

THE

MASTER

COPY

Newsletter of Wellington Masters Athletics Inc.

Volume 16 Issue 3

June 2017

MASTERS CLASSIC RELAY



Four members of the Hutt Valley Harriers team that won the 300+ grade



The Olympic Harriers team that won the Mixed grade

Photos courtesy Sharon Wray

WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2016-17

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President:	Michael Wray	027 648 8502
V.President:	Michelle Van Looy	021 244 8645
Secretary:	Albert van Veen	563 8450
Treasurer:	Graham Gould	973 6741

COMMITTEE:

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

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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

It's cold and wet and muddy, which can only mean one thing – it's cross country season!

Our Classic Relay, held at Trentham, attracted decent numbers this year and the course was the muddiest I've encountered in my eight years of involvement. With our course starting on sealed tarmac for the first kilometre, spikes are not practical. A few of us enjoyed a laugh when Dave Carrigan joked pre-race that putting a pair of spiked cross country shoes to change into at the start of the second kilometre would be a good idea. After the race I seriously thought it would have been the way to go – surely the time lost in transition would have been more than compensated for by the improvement in traction over the final three kilometres. If it's this muddy next year, I might just give it a try.

With the Relay having the most teams since 2007, I hope we can continue our momentum and have a good turnout for the Johnsonville 8km on 16 July. It was pleasing to hear so many say they enjoyed the good natured camaraderie of the event, which was both competitive and low key.

I put the word out on our new Facebook page that we had added to the usual wine offerings with some craft beer, boutique cider and trendy soft drinks for prizes for the relay; there's plenty left to giveaway in Johnsonville. So come along, have some fun, eat the free stew brunch that has become a traditional part of the event and do your best to leave with some more goodies.

I just mentioned our Facebook page. Yes, Wellington Masters has joined social media. We'll be using it to supplement the web page to communicate with members, prospective members and the casual observer. The page is in its infancy now but join the page and let the news come to you.

For those to whom the idea of cross country and road does not appeal, it's worth noting that the joint initiative between Wairarapa Track and Field and Palmerston North Athletics is on again this off-season. The Winter Track & Field Series will be shared between Palmerston North and Masterton, each hosting two of the four meets that will take place on 25 June, 16 July, 6 August and 10 September. Each meet has a selection of sprints, distance, jumps and throws. Check out the Events or Calendar page on our website for more details and entry links.

Talking of track and field, I see Athletics New Zealand have decided that Wellington will be used for the 2018 Commonwealth Games Trials at the Capital Classic. It will be the first, more or less, event that will be held at Newtown Park when it reopens following a short refurbishment project to make some vital repairs. The Capital Classic is usually a good spectator event with a handful of our members competing. While it's fair to say none of our members are likely to be focused on Commonwealth Games selection, having a high quality track and field meet on our doorstep will give us something to look forward to while we grit our teeth and endure the rest of the cold and wet and mud season.

Michael Wray,
President

TRAINING

Strength Training for Distance Runners

By Dr Philo Saunders, Australian Institute of Sport

Strength training is being used more and more frequently in distance runners' training programs. Strength training is designed to add extra resistance/loading than can be achieved from running alone. Hill training (both uphill and downhill running) is a common form of strength training for most distance runners. Other forms of strength training include running-specific drills; static strength holds; resistance training that involves lifting weights or using other forms of resistance, such as therabands; and plyometric-based exercises, such as jumping, bounding and hopping. The following are the main benefits of strength training:

- It allows the muscles to produce more force to run faster. This is particularly relevant for 800m runners but can benefit all distance runners.
- It allows the key muscles (i.e. hamstrings and glutes) required for generating propulsive force during running to be recruited more effectively, allowing for better running mechanics. Better muscle recruitment allows runners to run at higher speeds more efficiently, which should allow conservation of energy and a faster finish in training and racing. Better recruitment of key muscles will also put less reliance on other muscles used to compensate for ineffective recruitment of the hamstrings and glutes. This can be very important in injury prevention and can make a runner more resilient.
- It can enhance the ability of the muscles to increase stiffness of the muscle-tendon system, which allows the body to store and utilise elastic energy more effectively. This is especially seen in plyometric-based strength training and can improve running economy by allowing muscles to generate greater force without a proportionate increase in the metabolic energy requirement.
- It improves strength and control around the hips and core, which allows runners to be stronger and more stable while running. This is important for decreasing unnecessary forces associated with dropping of the hips on foot strike or excessive body rotation.

I recommend performing 1-2 strength sessions per week other than hills. These can be performed in the gym, focusing more on resistance exercises; or on grass, focusing more on drills and plyometrics. My ideal strength training program consists of two sessions per week, with both sessions including resistance exercises to help with muscle recruitment and muscle strength; functional exercises that direct athletes to recruit key muscles in running-specific movements; plyometric exercises to again add functional strength and build the elastic energy capacity of muscles and tendons; and some fast running to finish, which incorporates all the recruitment and strength being worked on into the end goal of running fast with good mechanics.

Hill Training

Hill training is very important, especially for 800m and 1500m runners, as hills give a lot of leg strength and allow development of anaerobic capacity, which can help with finishing speed at the end of the race. I like to do some form of hill work at least once every two weeks, and I include hill training in my programs all year round. The following are examples of hills sessions I use:

- 8 x 400-500m hills with jog/float down recovery.
- 3-5km threshold followed by 6-8 x 300m hills done fast and controlled with a jog down recovery.
- 6 x 3min hills with 1:30-2:00 jog down recovery on a long hill or jog back to start if doing on the same section of a hill.
- 10 x 100-150m hills done fast with long walk/jog down recoveries.
- Session followed by 4 x 20sec hills at maximal effort with 2min recoveries.

Generally, the shorter the hill, the steeper the gradient should be, but this depends on the location of the session and the availability of hills. Generally, a gradient of about 5-8 per cent is a good incline for 3min hills, a 10 per cent gradient is better for 300m hills, and a gradient of 15 per cent or more is good for shorter hills.

Downhill running may also be used as another form of strength training, as it can increase the eccentric phase of muscle contraction, thereby acting as a form of plyometric training. Work is currently being done to investigate the efficacy of using specific downhill training sessions as a novel form of strength training.

Gym-Based Strength Training

The focus of gym-based training is primarily to work on activation and recruitment of the key running muscles (i.e. hamstrings and glutes), but some runners also need to build strength and power that can translate into faster running. I like to focus on 2-3 resistance-based exercises, using four sets of five repetitions for each.



Squats: The squat is a whole-body exercise that really forces you to activate your glutes and makes you stronger in both the glutes and the hamstrings. It is usually best to start with a 10-20kg bar to focus on technique first before building up to squatting your bodyweight.

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Lunges: Start off with unweighted lunges before building to weighted lunges. If you find your knees buckling while performing either squats or lunges, it's a good indicator you're not using your glutes enough.

Reverse lunges: From a box approximately 20cm high, push one foot back in a lunge motion and keep the other foot planted on the box. Then push off from the ground to get the other leg back on the box. Start unweighted before progressing to using weights in each hand and then a barbell with weights.

Deadlifts: You need to have correct technique for this exercise. It's important to start with the hips low and consciously activate the glutes at the start of the lift so the glutes and hamstrings take the bulk of the load instead of the lower back. If you're new to this exercise, you might want to get some guidance from a qualified professional.

Upper body work: A bit of upper body strength is beneficial for runners. I focus on doing one exercise every session that focuses on the key muscles associated with running, usually performing three sets of 8-10 reps. Examples of exercises I use are chin-ups, bench pull-ups, push-ups and rope climbs.

Plyometric Training

Plyometrics is the use of explosive strength exercises such as bounding, jumping and hopping to enhance the muscles' ability to generate power by exaggerating the stretch-shorten cycle (i.e. eccentric muscle contraction immediately followed by concentric contraction). Plyometrics improve the elastic energy return from tendons and muscles during landing and take-off, which can improve economy of running. I also feel plyometrics help develop coordination and activation of key muscles such as hamstrings and glutes, allowing for better running mechanics. This allows you to run faster more efficiently and makes you more injury resilient. If done well and in the right amount, plyometrics shouldn't cause injury. They should be gradually incorporated into the program, starting with 1-2 sets of a few different exercises on the grass. As the body adapts, you can then increase the sets and number of exercises done. In any given strength session, my group generally does three sets of 10 reps of 4-5 different plyometric exercises. Most of our plyometrics are done on the grass, but we also use synthetic tracks and dirt, as my entire group is proficient at all exercises. Examples of some key plyometric exercises are listed below, with all performed as three sets of 10 reps:

- Alternating bounds: These are like running except you're bounding to cover as much distance as you can with each step.
- Hops for distance: These are continuous hops on one leg. Try to cover as much forward distance as possible.
- Box jumps: These require something high enough to activate the key muscles that maximise force production. You don't want to be jumping onto a hard surface, as that can damage your shins if you don't quite make the box. A lot of gyms have soft boxes for this exercise.
- Squat jumps: Start from a squat position and then jump as high as you can in the air. Do these continuously about eight times.
- Hurdles: Jump over 5-6 hurdles, landing properly before starting again. Start off with a low enough height to do the exercise.

Drills

This series of drills is very good for runners. Each drill is done around 20 times (10 on each side) and twice through. High-knee walk: Lift the thigh of your lead leg to 90 degrees and briefly pause in this position while keeping your trail leg (i.e. the one on the ground) vertical. Extend your lower leg and take a step forward in a straight line, alternating legs as you walk forward. When you're not strong enough or not fully activating the glutes, you tend to go a bit sideways rather than forwards. As you get better, you can accentuate that hold at the top more before you take your next step, which is a good way of improving hip strength and control.

Alternating bum kicks: Focus on the drive back so you're kicking your bum with your heels to get maximal activation of the hamstrings and glutes. This exercise is done by kicking back alternate legs every third step in your jogging pattern.

Technique skips: These are an extension to the high knee walk and are done with a skip between each.

Fast Running

I like fast running to be done as the last exercise in every strength session. I use either 20-30m sprints off standing starts where the aim is to build up to near top speed, or 60-70m fast runs where the aim is to hold top speed for 20-30m. All sprints are done with good technique and with a walk-back recovery and are repeated 5-6 times. I focus on good, fast foot contact and the backswing phase from the ground, as this is where force is generated. The focus should be on really trying to get the heel right up to the glute during the backswing. All the key muscles have already been activated during the strength session, so the goal of sprinting at the end is to maximise the recruitment and activation of key muscles while running fast.

ABOUT THE AUTHOR:

Dr. Philo Saunders is a senior physiologist with the Australian Institute of Sport. A national level 1500m runner in his own right, he is also the coach of a highly successful Canberra-based middle-distance squad that includes Australian representatives. In 2013, he was named Australian AWD Coach of the Year.



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
2016	Jacqueline Wilson Tony Price

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

HEALTH

Nine Amazing Things That Happen When You Quit Sugar

Are you thinking about quitting sugar, or at least cutting down your intake? You're certainly not alone.

With science increasingly revealing the havoc sugar can wreak on our bodies, reducing your intake seems the logical step.

The great thing is there are a whole heap of benefits to be reaped from quitting the sweet stuff. Here are just a few experienced by people who have completed the I Quit Sugar: 8-Week program.

1 Your Energy Levels Will Increase

As anyone who's turned to a packet of lollies to get through the 3pm slump can attest to, sugar can indeed give you energy – but not the good kind.

The sweet stuff sends your blood sugar levels sky high, only to come tumbling back to earth a short time later ... Hello 3:30pm sugar crash!

Ditching this short-lived fuel for nourishing meals ensures you have the stamina to stay at the top of your game all day long – without the nasty post-sugar slump.

2 You Might Become a Nicer person

True story – scientists now see a connection between food and mood. Too much sugar messes with your hormones, causing blood sugar imbalances, mood swings and general crankiness.

A diet high in sugar and processed foods, and low in veggies, has even been linked to an increased risk of anxiety, depression and other mood disorders.

3 You Can Lose Weight

Weight loss is one of the most common benefits we hear from people. That's because when you stop eating junk and focus on real food, you feel more satiated and avoid blood sugar crashes.

The curveball surprises many who switch from low-fat to no-sugar diets. Diet foods are often pumped with sugar to replace fat, leaving you hungrier and sicker than ever.

Plus, because fructose (the harmful, addictive half of sugar) is metabolised almost exclusively by your liver, excess is converted to fat and stored around your organs. This is visceral fat, which is the most dangerous kind.

4 Your Skin Will Improve

Quitting sugar can help with a number of skin conditions, from acne to ageing, by helping to balance hormones and reducing inflammation throughout your body.

5 You'll Learn New Cooking Skills

Naturally, eating real food requires you to make most meals yourself. It's surprisingly easy to whip up sauces from scratch or cook a creative alternative to your usual takeout!

Quitting the sweet stuff might give you a chance to fall in love with food all over again!

6 You Can Save Money

Quitting sugar doesn't have to be expensive. Going back to basics usually means your ingredients – and food budget – go further. There are a heap of old-school tips and tricks to save money!

7 You'll Boost Your Immune System

Do you catch everything that's going around? Too much sugar mucks with your gut, which contains up to 80 percent of your immune system.

By eating less junk and more gut-friendly foods, the good bacteria in your gut can support your immune system to fight off infections and keep you in tip-top shape.

8 You'll Reduce Your Risk of Disease

Huge, peer-reviewed studies have now linked excess sugar consumption to metabolic syndrome, heart disease, type 2 diabetes, non-alcoholic fatty liver disease, stroke and certain cancers. Is this reason enough to give it the boot?

9 Your Willpower Will Improve

Sugar is found to be as addictive as cocaine. Give it up, and just like a muscle, your willpower will become stronger.

Did You Know?

Over 50 other aliases are used for sugar, including glucose, fructose, sucrose, corn syrup, molasses, agave nectar, barley malt and rice syrup.

Fructose is almost exclusively metabolised by your liver. A diet high in fructose means your liver spends so much of its energy processing fructose that it may not be able to focus on its other important functions.

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

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See what's happening on our website at:

www.wellingtonmastersathletics.org.nz

Five Remarkable Health Benefits of Turmeric

1. Natural and Potent Anti-Inflammatory

Turmeric contains the active ingredient curcumin, which is an antioxidant that demonstrates anti-inflammatory properties. The more curcumin, the better the benefits. [Good Health Turmeric](#) has about 95% curcumin. Unlike the turmeric you would buy in the supermarket, which only offers about 3%.

Something most of us don't realise is that inflammation is the main underlying factor present in just about every chronic health condition, despite the different symptoms each of us might have.

2. Liver and Digestion Health

Turmeric is also a great digestive and liver tonic and can help with a wide range of gastrointestinal disorders. People who suffer from inflammatory bowel conditions like irritable bowel syndrome, Crohn's disease, diarrhea or have had a stomach bug could benefit from regular use of turmeric due to its anti-inflammatory benefits and anti-microbial properties. Turmeric also enhances digestion and can help the liver work more efficiently assisting with the detoxification processes.

Try adding turmeric to your porridge, grains and beans. The bottom line is, whatever way turmeric is consumed it will benefit both the digestive system and the liver.

3. Amazing Antioxidant

Including antioxidants in our diet can help fight free radicals that cause damage to our cells causing premature ageing and disease. Turmeric is a fantastic antioxidant as it combats oxidative damage. Regular intake of turmeric can help the body stay in top form to fight back against all the toxins and environmental pollutants we are exposed to daily. In fact, it's even believed to prevent the development of these nasty free radicals altogether, reducing the risks of damage to our cells.

4. Heart Health

Turmeric can help lower your risk of heart disease by improving the function of lining of the blood vessels. Turmeric also helps in maintaining heart health by reducing cholesterol oxidation, plaque build-up, clot formation, reducing bad cholesterol (LDL) and reducing pro-inflammatory response.

5. Keeps you Sharp

If you're not already rushing towards the spice isle, turmeric has also been proven to help lower your risk of brain disease. This is because it helps to increase the levels of something called "Brain-Derived Neurotrophic Factor" or (BDNF), a type of growth hormone that functions in the brain. Many common brain disorders have been linked to decreased levels of this hormone and could even help improve your memory.

Turmeric, the main spice used in curry is probably the most powerful spice on the planet, as well as the most effective natural supplement in existence to date. Whether you're looking to help fight the effects of ageing or keep your heart healthy, the benefits of including turmeric in your diet far outweigh the negatives. Because there are none!

* * * *

FOUR ACTIONS FOR WINTER IMMUNITY

Is Your Immune System Ready for Winter?

It's the same every year. The changing seasons bring new challenges for your immune system. Ills and chills can feel like they're just standard for this time of the year – but they don't have to be.

1. Eat a Wide Range of Fresh Healthy Fruits and Veggies

A healthy immune system relies on good nutrition – particularly the vitamins, minerals, and antioxidants found in fresh fruit and veggies. It can feel easier to get these foods in your diet during summer in salads, wraps and smoothies, but you can also include veggies in warm, hearty soups and stews. The more types you include the better for your immune system.

2. Aim for More Early Nights

To do its job well, your immune system also relies on you getting enough sleep. When you're rested and recharged, so are your immune defences.

The good news is that early nights tend to be easier during winter. You might naturally feel like going to bed earlier with the shorter days. Give yourself the gift of enough sleep, and definitely aim for the recommended seven to nine hours as often as possible.

3. Get Active Outdoors When the Weather Allows

When the skies are grey and the air is chilly, it's easy to succumb to the temptation to stay indoors. Instead, getting some outdoor exercise can actually help with winter wellness in a couple of ways. Firstly, the vitamin D in your body creates in response to sunlight can help to maintain your immune deficiencies, and secondly, regular activity can also help your immune system to keep healthy.

4. Top Up Your Vitamin C Levels

While your immune system needs a wide range of nutrients, vitamin C is particularly known for its immune-supporting properties. Your white blood cells – a key part of your immune system – rely on vitamin C to do their job.

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

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Congratulations to Jackie Wilson as recipient of the Noleen Perry Memorial Trophy.

This award is presented in conjunction with the Wellington Masters 3000m Centre Championship and is awarded to the female master's athlete with the highest age-grade score.



RECIPE

Creamy Bacon and Mushroom Pasta



Ingredients:

- 250g streaky bacon
- 12 button mushrooms very finely sliced
- 300mls cream
- Bunch of spring onions
- Olive oil
- Fresh Parmesan cheese
- 60mls white wine
- Packet of fresh fettuccine pasta
- Basil leaves.

Preparation:

1. Cut streaky bacon, cook and set aside.
2. Cook mushrooms and finely sliced spring onions in olive oil.
3. Add bacon, wine and cream.
4. Cook until sauce thickens.
5. Add ground pepper and grated Parmesan.
6. Cook fettuccine in salted water, until al dente and drain.
7. Plate pasta and serve sauce on top.
8. Serve with finely sliced Parmesan, ground pepper and basil leaves.

Serves 4.

Prep Time 10 minutes.

Cooking Time 15 minutes.

* * * *

Mile Repeats!

By Jeff Galloway

The most popular form of marathon speed play is interval training, a technique that has been used by world-class athletes for many, many years.

Measured segments (repetitions) are run at a pace that is slightly faster than marathon goal

pace and are followed by a rest interval. This process is repeated many times. Shorter distance goal races, such as the 5K and 10K, use short repetitions of between 400 and 800 meters.

Longer repetitions, such as mile repeats, have been overwhelmingly the most successful distance used in the Galloway program. 800 meter repetitions can be useful for the marathon, but the mile distance helps to mould together the components of marathon form and exertion in one exercise.

Find more tips in my book [*Running, A year Round Plan.*](#)

* * * *

Infuse Your Dinners With Antioxidants



Ah, the delightful aroma of a leg of lamb roasting with sage or oregano roasted chicken. Or, perhaps you crave the taste of mouth-watering oven-roasted potatoes with rosemary.

While these herbs tickle the nose and infuse these dishes with terrific flavour, they also fill them with fantastic, anti-inflammatory antioxidants.

When we consume an inflammatory diet, which includes foods high in sugar, dairy, refined flour, artificial additives and saturated fats, we're setting our body up to fail. Because our body doesn't need these ingredients to thrive, it views them as an invader, going into defense mode and thus causing inflammation.

However, anti-inflammatory properties in herbs like oregano, sage and rosemary may help reduce the risk of certain diseases and conditions. As fresh and dry herbs contain an equal amount of antioxidants, use whichever type you prefer.

Fresh herbs can be grown quite easily and affordably, and tend to be more aromatic and flavourful.



THE ATHLETE'S KITCHEN

Copyright: Nancy Clark MS RD CSSD, May 2017



All You Want to Know About Peanut Butter

In my humble opinion, peanut butter (PB) is one of the best sports foods around. Not only is it yummy, it is also health-promoting and performance enhancing. A review of the research on peanuts validates why I routinely choose to enjoy two PB sandwiches a day: one for lunch and the other to curb late-afternoon hunger.

If you are among the many runners who tries to stay away from peanut butter because it is *fattening* or *too fatty*, think again and keep reading (as long as you are not allergic to peanuts, that is). The purpose of this article is to educate you about the value of PB in the diet of runners of ages and athletic abilities (as well as their parents and grandparents).

- **PB is not inherently fattening.** While any food eaten in excess can be fattening, people who eat PB (and nuts, for that matter) five or more times a week are not fatter than nut avoiders. A Purdue University study⁽¹⁾ reports subjects who ate peanuts daily did not overeat total calories for the day. That's because peanuts and PB are satiating; they help you feel pleasantly fed. Peanut eaters tend to intuitively eat less at other times of the day.
- **PB offers many health benefits.** The fat in PB is primarily health-promoting mono- and poly- unsaturated fat that knocks down inflammation. People who eat PB and nuts five or more times a week have lower markers of inflammation than nut avoiders. For runners who get micro-injuries every time they train, an anti-inflammatory food such as PB is a wise choice.
- Compared to nut-avoiders, unhealthy women (with type 2 diabetes) who ate 1.5 oz. (250 calories) of peanuts (and/or nuts) five or more times a week reduced their risk of heart disease by 44% and the risk of having a heart attack by 60%⁽²⁾. Routinely swapping a burger for a simple to make PB sandwich is a heart-healthy choice.
- PB, like all sources of plant protein, reduces that risk of developing Type II diabetes. A breakfast with PB offers a positive "second meal effect." This means, it helps control blood glucose through lunchtime and into the afternoon. Stable energy — and a reduced desire to eat.⁽³⁾
- The fat in PB helps absorb the fat-soluble vitamins A, D, E and K. You want to include some (healthful) fat in each meal; PB is a painless way to do so!

* If you are training hard repeated days in a row, you'll optimize your sports diet by eating at least 0.5 grams fat per pound of body weight. The body stores some fat within muscle cells and uses it for fuel during extended exercise. PB in oatmeal before a long training session or a PB & J sandwich to refuel afterwards are yummy and healthy ways to enjoy adequate dietary fat. Fat-phobic runners (who avoid fat) can hinder their endurance.

- PB is a good source of arginine, an amino acid that helps keep blood vessels flexible so that blood flows more easily and reduces blood pressure. The more PB you eat, the bigger the effect on health protection.
- **What's good for the heart is also good for the brain.** Research suggests PB eaters improve their brain-blood circulation and mental function. This contributes to enhanced processing speed and better short-term memory⁽⁴⁾. Plus, a diet rich in healthy fats helps slow cognitive decline. Given the risk of developing Alzheimer's disease increases exponentially with age, eating PB and nuts today is a wise investment in your future brain health.
- **Peanuts offer slightly more protein than nuts.** That's because peanuts are a legume (like lentils and dried beans) and not a nut. One serving (2 tablespoons) of PB has 8 grams of protein, while 2 tablespoons of almond butter has 6 grams (at a much higher price!) Runners want to target at least 20 grams of protein per meal or snack. You can get that by swirling PB into oatmeal cooked in (soy) milk, enjoying a PB & honey sandwich with a yogurt, or making a PB-banana smoothie. Quick, easy, and inexpensive.
- **PB contains numerous bioactive compounds (phenols)** that bolster the immune system. Spanish peanuts and shell peanuts are particularly wise snack choices because the peanut skin is rich in anti-oxidants and fiber. Fiber feeds gut-bacteria (your microbiome); these bacteria strongly enhance your immune system, overall health and mood.
- **All peanuts are non-GMO** and have low risk of pesticide residue, in part because peanuts grow under the ground.
- **What about any sugar added to some PBs?** "All that sugar" is only 2 or 3 grams. That's nothing compared to the 10 to 15 grams of sugar in the jelly or honey you might enjoy with the PB, or the sugar in the sandwich bread. Regardless, sugar fuels your muscles. Please fret less about added sugar and focus more on PB's zinc, folate, vitamin E, niacin, and selenium. It is nutrient-rich.*
- **What about all the sodium in PB?** The 150 milligrams of sodium in a serving of PB is less than the sodium you get in a slice of bread or 12-ounces of Gatorade. Regardless, as an athlete, you want to replace the sodium you lose in sweat.

Continued on next page . . .

Continued from previous page

- **But what if I can't eat just one spoonful...?** If you stay away from PB because you can't eat just a reasonable serving, think again. Overindulging in PB means you like it; you should eat it more often! By enjoying PB at every meal, in a few days, you will stop craving it. No more binges! Avoiding peanut butter just sets you up for "last chance eating." You know, *I just blew my diet by eating PB so I'd better keep eating it. Last chance before I go back on my diet.* Denial and deprivation of PB lead to overeating. Do not deny yourself of this yummy sports food. You will deprive your body of valuable health benefits!

(1) Alper, *Int'l J Obesity* 26:1129, 2002).
(2) Li, *Nutr* 138(7):1333-8.
(3) Reis, *Br J Nutr* 109(11):2015-23, 2013.
(4) Barbour *Nutr Neurosci* July 7:1-8, 2016.

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 Soccer** are available at www.nancyclarkrd.com. For workshops, see 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.

*Editor's Note: There are several very good NZ brands of PB that contain only peanuts. Carefully check out the labels on the supermarket shelves.

* * * *

Constant Stress? Take a Look at Your Diet



When you're stressed, skip the comfort food and head for something nutritious.

This state of emotional tension can be rooted in anything from work-related pressures to frayed family relationships. At one point or another, everyone has experienced stress in his or her life. And while it comes and goes, stress is a completely natural feeling, but it can become unnatural and harmful to your health when you're dealing with it constantly as it contributes to various diseases and can lead to craving comfort

foods — something that can make the cycle of stress even worse!

The Cortisol Connection

Also known as "the stress hormone," cortisol can increase when you're feeling tense or stressed. As a result, you may be inclined to eat more comfort foods such as ice cream, pasta or other sugary or high-fat foods. Why? Because intensified levels of cortisol contribute to higher insulin levels.

When this happens, your blood sugar dips, creating carb cravings. In addition to banning bad carbs, try to eat a diet filled with nutrient-dense foods such as leafy, green vegetables. And while a glass of wine may seem like a harmless way to relax and subtract stress, alcohol can also increase cortisol levels.

Reducing stress can not only help you maintain a healthy weight, but it also can allow you to enjoy better overall health and a reduced chance of experiencing the following: Alzheimer's, depression, headaches, heart disease and gastrointestinal conditions.

Get Moving

Exercise is one of the best ways to combat stress in our daily lives. As exercise boosts the body's feel-good neurotransmitters, also called endorphins, stress can dissipate and your mood can improve dramatically. You don't have to be a CrossFitter or marathon runner to reap the rewards of exercise. Brisk walking, for example, is a terrific, low-impact way to feel fantastic, both mentally and physically.

Also regular chiropractic adjustments may also help reduce stress by decreasing interference in the nervous system and releasing muscle tension.

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

* * * *

Odd Sayings:

- A man's home is his castle, in a manor of speaking.
- A will is a dead giveaway.
- Time flies like an arrow. Fruit flies like a banana.
- A chicken crossing the road is poultry in motion.



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NUTRITION

Why You Should Eat Kiwifruit



People are attracted to kiwifruit because of its brilliant green color and exotic taste. But, the real uniqueness of kiwifruit comes from its health benefits. Here are some health benefits of this great little power food.

1. Helps Your Digestion with Enzymes

Raw kiwifruit contains actinidain, a protein-dissolving enzyme that can help digest a meal much like the papain in papaya or bromelain in pineapple.

2. Helps Manage Blood Pressure

Kiwifruits high level of potassium helps keep our electrolytes in balance by counteracting the effects of sodium.

3. Protects from DNA Damage

A study by Collins, Horska and Hotten showed that the unique combination of antioxidants in kiwifruit helps protect the cell DNA from oxidative damage. Some experts conclude this can help prevent cancer.

4. Boosts Your Immunity

Kiwifruits high vitamin C content along with other antioxidant compounds has been proven to boost the immune system.

5. Smart Carb for Weight Loss

Kiwifruits low glycemic index and high fiber content means it will not create a strong insulin rush like other fruit with high sugar contents — so the body will not respond by storing fat.

6. Improves Digestive Health

Kiwifruit are a great source of fiber. This prevents constipation and other intestinal problems.

7. Helps Clean Out Toxins

The fuzzy fiber of kiwifruit helps bind and move toxins from your intestinal tract.

8. Helps Fight Heart Disease

Eating 2-3 kiwifruit a day has been shown to reduce the potential of blood clotting by 18 percent and reduce triglycerides by 15 percent. Many individuals take aspirin to reduce blood clotting, but this causes many side effects including inflammation and intestinal bleeding. Kiwifruit has the same anti-clotting benefits with no side effects, just additional health benefits.

9. Suitable for Diabetics

Kiwifruit is in the “low” category for glycemic index, meaning it does not raise your blood sugar quickly. It has a glycemic load of 4 which means it is safe for diabetics.

10. Protects Against Macular Degeneration and Other Eye Problems

Macular degeneration is the leading cause of vision loss in older adults. A study on more than 110,000 men and women showed that eating three or more serving of fruit per day decreased macular degeneration by 36 percent. This is thought to be associated with the kiwifruit's high levels of lutein and zeaxanthin — both of which are natural chemicals found in the human eye. Although both fruits and vegetables were studied, this same effect was not shown for vegetables.

11. Create Alkaline Balance

Kiwifruit is in the “most alkaline” category for fruits, meaning it has a rich supply of minerals to replace the excess of acidic foods most individuals consume. A few of the benefits of a properly acid/alkaline balanced body are: youthful skin, deeper sleep, abundant physical energy, fewer colds, less arthritis and reduced osteoporosis.

12. Great for the Skin

Kiwifruit are a good source of vitamin E, an antioxidant known to protect skin from degeneration.

13. Naturally Organic

Kiwi fruit is on the list of foods that are generally safe from a lot of pesticide residues. For 2016 it came in with the top 10 safest foods. While it is always good to support organic when you can as a matter of principle, it's also good to know whether there is a big danger if organic is not available or viable for you.

How to Use:

- If a kiwifruit does not yield a bit to finger pressure, it can be ripened by storing it at room temperature away from the sun.
- This ripening can be hastened by putting it in a paper bag with a banana, apple or pear.
- Once a kiwifruit is ripe, keep away from other fruit (even in the refrigerator) since the kiwifruit is very sensitive to the ethylene gas given off by those other fruits and it will over ripen.
- The actinidain in raw kiwifruit makes them unsuitable for desserts and other dishes that are not eaten right away because it can make the dish too mushy or stop it from setting. This applies to proteins but also to other fruits.

Cautions:

Kiwifruit contain a measurable amount of oxalates, a naturally occurring substance in many plants and animals. When oxalates become too concentrated in body fluids, they can crystallize and cause health problems. People with kidney or gallbladder problems may therefore want to avoid eating kiwifruit. There is a lot of controversy about the amounts needed to be significant, particularly from plants.

Kiwifruit also contain enzyme substances associated with the latex-fruit allergy syndrome. If you have a latex allergy, you may be allergic to kiwi also. Since ripening the fruit with ethylene gas increases these substances, organic kiwi not treated with gas will have fewer allergy-causing compounds. Cooking also deactivates the enzymes. ¥

ATHLETE PROFILE – JIM BLAIR

Upper Hutt 85-year-old a Master at Athletics with a Swag of Medals



Jim Blair, 85, has a fist full of medals after success at the World Master Athletics Indoor Championships in Daegu, South Korea.

Jim Blair keeps on keeping on.

The 85-year-old returned in April from the World Masters Athletic Indoor Championships in Daegu, Korea, with a swag of medals won in seven track and field disciplines.

A life-time contributor to athletics in New Zealand, Blair won gold in the javelin, the high jump and the triple jump; silver in the shot put and the hammer throw and bronze in the 60 metre hurdles and the weight throw.

Competing in the 85-89 years category his results dwarfed his success (in 80 to 84 year competition) in Finland in 2012 where he won the hurdles gold and a high jump silver.

"I've never stopped," the Silverstream resident said. "I'm convinced if you keep active you will still be able to perform.

"And as you get older you find you get into smaller groups" he said of his Daegu success.

Blair's medals haul in Korea should have come as no surprise.

He was coming off another successful domestic year which featured regularly breaking track records - often his own - at Wellington, regional, North Island and New Zealand Masters championships.

A former first-class footballer who has a long and continuing association with the Stop Out Club, Blair has competed in Masters events for more than 45 years.

He would have more medals behind him too if plans to complete at the 2014 Masters had not been dramatically dashed.

In Budapest readying for competition, he was unlucky enough to fall on an escalator in an incident which required his spending three days in hospital and "an experience I wouldn't recommend to anyone".

Blair, who continues to be involved with the Upper Hutt Athletics Club, was awarded the New Zealand Order of Merit in 2012.

He has been an Oceania delegate to the International Association of Athletic Federations and sat on the International Amateur Athletics Federations Masters Committee for 12 years.

He co-founded Veteran Athletics in Wellington in 1979 and was a founder and long-time instructor with the Run Jump Throw programme in Wellington primary schools.

* * * *

QUEEN'S BIRTHDAY HONOURS

Peter Jack of Wellington received the Queen's Service Medal for services to sport, particularly athletics. He has actively contributed to the welfare and growth of amateur athletics and club rugby in Wellington for 50 years. He has been heavily involved with athletics in the Wellington area as a competitor, coach, official, organiser and administrator since 1964. He has been a key player in the development of the Kiwi Athletic Club and has held many positions since 1966, including Chairman and President. In 1990 he was awarded Life Membership in recognition of his contributions to the Club. Since 1980 he has been directly involved in Athletics Wellington and has helped with coaching, fundraising and administration.

He was awarded an Athletics Wellington Long Service Award and Life Membership in 1995. He has officiated at Wellington and New Zealand Senior Athletics Championships for a wide range of events for more than 34 years.

* * * *

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

**The Editor, The Master Copy,
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Wellington 6035,
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Adprint Ltd

Commercial Printers

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HEALTH

Selenium – the Antioxidant King

By Ingrid Pilz, Naturopath

Selenium is a trace mineral that your body needs to help it maintain good health and wellbeing. You might have seen it in the ingredients list of your multivitamin supplement (assuming you take a high-quality multi) and wondered why it was there. If so, this article should answer your questions.

What does Selenium do?

Selenium is a trace mineral that your body needs in very small amounts (it can actually be toxic if you take too much). But don't let that small amount confuse you about its importance – if you don't get enough Selenium through your diet, it can have all kinds of effects on your health and wellbeing.

Some of Selenium's many roles include:

- Helping your body to form hormone-like compounds called prostaglandins. Prostaglandins have a range of functions, including helping to regulate your blood pressure and the rate at which your blood clots. That's part of why Selenium is so important for your heart and artery health;
- Working together with Vitamin E to help your body produce antibodies – the natural chemicals your body creates to fight off invading bacteria and viruses;
- Assisting your body to "bind" toxins and heavy metals;
- Helping to metabolise certain amino acids (the building blocks of proteins); and
- Supporting your natural cell growth and fertility.

But Selenium's best-known role is as an antioxidant - helping to protect your body against free radical damage.

Antioxidants: nature's free radical fighters

Free radicals are unstable molecules that your body produces when you:

- Are stressed;
- Smoke or drink alcohol;
- Spend time outside in sunlight;
- Exercise;
- Come into contact with environmental toxins or pollutants; or

- Eat a diet that's high in saturated or trans-fats, preservatives or other processed food.

These molecules react with the proteins in your cells, which can cause a kind of damage called "oxidative stress". Some of the outward signs of this damage include skin wrinkling; hardened arteries; sore, stiff joints; and frequent ongoing illnesses.

Antioxidants are special compounds that can "scavenge" free radicals – finding them and neutralising them into a form your body can excrete. Selenium is a potent antioxidant mineral on its own, and also plays a key role in forming the natural antioxidant enzyme, glutathione peroxidase. Glutathione peroxidase works to protect all kinds of cells throughout your body from free radical damage. And it's Selenium's role in creating glutathione peroxidase that makes this mineral "The King of Antioxidants".

Sources of Selenium

Here in New Zealand, it can be hard for us to get all the Selenium we need, because our soils contain very low Selenium levels. This means that any plants that grow in it are unlikely to be good dietary sources of this mineral. However, seafood (especially oysters), and some imported foods such as nuts (and especially Brazil nuts) can be rich in Selenium. Many high-quality multivitamin supplements will now include this mineral as well; and you can often find antioxidant supplements that contain Selenium together with Vitamins A and E.

* * * *

The Brain-boosting Benefits of Exercise

Sure, exercise gets the heart pumping, but did you know that just as exercise boosts cardiovascular health, it also promotes cerebral and mental health? When you exercise, there's an increase in blood flow to the brain. The result is a boost in cognitive capabilities.

Whether you swim a few laps, cycle for miles or run for a few minutes, the physical activity you do can help sharpen your mental performance and enhance your ability to learn.

An increase in brain-derived neurotrophic factor (BDNF), which stimulates brain cell growth, is another benefit of exercise. Mental health may improve with exercise, too, as working out is an effective and natural way to relieve stress, anxiety and even depression.

Exercise also helps keep the brain spry, and may stave off dementia and Alzheimer's disease.

32nd Wellington Masters Classic Cross Country Relay

Trentham Memorial Park, Upper Hutt Sunday 28th May, 2017

The weather was cooler than in past years with conditions underfoot muddy and slippery in parts.

This year 19 teams (13 running and 6 walking) took part - the most teams for a few years. It was nice to see two teams from Wellington Harriers take part this year - the first time for many years. Welcome and we hope to see you back in 2018.

Fastest laps for the runners were Brian Garmonsway (Trentham) 13:41 and Michelle van Looy (Olympic) 17:05. Fastest walkers were Peter Baillie (Scottish) 26:58 and Jackie Wilson (Trentham) 28:25.

A big thank you to those members and non-members who acted as marshals, timekeepers etc. on the day and to Trentham United Harriers for setting out the course and for producing the sausages again - very much appreciated.

Open Women:

Scottish

Christine Jones	0:21:02
Jo Badham	0:20:55
Pam Graham	0:21:22
Bev Hodge	0:22:09
Lyn Clark	0:20:01
	1:45:29

1 of 1

250+

Trentham

Philip Secker	0:17:43
Brian Garmonsway	0:13:41
Stephen Mair	0:16:52
David Hood	0:18:44
Kevin Thompson	0:16:00
	1:23:00

1 of 5

WHAC

Paul May	0:18:40
Dan Nixon	0:14:04
Sean Bardsley	0:16:59
Ian Macfarlane	0:17:10
Jason Hooper	0:19:18
	1:25:31

2 of 5

Hutt Valley

Stephen Cummings	0:18:12
Marcus Smith	0:16:31
Peter Sparks	0:20:43
Paul Strickland	0:19:45
Mat Rogers	0:14:52
	1:29:03

3 of 5

Scottish

Jonathon Harper	0:19:31
John Skinnon	0:19:32
Marshall Clark	0:19:28
Frank Cole	0:19:09
Michael Wray	0:15:23
	1:34:03

4 of 5

Olympic

Cathryn Wood	0:20:48
Tineke Hooft	0:20:42
Jean Skilton	0:24:26
Peter Denman	0:23:33
Ele Brown	0:22:30
	1:51:59

5 of 5

300+

Hutt Valley

Darren Gordon	0:16:17
Shaun McCarthy	0:20:35
Albert van Veen	0:24:00
John Wood	0:20:59
Stu McKenzie	0:19:30
	1:41:21

1 of 2

Scottish

Ross Lake	0:20:49
Karen Jenkinson	0:23:45
Bob Stephens	0:21:02
Richard Sweetman	0:21:13
Angela Campbell	0:26:08
	1:52:57

2 of 2

Mixed

Olympic

Michelle Van Looy	0:17:05
Trent Corbett	0:15:26
Rob McCrudden	0:18:20
Deborah Platts-Fowler	0:17:11
Joe Fowler	0:14:52
	1:22:54

1 of 5

WHAC

Paul Hewitson	0:16:17
Carline Thomas	0:17:53
Dave Carrigan	0:16:26
Peter Frawley	0:20:37
Vickie Humphries	0:17:21
	1:28:34

2 of 5

Hutt Valley

Karl Van Polanen	0:17:04
Trish Coley	0:21:48
Keryn Morgan	0:21:59
Isobel Franklin	0:23:18
Brendan Quirke	0:17:30
	1:41:40

3 of 5

Trentham

Brett Wilby	0:20:45
Lisa Kynaston	0:23:36
Bruce Stewart	0:22:16
Belinda Walker	0:19:14
Andrew Smith	0:19:02
	1:44:53

4 of 5

Scottish

Ian Stronach	0:20:59
John Palmer	0:24:10
Sharon Wray	0:23:47
Claire Jennings	0:23:26
Ian Morton	0:22:28
	1:54:50

5 of 5

Open Walkers

Scottish

Ian Morton	0:28:25
Bob Gardner	0:27:44
Peter Baillie	0:26:58
	1:23:07

1 of 1

150+

Trentham A

Joe Antcliffe	0:28:47
Val Buddle	0:31:40
Jackie Wilson	0:28:25
	1:28:52

1 of 4

Trentham B

Jenny Lippross	0:32:51
Sonja McLean	0:31:20
Brent McLean	0:32:16
	1:36:27

2 of 4

Scottish A

Geoff Iremonger	0:34:32
Ray Marten	0:33:38
Peter Tearle	0:44:04
	1:52:14

3 of 4

Scottish B

Colin Maclachlan	0:47:16
John Hines	0:34:53
John Hines	0:35:51
	1:58:00

4 of 4

Mixed

Olympic

Andrea Adams	0:33:29
Paula Binkhorst	0:37:10
Mike Binkhorst	0:32:51
	1:43:30

1 of 1

Record Application Form

(Form on page 16 of this newsletter, on Wellington Masters Athletics website and Vetline - January 2014 issue page 37).

Wellington Records – Non Stadia

These will be Best Performance.

1. All Non Stadia events as per track and field Nos 1-7.
2. Athletics NZ and NZMA Road and Cross Country Championships.

N.B.: Complete top of records form only (down to black line).

Any other approved event – all of application form to be completed.

N.B.: For these events Course Certification confirmation is necessary – ASIMS approval.

Wellington Records – Track & Field

1. World Masters Championships – Stadia and Indoor.
2. Oceania Regional Championships.
3. NZMA National Championships.
4. North Island Championships.
5. South Island Championships.
6. Other Regional Championships.
7. Other National Championships.

N.B.: Complete top of record form only (down to black line).

8. Oceania Postal Throws Pentathlon.

Any other approved event – all of application form to be completed. Plus Photo Electronic if necessary and a copy of Result Sheet.

The Pelorus Trust Wellington Scottish Ekiden Relay

“The biggest gathering of walkers in NZ”

After a dismal wet start the weather settled and by the time the A Division started at 10.00 am we were drying out. For the first time, we started the C Division on their own at 8.30 am. Well let's say those who were ready went to the start!

The 9.00 am B and 10.00 am A divisions resulted in 18 teams in total. The lead changed hands among the A and B divisions a few times. Alex Brown from Dunedin for the Composite South Island Team lead from the start in the A division and his 43:08 (6.00/km for 7.195 km) in the rain was not enough to hold off Eric Kemsley of

Taranaki on lap two. Rozie Robinson did 50:20 to overtake Peter Fox. She was 2:12 faster than Laura Langley on this lap. Then Graeme Jones of Hawkes Bay/Manawatu/Wanganui did 38:52 (7.5 km) to give them the lead. But then the South Island finished off with Jamie Shaw, now at Otago University, doing the last two 5 km legs as a 10 km in 48:54 completed a big victory in 4:01.06 over Taranaki in 4:18.57 and the fast finishing Racewalking Auckland in 4:23.08. Alana Barber's 10 km for Auckland was the fastest of the day in 45:15. South Island took the Ekiden Trophy but Taranaki won the RWNZ Championship from Racewalking Auckland and Trentham.

In the B Division Manawatu/Wanganui, all of whom were from the Manawatu Striders won comfortably 4:41.25 from Scottish 4:58.35 and Trentham B in 5:12.16.

The C Division Community walkers had seven teams and their times were a surprise to many of them. The Neva Bean's team 1 from Wanganui won in 4:58.17. Their team 2 was second in 5:09.59 from Churton Park DARN (from Wellington) in 5:17.13. There were 101 walkers in the senior races. It was a good atmosphere throughout the race with lots of vocal support. The Sin Bin operated and four A and B walkers served their times. Only one C Division walker would have been sin-binned for jogging if the Sin Bin had operated for them.

Shoe Clinic Wellington Scottish Junior relay during the Ekiden

The introduction this year of a four-walker team relay was supported very enthusiastically by the senior walkers and spectators. Each walker did a 1.25 km lap and then after all four had done one lap they all did a second one for a race total of 10 km. They had to be 14 and under on the day. Seven teams started out of an anticipated 10. Egmont from Taranaki led from the start winning in 1:05.32 with Laura Kehely showing her experience with the fastest junior lap of 6:51. (5:48/km for 1.250 km). Manawatu Hawkes Bay was second in 1:09.24 and Mana of Wellington third in 1:12.12.

All 24 walkers looked good and only on towards the end of a few second laps did a few styles fade. Bart Jones had coached/demonstrated to all of the Wellington area teams, and this race is hopefully the start of more junior events.

* * * *

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 his phone number is 04 237 0958.



New Zealand Masters Athletics Record Application Form

(Please print clearly)

National Record: <input type="checkbox"/>	Provincial Record: <input type="checkbox"/>	Island Record: <input type="checkbox"/>	(please tick <input checked="" type="checkbox"/> one only)
Event: _____		Status of Meeting: _____	
Age Group: _____	Performance: _____	M or F (circle)	
Competition Venue: _____		Date of Competition: / /	
I hereby certify that to the best of my knowledge the information I have submitted is true and correct.			
Athlete's Full Name: _____		Signed: _____	
Home address: _____			
Email address: _____		Date of Birth: / /	
Financial Member of (club): _____		NZMA Reg No. _____	

Field / Track / Road Referee:

I hereby certify that all technical aspects relating to the above performance were correct under NZMA rules.

Name: _____ Signed: _____

Technical Manager's Certification:

I hereby certify that the equipment used and the conditions existing in setting the above performance were correct under NZMA rules.

The implement weight was _____ The height of the hurdles / steeplechase was _____ mm

The hurdle race was _____ m The distance between sprint hurdles was _____ m

The height / distance of the event was _____ m

Name: _____ Signed: _____

PLEASE COMPLETE ALL OF THE THREE SHADED SECTIONS ABOVE, PLUS THE SECTIONS BELOW (if applicable to your event)

Timekeeper (Track and Road only):

I hereby certify that the time of _____ was properly recorded either electronically or by hand* (THREE times) by competent timekeepers. * Hand times are only accepted for track events 800m or longer.

Hand times: (1) _____ (2) _____ (3) _____

Name: _____ Signed: _____

Anemometer Steward (Sprints/Sprint Hurdles/Long Jump/Triple Jump only):

I hereby certify a wind reading of _____ metres per second, was properly recorded for the above event under NZMA rules.

Name: _____ Signed: _____

Walk Judges (Three walk judge's signatures MUST be obtained - including at least one A grade judge or higher):

Name: _____ Signed: _____ Grade: _____

Name: _____ Signed: _____ Grade: _____

Name: _____ Signed: _____ Grade: _____

Application Date: / / Ratified Date: / /

Please enlarge to A4 size. Photocopies of this form are acceptable. Attach copies of applicable recording sheets to this form.

Boston Marathon – Dave McKenzie

In general, sport is more structured than physical recreation (a dimension of leisure) which is inextricably linked with New Zealand life; our daily routines and activities and overseas perceptions of NZ that characterise our nation. Though recreation and sport have been central to our society for decades the Rec/Sport sector has moved from a volunteer based weekend activity to a commercialised component of the economy.

From the outset to inform you I've extended to the contents of the Television One SUNDAY programme to create the revival to be more informative around the subject proper.

As teenagers my older brother John and I had the privilege to run with "the Runanga Twins" Dave McKenzie and fellow international Eddie Gray at the Greymouth Athletic & Harrier Club.

We can enlighten you further that Boston meant the world to him because of the given circumstances.

It was also when we met national award winning journalist Ivan Agnew. Ivan wrote "Kiwis Can Fly" where he was relating to that unlike our native bird in the endeavours of sport, especially the All Blacks, Athletics and Rowing - Kiwis can and do fly.

January 19th, 1967 for Greymouth with the Strongman mine disaster had an effect on everyone. Dave's family had lost a loved one; his brother Hector (Mac) McKenzie and club mate friend Harry Van Looy. His father worked in the mine when on that fateful day was in another section. Ivan Agnew was a pallbearer.

An older brother George McKenzie was involved in printers ink in what became a McKenzie and cousins Watson dynasty.

George was a Greymouth half-mile and mile champion who moved with his newspaper job to Nelson and coached John Dixon whose training methods helped his brother Rod become an Olympic bronze medalist and New York marathon champion.

Despite some upheaval and being in a strictly amateur era we realised a commitment to pay for fares in pounds, shillings and pence.

15,014 miles from Greymouth on the West Coast of New Zealand to Boston, Massachusetts would be a long haul.

The local Greymouth Lions Club sold raffles around all the hotels. The close-knit community and Greymouth Club led a drive to raise funds. More Raffles, pig in the barrow etc. There was no Mad Butcher or social media; we had the generosity of the rural folk and the Grey Star. My first employer NZR (New Zealand Government Railways Department) rallied around on pay day and held a working bee.

Mist and drizzle had cancelled his flight from Greymouth to Nelson so he had to take a taxi. The four and a half hour drive was followed by flights up to Auckland, Tahiti, LA and finally to Boston.

By nature Dave is introverted and laconic with reticent reclusion for interview who preferred to let his training and his feet do the talking.

He wasn't coached officially yet but had the wisdom to be pragmatic and holistic to his coaching philosophy. He would read the original book by Arthur Lydiard "Run To The Top" and listen to others like Trevor Sweeney.

I contacted Dave and Eddie recently to discuss their experiences and clarify a few matters like the later historic marathon mentioned below from December, 1967 in Japan.

That self-coaching and belief worked for Dave so as the nostalgic tribute programme with Mark Crysell and Ivan Agnew was to unfold, that was all that mattered to earn this significant achievement.

However, it also helped to lift the spirit of the Coast people after the Strongman disaster.

Similar to athletes from the Arthur Lydiard stable Peter Snell and Murray Halberg in middle distance to marathoner Barry Magee wearing the all black singlet right down to an athlete who DNF (did not finish) the Greymouth club uniform is important; mandatory at representative level and the singlet he displayed was always worn with pride. The big bold letter G sewn on the front was suggested being for Greece or some thought Germany - never!

I'm aware of a number of club athletes including Dave and Bill O'Connor (completed all 37 London marathons) in London who still have their singlet's intact.

The most auspicious wearing of the 'G' singlet was doubtless in 1967 in Boston, when as afore mentioned the media commentators appeared confused, resplendent in green singlet he spread-eagled a class field.

By 1974/75 the single 'G' on club singlets was replaced by the word Greymouth.

The shoes! - Kiwi ingenuity alright - a leather upper with Jandal soles glued to his shoes. For years they were displayed in the old Revington's pub (hotel closed now) to view in a framed simple glass case.

Boston is the world's oldest marathon always held on their Patriots Day. Dave had never travelled overseas and was the first New Zealander to run there. Just seven years earlier in 1960 Barry Magee had the honour of being our first New Zealander to win an overseas marathon in Fukuoka.

This edition was held on Monday April 19th. Interestingly also to line up was Kathrine Switzer who became the first woman to run and finish the Boston Marathon as a "numbered entry".

The day was in single-digit temperatures, cold, wet, 30km winds and sleet conditions. Despite being ranked sixth and the recent dominance of the Japanese didn't faze him. He was mentally and physically ready. A succinct point the entire field were amateurs unlike since the 1980's where prize money is offered and a bonus structure to winners.

A bowl or can of Dinty Moore beef stew was available to finishers. Dave told me "suitable on a cold day".

What a thrill to reminisce and listen to him on television describe the sequences of the pace he ran.

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He won in a race record time of 2.15.45.

In contrast to his departure he arrived in Auckland in a more orderly fashion to share a champagne toast with the newly appointed (April, 1967) US Ambassador John Henning. It was his first major undertaking in sports.

Once he arrived home the locals appeared in throngs at the Greymouth railway station. About a thousand plus citizens greeted him with Mayor Barry Dallas to a Civic reception at the Greymouth Borough Council Chambers.

In a photo taken of him the words underneath read "I was very pleased to win in the Greymouth colours - it was a great thrill winning for the Coast".

In 1966 he qualified to win the prestigious Lonsdale Cup in 1967, presented by the Commonwealth Games and Olympic Games Association to the most outstanding individual performance registered by any Commonwealth or Olympic athlete during the Games year.

In 1983 Dave won the Canterbury Veterans half marathon then Eddie had a string of successes. His race record of 1.06.18 stood from 1985-2010 when Phil Costley ran 1.06.01.

In 1984 Dave McKenzie joined Kathrine Switzer and Roger Robinson to speak in the Ashley hotel in Greymouth

In the centenary year in 1996 Dave was named among the group of champions. The BAA (Boston Athletic Association) set up a Boston Marathon Memorial engraved in the pavement in Copley Square.

There's a map of the course, the last lines of Tennyson's *Ulysses* and a spiral with the engraved names of *all winners*.

(1967 Dave McKenzie), (1970 John Campbell Masters), (1976 Jack Foster Masters), (1981 Allison Roe), (1984 Lorraine Moller Masters Women and 1992 Masters Women), (1984 Roger Robinson Masters), (1993 Bernie Portenski Women's Masters) and (1999 Judith Hine Veterans Women).

On March 18th 1967 we recollect Dave's clubmate Eddie Gray represented New Zealand to the 54th World Cross Country in Barry, Wales. The team won the Silver Medal.

Eddie won the Scotland Cross Country title as a guest. In 1971 he was 3rd in the World Cross Country held in San Sebastian, Spain.

Later in the same year on 3/12/1967 Dave ran in the Fukuoka Marathon where the defending champion was our Mike Ryan who was invited to return.

The winner Derek Clayton of Australia won in a then world record time of 2.9.36.4 to break the 2.10.00 barrier. Dave ran brilliantly in 2.12.25.8 for third place with Mike Ryan in 9th place.

That put him among illustrious company of being No 5 in history, only 1 second in arrears of the great Ethiopian Abebe Bikila.

Earlier above you read of self-coaching and coaches which wouldn't be complete without mention of Dave McKenzie coaching national middle-distance athlete Josh Komen to success in age group and senior grades competitions. Recently with Greymouth Athletics club new life member Hugh Barrow we perused the various records books that included the Mahar Cup which spans the Seddon Shield Districts.

Despite the test of time the names of Eddie Gray, John Dixon, Rod Dixon and Josh Komen are listed as is H Barrow in field events.

This year the BAA invited VIP'S which included Dave and his wife Adele for six days. Among the areas they were honoured were:

Thursday, April 13th an Introductory Press Conference, where Dave, Bobbi, Kathrine Switzer and Bennett Beach (who was setting out to run his 50th consecutive Boston marathon).

The Boston "261" (Kathrine Switzer) Fearless Club from Greater Boston hosted Dave and Adele as honoured guests to two events held in conjunction that included meeting Nick Willis who had won the street Mile.

Dave gave a vivid account of his race and was photographed with Nick Willis.

On Saturday, April 15th Roberta "Bobbi" Gibb and Dave held/cut the break tape for the BAA 5km race at Boston Common.

On Sunday, April 16th they were panelists for the Boston Marathon Seminar held at the John B Hynes Veterans Memorial Centre.

On Marathon Monday, April 17th they served as Co Grand Marshalls of the race and were introduced at both the start of the race, and the finish, and were referenced in the worldwide telecast.

It was an honorary designation for them to ride in the pace car ahead of the marathon runners. That meant that they waved to everyone and yelled encouragements. Lots of fun as it contributed to the feeling of celebration.

To close with what a Boston sports writer wrote as an accolade - "the greatest pacer to come from Down Under since Cardigan Bay". He was comparing the first million dollar winner of harness racing to Dave McKenzie. Perhaps he knew of another passion of Dave's being horse racing.

I express gratitude to Morice Hennessy (Paralympian Nelson), a close friend of Dave's oldest brother George McKenzie who had the vision to suggest and send a brief to the SUNDAY programme that there needed to be a documentary to celebrate the 50th anniversary of Dave's Boston achievement. Morice had confided with Greg Lautenslager and Chris Rattue who you'll recall wrote articles in 2007 (Dave's 40th) which prompted Greg to do something for the 50th.

Collectively we felt the story needed to be told to the generations.

To Dave, his brother George who worked with Morice, Ivan, Eddie Gray, Roger Robinson, T. K. Skenderian and Marc Davis of the BAA-Boston Athletic Association, Gloucester Times Journalist Gail McCarthy and my large group of Stakeholders many of whom offered their thoughts, scrapbook cuttings prior to the showing and since a sincere thanks.

Finally to Television One SUNDAY programme for an appropriate production ably controlled by Steve Butler, Senior Producer.

Ed: - This article was forwarded to me by Paul Mulvaney who is a Freelance Journalist from Christchurch.

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

Name:

Address:

Post Code:

E-mail:

Telephone:

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)

\$0.00

Local Master's Centre Fee

\$25.00

(Circle)

Vetline Subscription (4 issues starting as from January 2017)

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**

(Circle)

NZMA Competitive Member (including Vetline subscription)
(Eligible to compete at local, NI, SI, NZMA, OMA or WMA Championship events.)**\$45.00**

(Circle)

NZMA Social Member (including Vetline subscription)
(Eligible to compete at local club masters events only).**\$0.00**

(Circle)

Local Master's Centre Fee (optional)

Total Fee to pay = \$**Payment Options:** Post, e-mail or hand completed registration forms to **Veronica Gould**.Online Banking: Wellington Masters Athletics Inc., ANZ, The Terrace: 06 0565 0064415 00.
(Please insert your name in the reference box)Please make cheque payable to **Wellington Masters Athletics**

Postal Address:

Wellington Masters Athletics Inc.
PO Box 5887 Lambton Quay
Wellington 6140Telephone: **04 973 6741**E-mail: **gvgould@xtra.co.nz**

Official Use:

Verified by:

2016 / 2017 NZMA Reg. No:

UPCOMING EVENTS

2017:

July

1	North Island Cross Country Championships	Taupo
1-2	39 th Gold Coast Airport Marathon, $\frac{1}{2}$ Marathon, 10km & 5.7km	Gold Coast
16	Johnsonville 8km Road Race & Walk	Olympic Clubrooms
30	NZ Cross Country Championships	Auckland

Aug

12	Bays Relay - Island Bay to Evans Bay	Island Bay
19	Wellington Road Running Championships	Wainuiomata

Sept

10	Pelorous Half Marathon & 10km (Wgtn Half Marathon Champs)	Petone
24	Berlin Marathon	Berlin
30	Life Flight Handicap Half Marathon (Teams or Individuals)	Carterton
	NZ Road Relay Championships	Rotorua

Oct

4-8	South Island Masters Games	Nelson
8	Masterton Full Marathon, $\frac{1}{2}$ Marathon, 10km & 5km	Masterton
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
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Feb

10	Buller Gorge Full & Half Marathon and Marathon Relay	Westport
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Note: While every attempt is made to provide correct dates of events, intended dates and venues can change. It is advisable to check the information from official entry forms, websites or event organisers.
