your brain. This clock controls circadian rhythms and impacts all aspects of metabolism, including how your organs function. Restricting daytime food and eating in chaotic patterns disrupts normal biological rhythms. The end result: erratic meal timing can impact the development of cardiovascular disease (CVD), type-2 diabetes and obesity.

This article offers food for thought from the *American Heart Association's Scientific Statement on Meal Timing and Frequency: Implications for Cardiovascular Disease Prevention*. (*Circulation*, Jan 30, 2017). The information is particularly important for runners, because training schedules can really upset standard meal times. Plus, most of us want to live a long and healthful life. Hence, we need to pay attention to meal timing — starting at an early age. Children and adolescents who skip meals have a higher risk of developing health issues (higher BMI, more belly fat, higher serum insulin and blood glucose). Not a good start for a long and healthy life. (Parents take note: Be responsible with family meals!)

Veteran runners also want to stay healthy. In 2014, 14.5% of the US population was 65 years or older. Over the next 25 years, older Americans are expected to grow to 22% of the US population. We need to outlive the diseases of aging. That starts with fueling wisely on a regular schedule and enjoying regular exercise!

### **Breakfast: Is it really the most important meal of the day?**

If you define breakfast as eating 20% to 35% of your daily calories within two-hours of waking, about one-fourth of US adults do not eat breakfast. This drop in breakfast consumption over the past 40 years parallels the increase in obesity. Breakfast skippers tend to snack impulsively (think donuts, pastries, chips and other fatty foods). They end up with poorer quality diets and increased risk of diabetes, heart disease, high blood pressure and overweight/obesity.

Eating a wholesome breakfast starts the day with performance enhancing fuel at the right time for your body's engine. If you run in the morning, fuel-up by having part of your breakfast before you work out (a banana, for example) and then enjoy the rest of the breakfast afterwards (oatmeal, almonds and yogurt). This will help you get more out of your workout, improve recovery — and click with your natural circadian rhythms.

### **Meal Frequency: Is it better to eat 1, 3, 6, 9 or 12 times a day?**

In terms of weight, eating 2,000 calories divided into 1, 3, 6, 9, or 12 meals doesn't change your body fatness. In a study where breakfast provided 54% of the day's calories and dinner only 11% of calories — or the reverse, the subjects (women) had no differences in fat loss. Yet, in terms of cardiovascular health, the big breakfast led to significant reductions in metabolic risk factors and better blood glucose control. The bigger breakfast matched food intake to circadian rhythms that regulated metabolism.

Runners who skimp at breakfast commonly get too hungry and then devour way too many calories of ice cream and cookies. If they do this at night, when the body is poorly programmed to deal with an influx of sweets, they are paving their path to health issues. Hence, if you are eating a lot of calories at night, at least make them low in sugary foods, to match the reduced insulin response in the evening. This is particularly important for shift workers, who eat at odd hours during the night and tend to have a higher rate of heart disease.

*Should you stop eating after 8:00 PM?* There's little question that late-night eating is associated with obesity. Research with 239 US adults who ate more than one-third of their calories in the evening had twice the risk of being obese. Among 60,000 Japanese adults, the combination of late-night eating plus skipping breakfast was associated with a greater risk of diabetes, heart disease and obesity. A study with 2,200 US middle-aged women reports each 10% increase in the number of calories eaten between 5:00 PM and midnight was associated with a 3% increase in C-reactive protein, a marker of inflammation. Inflammation is associated with diabetes, CVD and obesity. The wise runners do most of their fueling in the earlier parts of the day.

### **The best plan: Plan to eat intentionally**

Failing to plan for meals can easily end up in missed meals, chaotic fueling patterns and impaired health, to say nothing of reduced performance. If you struggle with getting your food-act together, consult with a sports dietitian who will help you develop a winning food plan. Use the referral network at [www.SCANdpg.org](http://www.SCANdpg.org) to find a local sports RD.

*Continued on next page . . .*

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Instead of holding off to have a big dinner, enjoy food when your body needs the fuel: when it is most active. If you worry you'll eat just as much at night if you eat more during the day (and as a result, you'll "get fat"), think again. Be mindful before you eat and ask yourself: *Does my body actually need this fuel?*

Most runners can and should enjoy at least 500 to 700 calories four times a day: breakfast, early lunch, second lunch, and dinner. To overcome the fear that this much food will make you fat, reframe your thoughts. You are simply moving the calories in your pre- and/or post-dinner snacks into a substantial and wholesome *second lunch* (such as a peanut butter-honey sandwich, or apple, cheese & crackers.). The purpose of this second lunch is to curb your evening appetite, refuel your muscles from your workout earlier in the day (or fuel them for an after-work run) and align your food intake to your circadian rhythms. Give it a try? Even runners cannot out-train a poorly timed diet.

*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 are available at [nancyclarkrd.com](http://nancyclarkrd.com). For workshops, see [www.NutritionSportsExerciseCEUs.com](http://www.NutritionSportsExerciseCEUs.com).*

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

\* \* \* \*

## Four Myths About Back Pain



Back pain may be common, but it should never be considered normal.

How much do you really know about back pain? Enjoy these good-to-know facts surrounding myths about pain in your body and what it could mean for you.

### **Myth 1: Back Pain is a Normal Part of Aging**

**Fact:** Just because you're adding more candles to your birthday cake doesn't mean it's normal to add back pain to your life. Sure, getting older may

make us more susceptible to certain illnesses or diseases that can cause back pain, but there are steps you can take to actively diminish it and keep your spine healthy — like chiropractic care.

### **Myth 2: I'm Physically Active, So Back Pain Won't Be a Problem for Me**

**Fact:** Staying physically fit is one of the many things you can do to keep your back healthy, but unfortunately there isn't one set way to ensure you never experience back pain. In addition to keeping active, consider eating a highly nutritious diet, lowering stressors in your environment and maintaining proper posture.

### **Myth 3: I'm Not in A Lot of Pain — So My Injury Must Not Be Bad**

**Fact:** Pain is a poor indicator of how serious your injury could be. Sometimes, pain can take days, weeks or even months to show itself following an injury as inflammation builds up in your body. If you're experiencing a mild ache or pain that's persistent, it may be time to get it checked out.

### **Myth 4: If I Have Back Pain, I Need Surgery**

**Fact:** While nearly everyone will experience back pain at some point in their lives, it's not a reason to opt for surgery right away. If you're experiencing pain, try to pursue the least invasive option initially. Think of it this way — chiropractic first, drugs second and surgery third.

If you've been experiencing back pain, consider giving our practice a call to schedule an appointment. Back pain may be common, but it's not normal.

**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)

\* \* \* \*

## **Finding the Inner Strength**

Each of us has inner strength that can get us out the door on tough days, keep us going when we lose motivation, and allow us to do amazing things in running and in life. Use a positive strategy and you can activate positive brain circuits. — *Jeff Galloway*



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# NUTRITION

## **Caffeine: Performance Enhancer or Inhibitor?**

Caroline Worth, Registered Dietitian



Believe it or not caffeine was once a banned substance in sport, but it was removed from the World Anti-Doping Agency (WADA) in 2004, when increased sports performance was found to be associated with doses which were indistinguishable from every day caffeine consumption.

### **What is caffeine?**

Caffeine is a stimulant that is found in numerous every day foods and occurs naturally in some plants, nuts and seeds. Its use is widely accepted, meaning that most people will consume small amounts of caffeine in one form or another.

### **Why does caffeine work?**

Caffeine is one of the most studied sports enhancers and it has been found to play a role in more than one way. The biggest way in which caffeine appears to enhance performance is through its impact on the central nervous system. Caffeine blocks a sleep inducing chemical called adenosine, therefore making us feel more alert and energetic when we consume caffeine. It decreases our perceived rate of effort and reduces our perceptions of fatigue. Caffeine may help with muscle contractility, and it was once thought that caffeine influenced energy substrate utilisation (enhancing fat use during activity), however that is not thought to be the primary mechanism of enhancement any longer.

### **Who will see a benefit?**

Caffeine has been found to improve performance in endurance sports, team sports with intermittent periods of sprint-like activity dispersed between periods of lower intensity activity, or high intensity sports.

The literature is more equivocal in strength and power sports. In team sports, including soccer, the improvement is seen both in terms of reduced rates of fatigue, but also in players' abilities to control and pass a ball, therefore improving fine motor skills as well.

### **How much and when?**

More is not necessarily better. It was once thought that you needed 6-9mg/kg body weight to see any enhancement; however it is now believed that much less will deliver the same improvement with less negative side effects. Like everything in nutrition, individual responses will vary, but a typical dose would be 1-3mg/kg body weight, meaning just 70-210mg caffeine in a 70kg athlete would be enough to see a benefit. This equates to a couple of espressos, 2-3 gels or 1-2 cans of energy drink.

Caffeine is quickly absorbed into the blood stream and its peak of action is around 1 hour after ingestion but it also has a long half-life (5-6 hours), meaning that it hangs around for a long time before being completely excreted by the body. Having your cup of coffee around 30-60 minutes before an event is often a good place to start. In longer races, athletes often like to use caffeinated products in the latter stages of the event.

### **Is it for everyone?**

Caffeine is certainly not for everyone and as with all other aspects of nutrition, should be experimented with during a training session rather than on race day itself so you know how it affects you personally. Caffeine can have some adverse effects such as:

- Anxiety
- Over stimulation
- Increased heart rate
- Sleep disturbances
- Gastro upset
- Nausea
- Trembling.

Caffeine is not recommended in those under 18 years of age. It has not been studied well enough in this age group to ensure its safety and teens are more likely to experience some of the affects listed above.

\* \* \* \*

A woman comes home and finds her hubby sitting with a fly swat in his hand. She said "what are you doing?" "Swatting flies" he said "Did you get any?" "Yep three, two females and a male." "How do you know" she said. "Two were on the phone and one was on the TV remote."

# ATHLETIC PROFILE – JACKIE WILSON

## **Jackie Wilson: Champion Age-grade Race Walker**



Jacqueline Wilson (THU) is one of the world's top age-grade Masters Race Walkers and regularly competes with and wins against Race Walkers 50 years her junior.

At the World Masters Athletic Championships in Perth last year, she came away with five medals – silvers in the 5000m track walk, 10k and 20k Road Walks – and two team golds for New Zealand, in the latter two events, the 10km in the W65-69 category, and the 20k in the W45-49 age group.

Wilson, who still has two lifetime personal bests, was beaten by a South African athlete. "She's a little bit faster than me," she said.

She is 71 - but has only been competing for five years after being spotted walking a Wellington half marathon by her coach Bart Jones, whose wife Daphne is also a top Masters Race Walker. Daphne is one of the world's top Race Walkers over 75 and was in the 10k gold medal winning team at Perth.

Bart offered coaching sessions to help Wilson to become a Race Walker. Since those sessions, Wilson has competed internationally, and won a host of NZ and Wellington Masters records.

"I keep myself very fit, I train each day and go to the gym," she said. "The thing about race walking is that you've got to have the technique – and as my technique improved my times became even faster than a few years ago."

The cup is decided on six key races, with each race, walkers are given an age percentage score so as to be fair among faster younger walkers – Wilson's total score to win the Cup was 533.76. The Cup was presented to Wilson at the Capital Classic in January where she was second woman overall in the 3000m walk behind a 19 year old.

At last year's Capital Classic, Wilson set a NZ Masters NZ70-74 record with a time of 18:54.83, lowering it further to 18:43.11 in March. Wilson has NZ age grade records in all key walking events and is ranked in the top three in the world in all masters race walking events – 1500m and 3000m (1<sup>st</sup>), 5000m (2<sup>nd</sup>), 10k (3<sup>rd</sup>) and 20k (2<sup>nd</sup>).

Race walking is not easy. "It's a mental strain too, but I just love the sport. I get a buzz out of it. It is more or less my life, but it did take me a long time to perfect the technique."

Wilson has just returned from the World Indoor Masters Champs – her first – in South Korea, where she competed in two race walking events – the 3000m and 10km (see results page 6).

*Reproduced with kind permission from Athletics Wellington News.*

\* \* \* \*

For the results from the NZ Masters track and field championships held in Nelson on 3-5 March 2017 go to the following link:

<http://www.athletics.org.nz/Events/2017-new-zealand-masters-track-field-championships>

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# WELLINGTON MASTERS TRACK & FIELD CHAMPS 2017

Day 1, Saturday 18th February

Day 2, Sunday 19th February

Grade	Name	Result	Wind
<b>100m</b>			
W35-49	Vanessa Story	13.53	0.7
	Maka Bgoni	14.48	0.7
W50-59	Petra Stoeveken	14.16	0.3
W60+	Veronica Gould	15.65	0.3
	Jenny Mason	16.97	0.3
M35-49	Shaun Broughton	12.28	-0.1
	John McInnes	12.46	-0.1
	Graham McPhail	13.65	-0.7
	Dave Robinson	14.04	-0.1
M50-59	Mark Macfarlane	13.49	-0.1
M60+	Gordon Cameron	14.47	-0.1
<b>200m</b>			
W35-49	Vanessa Story	27.34	+0.0
	Petra Stoeveken	29.35	+0.0
W50-59	Petra Stoeveken	29.35	+0.0
W60+	Veronica Gould	33.09	+0.0
M35-49	Shaun Broughton	25.10	-0.4
	John McInnes	25.56	-0.4
M60+	Gordon Cameron	30.56	0.5
<b>400m</b>			
W35-49	Vanessa Story	1:00.91	
	Andrea Harris	1:07.80	
W50-59	Petra Stoeveken	1:09.60	
M35-49	John McInnes	1:00.16	
	Michael Wray	1:01.80	
<b>800m</b>			
W35-49	Andrea Harris	2:35.26	
	Michelle Van Looy	2:38.35	
W50-59	Helen Willis	2:59.34	
M35-49	Jonathan Justice	2:00.94	
	Mathew Rogers	2:04.01	
	Michael Wray	2:15.02	
	Brad Thompson	2:43.52	
M50-59	John Plimmer	2:30.41	
<b>400m Long Hurdles</b>			
M35-49	Mathew Rogers	1:11.94	
<b>Shot Put</b>			
W35-49	Nicole Macquet	9.62	
	Michelle Scriven	9.01	
M35-49	Eddie Soria	9.91	
	John McInnes	9.58	
	Dave Robinson	9.26	
	Graham McPhail	8.67	
M50-59	Richard Thomson	10.77	
M60+	Gordon Cameron	8.16	
	Peter Orman	7.81	
	Jim Blair	7.43	
	Graham Cook	7.03	
	Peter Jack	5.75	
	Ian Morton	5.72	
<b>Discus</b>			
W35-49	Nicole Macquet	34.98	
	Michelle Scriven	25.74	
M35-49	Eddie Soria	29.48	
	Graham McPhail	24.45	
M60+	Peter Orman	24.81	
	Graham Cook	17.39	
	Jim Blair	17.14	
	Peter Jack	15.49	
	Ian Morton	15.12	

Grade	Name	Result	Wind
<b>Javelin</b>			
W35-49	Michelle Scriven	20.29	
M35-49	Graham McPhail	21.14	
M60+	Peter Orman	25.29	
	Jim Blair	21.28	
	Ian Morton	16.16	

Grade	Name	Result	Wind
<b>Hammer Throw</b>			
W35-49	Nicole Macquet	26.61	
	Michelle Scriven	24.85	
W60+	Veronica Gould	19.96	
M60+	Peter Orman	22.20	
	Graham Cook	21.42	
	Jim Blair	21.08	
	Peter Jack	19.06	
	Ian Morton	15.34	

Grade	Name	Result	Wind
<b>Weight Throw</b>			
W35-49	Michelle Scriven	9.18	
W60+	Veronica Gould	8.91	
M60+	Peter Orman	9.52	
	Graham Cook	8.95	
	Jim Blair	8.93	
	Peter Jack	6.49	
	Ian Morton	4.93	

Grade	Name	Result	Wind
<b>High Jump</b>			
M35-49	John Turner	1.55	
	Eddie Soria	1.40	
M50-59	Mark Macfarlane	1.35	

Grade	Name	Result	Wind
<b>Long Jump</b>			
W50-59	Petra Stoeveken	3.99	+0.0
W60+	Veronica Gould	3.41	+0.0
M35-49	Graham McPhail	4.62	0.1
M50-59	Mark Macfarlane	4.33	+0.0
M60+	Gordon Cameron	3.63	-0.2

Grade	Name	Result	Wind
<b>Triple Jump</b>			
M35-49	Eddie Soria	8.65	-3.0

Grade	Name	Result	Wind
<b>3000m Track Walk</b>			
W35-49	Arlene Wong-Tung	21:44.88	
W60+	Jacqueline Wilson	19:03.82	
	Daphne Jones	22:30.90	
M35-49	Sean Lake	17:28.38	
M50-59	Bart Henderson	18:51.58	
	Joseph Antcliff	20:07.92	
M60+	Peter Baillie	18:09.05	

Grade	Name	Result	Wind
<b>60m</b>			
W35-49	Vanessa Story	8.70	0.1
	Maka Bgoni	9.07	0.1
W50-59	Petra Stoeveken	9.12	0.1
W60+	Veronica Gould	9.75	0.1
	Jenny Mason	10.27	0.1
M35-49	Shaun Broughton	7.74	NWI
	John McInnes	7.78	NWI
	Graham McPhail	8.41	NWI
M50-59	Mark Macfarlane	8.52	NWI
M60+	Gordon Cameron	9.00	NWI

Grade	Name	Result	Wind
<b>2000m Steeplechase</b>			
W35-49	Michelle Van Looy	8:13.88	

Grade	Name	Result	Wind
<b>3000m Steeplechase</b>			
M35-49	Mathew Rogers	10:10.78	



# Are You Walking Fast Enough?

From "Walking Magazine" by Dave McGovern

Do your family and co-workers complain that you walk too fast? Have you noticed that strangers no longer interrupt your daily walks to ask for directions? Or do you find yourself wishing there were passing lanes in the supermarket aisles? These may all be good signs that you've upped the intensity of your walking - and though your dog may hide under the bed when you take out his leash now, research shows that there are tangible health benefits to upping the rate of your gait at least a few times per week.

A recent report concluded that moderately fit men and women had considerably lower death rates from cardiovascular disease (CVD) than less-fit individuals - even if the fit subjects smoked, or had high cholesterol or blood pressure. And the benefits of exercise were proven to be even greater in highly fit individuals. Increasing the intensity of your walking then can actually add years to your life.

So how do you know you're walking fast enough to reap these proven health benefits? Certainly walking every day on a cardiologist's EKG-monitored treadmill is effective, but it's far from practical. Here are seven easy ways to know that you're walking with sufficient intensity to increase your fitness:

## 1. Get "In the Zone"

According to the experts, an energy expenditure of 700 to 2,000 calories per week is necessary to produce major health benefits. You can achieve this goal by walking 20 to 60 minutes, three to five days per week at an intensity of between 60% and 80% of your maximum heart rate.

To be sure, monitoring heart rate is the most accurate way to gauge your walking intensity. And determining your heart rate is easy - just take your pulse or wear a heart rate monitor. But (the trick is) finding your maximum heart rate can be tricky. Many walkers use the old "220 or 226 minus your age" formulas, but according to Dr. Lenny Kaminski at the Ball State University, these estimates may be up to 15 beats high or low for about 1/3 of the population - the only way to truly determine maximum heart rate is to push yourself to maximum, preferably under a doctor's supervision.

But what if a visit to the cardiologist is not in your plans? Fear not - there are a number of other ways to know you're "in the zone."

## 2. Make the effort

Exercise physiologists at the U.S. Olympic Training Centre in Colorado Springs use expensive respiratory gas and blood lactate analysers and EKG machines to determine how hard their athletes are working. They also use a remarkably low-tech method that they swear is nearly as effective. Technicians simply ask athletes to describe how they feel. The athletes respond using a numerical scale of 6 - 20, with each number corresponding to a "rating of perceived exertion" (RPE) - 6 being very easy, 20 being extremely difficult. According to Olympic Training Centre Physiologist, J. T. Kearney, walkers will be getting a good workout if they're working at an RPE of about 11 to 13 - corresponding

to a "somewhat hard" feeling.

## 3. Count your steps

According to biomechanics expert Leonard Jansen, most walkers maintain a relatively consistent stride length even as they walk faster. "So don't get hung up on stride length," says Jansen. "It's easier to increase the speed, and therefore the intensity of your walks by jacking up your stride frequency." To get an indication of how hard you're working, Jansen suggests counting each left or right footfall for 1 minute, then multiplying by two. For the average walker, 100-110 strides per minute is a leisurely stroll, 120-130 a moderate workout, and over 140-150 a real effort.

## 4. Heavy Breathing

Your working muscles require more oxygen as you walk faster, so as you pick up the pace you'll breathe harder and faster. If you're breathing noticeably - without panting - you're probably getting a good workout. Also, most people tend to walk with a set pattern to their breathing. For example, you may inhale for three strides, and then exhale for three strides - a 3-3 rhythm. Your breathing rate will increase "in step" with your stride rate until you begin to really work. Then you'll require lots of oxygen and may suddenly switch over to a 2-2 rhythm. Taking note of these "rhythm changes" is another good way of telling that you're getting a healthy workout.

## 5. Time your walks

Simply timing and recording how long it takes you to walk on measured courses is one of the easiest ways to gauge your intensity. Obviously it takes less time to walk a given distance the faster you walk. By timing your daily walks and recording the results in a journal or "training log" you'll not only push yourself to walk faster, but according to many motivational experts, you'll be more likely to stick to your walking program.

*It is extremely important however, that you do not get into the habit of thinking that to get fitter you need to walk your "distance" faster every-time you walk - this actually counter-productive and can prevent improvement in your performance.*

## 6. Hook up with a "fast woman" - or man

According to Jeff Salvage, Coach of the Philadelphia Area Striders Walking Club, finding a faster training partner is another great way to get yourself moving, and a great way to keep both of you motivated.

Your local Walking Club is a great place to find a suitable partner, but if you can't find a club in your area, "Start your own," suggests Salvage. "There are probably plenty of lonely walkers out there looking for partners."

## 7. Walk with faster technique

If you walk with plodding, inefficient technique you might not be able to walk quickly enough to get a good workout. Bending your elbows at about 90 degrees; walking with good relaxed posture; and pushing off strongly with your toes are all ways to increase your efficiency, making it easier to turn your walk into a more intense, healthier workout.

Article kindly supplied by Bart Jones.

\* \* \* \*

See what's happening on our website at:

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

**2016****NZMA / Local Masters Centre Registration Form**

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E-mail:

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Masters Centre:

Date of Birth:

Are you an Athletics NZ club registered athlete (circle one only)? No / Yes (Please complete section below)

Athletics NZ Club:

ANZ Reg. No.

**Fees for 2016 / 2017 year** (Please select the option that better suits your needs):**Option 1:****ANZ Competitive Members** (ANZ club members must be financial for the 2016 / 2017 season)*N.B. All fees are paid to ANZ online or via your club registration process***\$0.00**

NZMA Fee (ANZ club athlete DO NOT pay a fee to NZMA as per the MoU)

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Local Master's Centre Fee

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Please pay this fee to your local Master's Centre

*Note: ANZ Social Members are required to be a Competitive member of either ANZ or NZMA if they intend to compete at local, NI, SI, NZMA, OMA or WMA Championship events.***Option 2:****NZMA Members (non-club members)***N.B. All fees are paid to your Local Masters Centre as per previous years***\$60.00**

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(Circle)

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(Eligible to compete at local club masters events only).**\$0.00**

(Circle)

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# UPCOMING EVENTS

## 2017:

### **April**

25 Anzac Day Races 2km, 5km and 10km

Carterton

21-30 World Masters Games

Auckland

### **May**

6 53<sup>rd</sup> Rotorua Marathon,  $\frac{1}{2}$  Marathon,  $\frac{1}{4}$  Marathon & 5.5km

Rotorua

28 **Masters Classic Relay**

**Trentham**

### **June**

18 Gazley Volkswagon Wellington Marathon,  $\frac{1}{2}$  Marathon, 10km & 5km

Westpac Stadium

### **July**

1-2 39<sup>th</sup> Gold Coast Airport Marathon,  $\frac{1}{2}$  Marathon, 10km & 5.7km

Gold Coast

16 **Johnsonville 8km Road Race & Walk**

**Olympic Clubrooms**

### **Sept**

24 Berlin Marathon

Berlin

30 Life Flight Handicap Half Marathon (Teams or Individuals)

Carterton

### **Oct**

4-8 South Island Masters Games

Nelson

15 **Lower Hutt 10km Road Race & Walk**

**Lower Hutt**

### **Nov**

5 New York City Marathon

New York

Nelson Half Marathon, 10km & 5km Run & Walk (new course)

Stoke, Nelson

## 2018:

### **Jan**

20-27 OMA Stadia Championships

Dunedin

### **Feb**

10 Buller Gorge Full & Half Marathon and Marathon Relay

Westport

**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.

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