

THE

MASTER

COPY

Newsletter of Wellington Masters Athletics Inc.

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February 2018

PETER TEARLE IN ACTION AT THE 2018 OCEANIA CHAMPIONSHIPS HELD IN DUNEDIN



Photo courtesy Sharon Wray

PETER'S RESULTS FROM THE OCEANIA CHAMPIONSHIPS:

Gold M90 Discus – new Championship Record and new NZ Record
Gold M90 10km Road Walk – new Championship Record and new NZ Record
Gold M90 Shot Put (by 0.75m) – new Championship Record and new NZ Record
Gold M90 Weight Throw - new Championship Record and new NZ Record
Gold M90 5000m Walk
Gold M90 Javelin
Gold M90 3000m Walk – NZ Record

WELLINGTON MASTERS ATHLETICS INC.

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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

By the time you read this many of us will be either at or about to compete at the NZ Masters National Track & Field Championships. With the hosts this year being Northland, competition will take place in the far north destination of Whangarei. Wellington has only 12 representatives this year. No doubt this is the impact of having Nationals following hot on the heels of the Oceania Champs. Being at the far end of the country and almost as far as from the location of the recent Oceanias as it is possible to get without leaving the country, it has been a bit of a test for the travel budget.

As well as hosting the competition itself, the NZMA Athlete of the Year Awards will be presented in Whangarei. Wellington figures fairly prominently in the finalists this year. Veronica Gould is in the sprints, Judy Hammond the jumps, and Daphne Jones and Jacqueline Wilson in the walks. The men have slightly more nomination spots but less diversity. The long distance features Stephen Day, Peter Stevens and Michael Wray, while Jim Blair has two nominations, appearing as a finalist for both jumps and throws.

At the Oceania Champs, our athletes performed well. Judy Hammond made the most of her new age-group and established several new W80 records. Other medalists from Wellington were (in no particular order) John McInnes, Gary Rawson, Andrea Harris, Michael Wray, Sharon Wray, Lyn Clark, Marshall Clark, Michelle Scriven, Mat Rogers, Darren Gordon, Tin Faulkner, Barbara Morrison, Daphne Jones, Jacqueline Wilson, Peter Hanson, Keryn Morgan, Jim Blair, Peter Tearle, Sean Lake, Arlene Wong-Tung, Joseph Antcliff, Clive McGovern, Geoff Iremonger, Terri Grimmett, John Hines.... With a list that long, you'd be forgiven for thinking Wellington provided the championship's entire podium!

The next Oceania Masters Championships will be held in Australia. After an initial indication of Townsville being a likely location, the hosts are a few hundred kilometres south and still in Queensland. Mackay will be the venue and the championships will take place 31 August to 7 September 2019. We have also learned where the 2021 championships will take place. The two bidders were Papua New Guinea and Norfolk Island. Norfolk Island won the vote and that championships will take place in January 2021.

The 2023 hosts, when the rotation will come back to New Zealand, are yet to be decided. The selection will take place at the Oceania Council next year. We in Wellington have filed a non-binding expression of interest, which has been favourably received. Now we just need to investigate the feasibility and determine whether we can indeed put in a bid. Hosting an Oceania Champs is an exciting (and intimidating!) prospect. Before that we need to deliver on the North Island Masters Track & Field Championships, which we are rostered to host 23-25 November 2018.

Newtown Park recently re-opened for use. The refurbishment process went awry and took longer than planned despite the contractors initially being ahead of schedule as the weather cooperated. However, when the top layer was due to be laid a significant amount of water had inexplicably emerged, which forced rework of tasks already completed. A similar issue then emerged to force a second delay, ultimately leading to the relocation of the Capital Classic to Whanganui. Fortunately the work was completed in time for the Wellington Centre Champs to take place as scheduled, though I do worry whether the underlying problem has been fixed. In the meantime, the new track surface is lovely. The surface itself has been laid with about twice the thickness as before. I'm no expert – does that mean we can expect it to endure twice as much wear or live twice as long?

Michael Wray,
President

TRAINING

Protein for Endurance Exercise - When, What & How

By Dr Evelyn Parr

Carbohydrate is generally the main macronutrient considered in assessing the nutritional demands of endurance training, but there has recently been a spike in interest in the role protein plays in an athlete's health and performance. Endurance athletes can greatly benefit from the co-consumption of protein in the recovery period post exercise to help promote the remodelling of muscle tissue. While many athletes understand the general requirement for protein consumption, there is often poor awareness surrounding protein source and quality.

Protein Requirements to Recover from Endurance Training

It is important to note research into the effects of protein consumption post endurance exercise is less studied than that of resistance training. Consequently, a lot of what is known about the interaction between amino acids and muscle tissue comes from resistance training studies. The damage to muscle tissue when performing endurance training may differ to the damage to structural proteins when performing resistance training; however, these repair and remodeling processes still require the amino acids sourced from ingested protein sources. Remodeling occurs through triggering the translation initiation pathway, which, in simple terms, means reducing the breakdown and increasing the repair of damaged proteins through various intermediates. By consuming enough of the right type of protein, these repair processes can be optimised.

Specific to running, superior benefits of a chocolate milk beverage (with 16g protein) over a carbohydrate-only beverage of matching energy content were observed when the beverages were consumed immediately following a 45min run.¹ The benefits of the combined carbohydrate-and-protein beverage could conceivably be enhanced when the exercise duration is longer providing the carbohydrate and protein amounts are sufficiently increased also. During prolonged (6hr) mixed endurance exercise (cycling and running), co-ingestion of carbohydrate and protein has been shown to improve whole-body protein balance.²

What Protein Source is Best?

The knowledge of what protein source best meets our needs is as important as our understanding of the requirement of protein. Not all protein sources deliver the same functional outcomes, and some individuals may find certain sources cause gastrointestinal distress. Seeking professional advice (i.e. Sports Dietitians) is highly recommended when working through a properly devised nutrition plan that factors in such sensitivities.

Whole Food vs Supplements

It should always be advocated the consumption of whole-food sources of protein are most beneficial, primarily due to the other components that are not present in supplements.

Consuming a mixed carbohydrate-protein meal in the hour following exercise will serve to aid recovery both in terms of glycogen and muscle proteins and deliver greater satiety. However, as all athletes know, the demands of training and competition mean proper meals cannot always be consumed at the appropriate time to optimise recovery, so the benefits of consuming protein in supplemental form become clear in these situations.

Whey: The Key Player in Improving Performance and Recovery

The majority of studies investigating the ergogenic effects of protein use whey protein, considered the superior protein source thanks to its rapid digestion and solubility in acidic environments (such as the stomach), which allows for an abundance of amino acids in the bloodstream.³ Whey protein is also preferred due to its essential amino acid content, specifically leucine, which plays a vital role in the signaling processes that result in remodeling and repair.⁴ Therefore, the ingestion of whey protein during recovery is favourable due to both the manner in which it is digested and its amino acid profile.

Concentrates vs Isolates

The key difference between these two supplement forms is the level of processing. More heavily processed forms of whey protein contain more protein per gram and less calories from fat and carbohydrate. The actual quantity of protein in concentrate supplements will vary greatly, whereas the protein content of isolate supplements must be above 89%.⁵ Careful investigation of nutritional panels is the only way to understand which brand provides most value for money and meets your nutritional demands. Remember to consider what you mix your protein powder with (full-fat milk, low-fat milk, soy milk, almond milk, water, etc.), as it will have a greater impact on the additional calories consumed while supplementing. When determining which product is best suited to your specific supplementation practices, it is also important to remember carbohydrate delivery in combination with protein yields a superior recovery process for endurance athletes.

Casein: The Sleeping Protein

Like whey protein, casein protein is isolated from milk and contains a higher leucine content than many plant-based protein supplements. The primary difference from whey is that casein is digested slowly in the gastrointestinal tract due to the clotting that occurs when the protein meets the acidic stomach environment.³ While this may seem counterintuitive to a rapid recovery process, casein has a novel use in supplementation protocols where training is completed late at night. Casein protein has been used as a "slow release" option and has been shown to improve recovery from resistance exercise while sleeping.⁶ It is therefore conceivable the same effects can be achieved with casein consumed after endurance exercise.

Plant-Based Alternatives

As whey and casein are milk-based proteins, they pose obvious limitations for those with lactose intolerance or who avoid animal proteins for other reasons.

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Plant-based proteins such as soy, rice and pea protein are the market alternatives when looking for an alternative protein source. However, these are not preferential for recovery, as they typically have lower leucine content. Soy protein has been the focus of many comparative protein investigations and, with a similar digestibility to whey, seems like the best plant-based source. However, soy has a lower leucine concentration and does not appear in the circulation as quickly; meaning the response in the muscle is dampened compared to whey.

Brown-rice protein has been the source of one investigation, where the dose was adjusted to provide adequate leucine content per serve. In this investigation, 48g of rice protein was consumed daily post resistance exercise and was shown to match the benefits of whey protein ingestion.⁷ However, 48g of protein powder is far in excess of the dose of whey protein powder required to deliver the same leucine content.

At present, pea protein, while commercially available, has not yet been the topic of rigorous scientific investigation.

The consumer market needs to demand improvements in the production of plant-based proteins so they contain greater anabolic properties through fortification with essential amino acids, combining multiple sources of plant-based proteins or increasing the total protein intake to improve the amino acid profile and thus enhance recovery.⁸

Timing and Dose of Protein Intake

The timing of protein intake to maximise recovery should be as close to the end of exercise as practical, ideally in the form of a main, mixed-macronutrient meal. Considerations of total energy intake, and thus total protein intake (endurance athletes only need ~1.2 g/kg body mass), are essential for a weight-bearing sports such as running. Therefore, the timing of protein intake is integral to ensure consumption fits in with the rest of the day's intake. Current research does not support requiring more than 20g of protein per serve as long as that protein contains sufficient leucine (1.7-2.4 g).⁹ Thus, in the case of plant-based proteins, a greater quantity is required to be ingested to elicit the same positive response for recovery.

Practical Suggestions for Endurance Athletes

- Make protein ingestion a product of your diet as much as possible.
- When practicality requires it, protein supplementation may aid recovery processes.
- Whey protein is the preferred source of supplemented protein due to its favourable amino acid profile.
- Where individual requirements demand a plant-based protein source, increase intake to match the amount of leucine in whey protein products.

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* * * *

The Truth Behind Energy and Protein Bars

You're driving in your car, hurrying to your next appointment. It's 2:30 p.m. and you realise you've had nothing to eat all day. You glance around the car for something (anything!) to eat and you spy an energy or protein bar on the back seat.

Perfect! It's quick, it satisfies and it's good for you, right? Not so fast. Before you make energy bars a go-to when you're hungry, there are a few things you should consider:

- Read the label. Just because it's popular doesn't make it healthy. In fact, many are packed full of sugar.
- "Power" bars might sound good, but they're designed for athletes and can be high in carbs — good for them, bad for someone sitting behind a desk all day.
- Choose a bar with "healthy fats" instead of those high in saturated or trans fats.

Exercising regularly is a great way to help maintain your health naturally — but using energy or protein bars as a substitute for healthy food is not!

* * * *

WEBSITE:

See what's happening on our website at:

www.wellingtonmastersathletics.org.nz

Nutrition Tips for Runners

Running as a form of sport and exercise has very particular nutritional requirements. To get the best in performance, endurance and recovery out of your body, you will need to be concentrating on not only what you eat but when you eat. Follow these nutrition tips to improve both your speed and stamina.

Healthy Eating

It goes without saying that once you start running your body will need extra fuel for those miles. You will be burning an extra 100 calories roughly for each mile that you run. Not only that, your muscles will be needing extra protein to keep them operating efficiently. Here is a quick guide of the foods that you should be eating as a new runner:

- **Complex carbohydrates** provide slow and steady fuel. Complex carbohydrates such as whole grains, whole breads and unrefined pastas, vegetables and potatoes will not produce the sharp blood sugar spikes and lows, which can leave you feeling depleted before the end of your run.
- **Glucose drinks** consumed in the first 15 minutes after finishing your run will be best absorbed for muscles seeking fuel sources. The 15-minute time frame is important, as this is when your muscles can utilize it best.
- **Protein** is essential for both tendon and muscle repair. Proteins are also essential for regulating hormones. The more often you run and the further distance you cover, the more repair work there will be for your muscles. An easy guide to remember is that if you are running a great distance you will need up to 1.5 grams of protein for every kilogram that you weigh. So if you weigh 140 pounds, or 64 kilos, you will need about 96 grams of protein daily. Your protein should be high quality and preferably lean, such as chicken, tofu, eggs, nuts, or fish, if you are also trying to shed a few pounds. For those runners who do not have a weight problem, low fat protein will not be a concern.
- **Fats.** Monounsaturated fats such as olive oil, flax seed oil, canola oil, and avocados are the healthiest fats to consume. Monounsaturated fats have been linked to a decrease in heart disease and stroke, and are one of the basic ingredients of the Mediterranean Diet. It is healthier for a runner to obtain their fat calories from these sorts of fats and oils than from unhealthy options such as lard or deep-fried anything.
- **Balanced meals** for runners should comprise roughly 20 percent fats, 60 percent complex carbohydrates and 20 percent proteins. Ensure that you consume plenty of fresh fruits and vegetables. Fruit smoothies are also an excellent and quick source of [nutrition](#). A good variety of colorful foods should almost make a vitamin pill unnecessary.

- **Water** consumption is essential for everyone, but even more so for the runner who is going to sweat more than average. A good rule of thumb is to aim for at least two litres, or eight cups, per day. Herbal teas, sports drinks, and fruit juices, can be counted as fluids, but be warned that caffeine and alcohol do not, as these will dehydrate you. Water should be consumed evenly throughout the day to keep fluid levels up and your body evenly hydrated. Most runners tend to be dehydrated.

- **Vitamins and minerals** will play an important factor in your running performance and endurance. Your extra energy requirements will also mean that you will need extra vitamins and minerals. Ideally, these should be provided from a healthy and well balanced diet of fresh and whole foods. Bottled supplements will never replace a healthy and varied diet, and should only ever be considered as an extra, not a necessity.

Drink your meal. Commercial protein drinks, carb drinks and sports drinks can all be useful ways to stock up on fuel before a run. These are especially useful for the early morning runner who doesn't have time to eat breakfast and then wait to run. Drinking meals is also easier on some runner's digestions than a big meal right before a run around the block.

Snacks

Once you start running on a regular basis you will notice that your base metabolism starts to run a bit faster, which means that you will be burning up more calories. This is great news for those who want to shed a few pounds. Those who don't need to lose any weight will need to eat a little extra.

Nutritional snacks such as fresh fruits, vegetables, whole grain sandwiches, smoothies, nuts, eggs, yogurts, and protein or health-food bars can all help to alleviate the dreaded energy slump. Healthy snacks will also ensure that your muscles and liver are always ready for further exercise, and additionally, you will have sufficient energy to get through day-to-day activities.

Smaller meals more often will also keep your blood sugar levels more steady and your metabolism running high. Aim for three smaller meals, and two to three snacks throughout the course of the day.

Planning

The timing of your meals will be crucial to the success of your running performance. Not enough fuel and the tank will run out. Too much fuel too soon can be just as disastrous as not enough.

The ideal formula for peak performance is to eat a meal rich in complex carbohydrates two to three hours prior to your run. After finishing your session it is a great idea to have a glucose drink within 15 minutes to replenish tired muscles looking for fuel. Eating a meal rich in protein and complex carbohydrates in the first two hours after your run will assist with muscle and tendon repair.

Counting Calories

As we have already said, the average person can burn about 100 calories for every mile they run. If you are unsure about how many calories you are burning you can always use a calorie burning counter to figure it out.

Continued on page 8

HEALTH

Mighty Minerals - Do you get enough?

By Vicki Philbey



What do minerals do in my body?

Minerals are essential for all enzyme reactions, and improve the use of vitamins and other nutrients. They are important in forming bone, hair, skin, teeth and blood cells. Energy production and muscle contraction is also dependent on minerals.

Why do I need minerals?

Intensive farming practices deplete soils of minerals so vegetables can't absorb as much while growing. Food processing and refining destroys the mineral content in food. Unhealthy diets and poor lifestyle choices such as smoking or high alcohol intake interfere with absorption. Taking high doses of a single mineral can cause an imbalance in other minerals in the body, e.g.: taking Calcium increases the need for Magnesium.

Signs of low mineral levels

Calcium

Found in milk and dairy products, almonds, sardines, green leafy vegetables, tofu, and egg yolks.

- Aching muscles and cramping
- High blood pressure
- Brittle nails, tooth decay
- Eczema
- Osteoporosis
- Impaired thinking.

Iron

Found in red meat, apricots, liver, oysters, parsley, wheat germ and yeast.

- Heavy periods
- Anaemia
- Cold sensitivity
- Fatigue and weakness
- Easy bruising
- Sore inflamed tongue.

Magnesium

Found in almonds, brewer's yeast, cashews, molasses, wholegrain cereals, kelp, and eggs.

- Muscle cramping, twitching or fatigue
- Inability to cope with stress, irritability, depression
- Pronounced startle response
- Sleep disturbances- difficulty falling asleep or staying sleep
- Heart palpitations, irregular heartbeat.

Zinc

Found in beef, baked beans, cashews, egg yolks, herrings, liver, milk, sunflower and pumpkin seeds, wholegrains and yeast.

- Acne, poor wound healing, dermatitis, itchy skin
- Impaired taste and smell, loss of appetite
- White spots on finger nails, brittle, peeling nails
- Poor immunity- frequent ear infections, sore throats, colds, thrush, sinus infections.

How can I improve my mineral intake?

- Eat a varied diet with vegetables, wholegrains and unprocessed foods.
- Organic fruit and vegetables are a great source of minerals. Pesticides and fertilisers interfere with plant mineral levels.
- Check labels when shopping. Fortified foods can make up for the deficiency in our soils e.g.: iodised salt or fortified cereals.
- Drink coffee and tea between meals so they don't interfere with mineral absorption.

* * * *

SLIP, SLOP, SLAP

The Skin Cancer Foundation of New Zealand recommends avoiding the sun between 10am and 4pm, and if you are outside during this time it's important to slip, slop, slap and use a broad-spectrum sunscreen (both UVA and UVB protection) with an SPF of 30 or higher. Sunsmart.org.nz gives a Sun Protection Alert for each region. Before spending time outdoors check when the UV radiation levels are at their highest in your area and protect your skin and eyes accordingly.

* * * *

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

The Editor, The Master Copy,
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Wellington 6035,
or email to palmer.palace@xtra.co.nz



RECIPE

Caramelised Onion & Mushroom Soup with Cheesy Mushroom Toasties

Packed with flavour but does rely on using a good-quality beef stock.

Ingredients:

- 2 tablespoons olive oil
- Good knob of butter
- 6 large onions, sliced
- 1 carrot, grated
- 1 teaspoon sea salt
- 600 grams Portobello mushrooms, thickly sliced
- 3 cloves garlic, crushed
- 1 tablespoon finely chopped sage or thyme
- 2 tablespoons balsamic vinegar
- 4 cups good-quality beef stock
- 1 whole star anise
- Sea salt and ground pepper.

To serve

- 2 tablespoons chopped parsley.

Cheesy Mushroom Toasties

- 250 grams button mushrooms
- 2 tablespoons olive oil
- 8 slices sourdough baguette
- 1 clove garlic, cut in half
- 1 cup grated cheddar cheese
- Sea salt and ground pepper.

Method:

Heat the oil in a large saucepan and add the butter, onions, carrot and salt. Cover and cook over a medium-low heat for 30 minutes stirring occasionally to prevent them catching on the base of the pan.

Add the mushrooms, garlic and sage or thyme and cook for 15 minutes until the mushrooms are soft.

Stir in the vinegar and cook 1 minute, and then add the stock and star anise. Season and partially cover with a lid and simmer for 20 minutes.

To serve

Remove the star anise and discard. Stir in the parsley and ladle the soup into bowls. Serve with the Cheesy Mushroom Toasties.

Cheesy Mushroom Toasties

Preheat the grill to its highest setting.

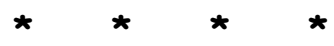
Cut the mushrooms into quarters or halves if small.

Heat the oil in a sauté pan and when hot add the mushrooms. Season and cook until golden and tender. Drain on kitchen towels.

Toast the baguette then rub with the cut clove of garlic.

Place the baguette on a baking tray and top with a little cheese then pile the mushrooms on top. Add the remaining cheese and a grind of pepper and grill until melted and golden. Serve hot with the soup.

Serves 4.



Nutrition Tips continued from page 6

These counters use factors such as your body weight, age, fitness level, and gender, to approximately determine the calories you are burning up. Playing around with a calorie burning counter will demonstrate just how big a difference there can be in how many calories a runner can burn.

Pre-training Nutrition

As a generalization, about one to two hours before your run you should aim for one to two cups of water plus 25 to 50 grams of carbs. Great choices are banana, porridge, bagel, wholegrain toast or an energy bar. Alternatively, use the water to combine with carb powder to make a drink.

Conclusion

As a rule, runners need to consume more calories than the non-runner. The consumption of good quality protein is vital for muscle repair, as is a steady supply of complex carbohydrates. Beware of empty calories that will only provide you with a sugar high and slump. Optimized running performances are dependent on consuming quality foods in a larger quantity, as well as careful timing of when you eat.



Lemon Squeeze

There once was a religious young woman who went to Confession. Upon entering the confessional, she said, "Forgive me Father, for I have sinned."

The priest said, "Confess your sins and be forgiven."

The young woman said, "Last night my boyfriend made mad passionate love to me seven times."

The priest thought long and hard and then said, "Squeeze seven lemons into a glass and then drink the juice."

The young woman asked, "Will this cleanse me of my sins?"

The priest said, "No, but it will wipe that smile off of your face."

THE ATHLETE'S KITCHEN

Copyright: Nancy Clark MS RD CSSD, January 2018



Weight: Is It a Matter of Willpower?

Is weight simply a matter of willpower? You might think so, given the number of runners who add on miles, subtract food, and expect excess fat to melt away. But it does not always happen that way. Older runners notice the fat that creeps on year after year seems harder to lose. And others who have slimmed down complain how easily they regain lost body fat.

The Endocrine Society (www.EndocrineSociety.org) took a close look at why we can too easily accumulate excess body fat, as well as why it's so easy for dieters to regain lost fat.⁽¹⁾ They describe fat-gain as a *disorder of the body's energy balance system*, not just a passive accumulation of excess calories. They highlight many factors other than food and exercise that influence body fatness, including genetics, the environment, and evolution.

If you are frustrated by your seeming inability to easily shed a few pounds, here are some facts to ponder.

- Studies with identical twins, as well as adopted children, suggest 25% to 50% of the risk for becoming obese is genetic. Identical twins who are raised in different homes tend to weigh the same, despite eating different foods.
- Some people might have a "thrifty gene" that conserves calories and resists fat loss. In terms of evolution, this would be important for surviving famines (a.k.a. *diets*).
- Genetic factors alone fail to explain the rapid increase in obesity during the past 40 years. Genetic factors get influenced by the environment. We need to learn more about the combined impact of genes plus: environmental toxins, highly processed foods, a sedentary lifestyle, antibiotics, the microbiome, maternal obesity, and fetal exposure to a mother's obesity-promoting diet.
- Some "experts" say sugar/carbs are inherently fattening. They claim carbs trigger an insulin spike which drives sugar into fat cells, creates hypoglycemia (low blood sugar) and stimulates the urge to overeat. The Endocrine Society does not support this controversial hypothesis. They say eating too many calories of any type is the problem.
- Respected research shows no differences in fatness when subjects ate the same number of calories from carbohydrate, protein, or fat. A calorie is a calorie; 100 excess calories from fat and carbohydrate are no more fattening than 100 excess calories from protein. That said, some calories are yummier and less satiating than others; they are easier to overeat. For example, most runners could easily devour a lot more calories from ice cream than from boiled eggs!
- We need to learn more about the brain's role in body fatness. What is the metabolic impact of carbs, protein and fat on the brain, and the psychological impact of enjoying rewarding foods? Does the brain-on-a-diet get signals about the amount of fat stored in adipose tissue and, in response, trigger the body to want to eat more and move less, in order to thwart fat loss and survive a perceived famine (diet)?
- Social situations can promote fat gain. At parties, the presence of a lot of people, as well as a wide variety of foods, triggers overeating. In contrast, a repetitive daily diet with the same breakfasts and lunches every day can trigger *sensory-specific satiety* and curb food intake.
- Dieting/restricting calories to lose fat increases the desire to eat, as well as reduces the metabolism. In comparison, forcing weight gain by over-eating increases spontaneous activity (fidgeting) and curbs hunger. That's why genetically skinny athletes have a hard time maintaining the weight they have forced their bodies to gain.
- The rise in childhood obesity might be linked to endocrine disrupting chemicals (EDCs) such as bisphenol A (BPA), perfluorinated chemicals (PFCs) and phthalates. EDCs pass from mother to fetus across the placenta, and later, to the infant via breast milk. They alter the signals given by estrogen, testosterone and thyroid hormone. Some research suggests they stimulate fat deposition.
- BPA is used in hard plastic bottles, food-can linings, and food packaging. BPA is thought to promote the creation of new fat cells and change metabolism at the cellular level. To determine the obesogenic effects of BPA, we need more comprehensive research that looks at men vs. women, and younger vs. older people. Some studies indicate BPA may be linked to behavioral problems in boys. To be wise, limit your use of plastic containers with the number 7 in the recycling symbol on the container.

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- The types of bacteria that live in your gut, your microbiome, likely impact weight. Hence, the microbiome is becoming a target for obesity research. Your best bet is to cultivate a healthy microbiome by regularly eating fruits and vegetables — and limiting processed foods with little fiber.
- Exercise plays a role in weight management— but less than you might think. Exercise alone is largely ineffective as a means to lose weight, even though it contributes to a calorie deficit. For some runners, exercise triggers the urge to eat more. Hence, you want to be sure your reason to exercise is to *enhance health and performance*, not *burn calories to lose weight*. Once you've lost weight, exercise does help maintain the loss.

After reading this information, you may be left wondering if you will ever be able to reach your desired weight. Perhaps yes, if you can take these positive steps:

(1) Enjoy a hearty breakfast, early lunch, and a later "second lunch" (or hearty snack), to negate hunger and a perceived daytime famine. Consume a lighter dinner, to enhance fat-loss at night, when you are sleeping.

(2) Focus meals and snacks on satiating whole foods with protein, fiber: apple + cheese, Greek yogurt + granola, peanut butter + crackers.

Above all, be grateful for your healthy body. Give it the fuel it needs, and trust it will perform best when it is appropriately trained and well fueled on a daily basis. The best athlete is not the lightest athlete, but rather the genetically gifted athlete. If you trying to force your body into a too-lean physique, think again. Weight is more than a matter of will power.

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<https://academic.oup.com/edrv/article/38/4/267/3892397>

Sports nutritionist Nancy Clark MS RD CSSD has a private practice in the Boston-area (Newton; 617-795-1875), where she counsels both fitness exercisers and competitive athletes, teaching them how to eat to win. Her popular **Sports Nutrition Guidebook**, and food guides for marathoners, cyclists and soccer are available at nancyclarkrd.com. For workshops, see www.NutritionSportsExerciseCEUs.com.

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See what's happening on our website at:
www.wellingtonmastersathletics.org.nz

Diet Overhaul to Decrease Arthritis Symptoms



Imagine a world where 13% of your loved ones over the age of 18 are diagnosed with arthritis. By 2030, this is estimated to be the new normal. The good news? Managing or reducing symptoms of arthritis is as close as your kitchen.

What you eat can have a dramatic impact on symptoms such as swelling or stiffness. Grains and refined sugar, for example, cause inflammation in the body. Reducing or removing these from your diet may help to diminish the aches and pains associated with arthritis.

Taking turmeric supplements or cooking with it also may help to reduce inflammation. Also, choose to consume good fats such as monosaturated ones. Avoid eating foods that contain hydrogenated oils. It's also an excellent idea to consume more fruits and vegetables, eat free-range chicken, grass-fed beef and only low-mercury fish.

Regular chiropractic care may also help reduce the inflammation from misaligned or malfunctioning joints.

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



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INJURY PREVENTION

Hip Injury

The hip itself is rather straightforward. It's basically a ball (the femur) and socket (the pelvic bone). It is also strong and stable due to the muscle and ligament systems that level the hips and pelvis and enable you to walk and run. However, while the hip itself is simple, everything else around it is rather complex. And with complexity comes more of a chance for hip injury.



The hip is made up of a ball (the femur) and socket (the pelvic bone), and hip pain is usually focused in this area.

Symptoms of a Hip Injury

Pain is the main symptom when it comes to hip injuries. The challenge to figuring out what type of hip injury you have is pinpointing the pain and determining when it hurts. This task is best left to a qualified medical professional. Pain will range from a dull ache to sharp and acute, depending upon the injury. It may hurt during a run, only when you run downhill or most of the time.

Causes of a Hip Injury

Of the joints in the leg that are commonly injured in runners, hip pain often poses the most difficult diagnosis. There are a couple of reasons for this: First, there are simply too many possible causes of hip pain, and a second, less obvious reason, relates to the frequency of these injuries.

In addition to iliotibial band friction syndrome (also known as an inflamed ITB), hip pain can be caused by muscle strains, tightness in the hip flexor, stress fractures and muscle tears.

Pain in the front of your hip may indicate a group of muscles called hip flexors are to blame. If the pain is more towards your inner thigh or groin, it could be your adductor. If your hip pain is acute and comes on suddenly, you may have a strain or tear.

Many hip injuries are a result of overuse or muscle imbalance, which could also lead to a strained or torn muscle. Paying attention to the pain and addressing it before it becomes chronic will limit potential injuries and subsequent downtime.

Iliotibial band syndrome is an overuse injury that involves the ligament that runs from the hip to knee along the outside of the thigh. This injury presents with nagging or dagger-like pain in the outside of the hip or knee. It can flare up when running downhill, especially during prolonged sessions when you aren't necessarily conditioned for it.

Bursitis is caused by an overuse, but can also be the result of a tight IT band or hamstring. Pain occurs when the hip bursa (a fluid-filled sac that acts as a cushion between bones, ligaments and muscles) becomes inflamed or irritated, either through overuse or impact, such as from a fall.

Overuse is also to blame for stress fractures of the hip. These are caused over time in distance runners due to repetitive trauma and muscle imbalances.

Osteoarthritis is another potential cause of hip pain. It's the result of wear and tear on the hip cartilage. This injury happens to runners and non-runners alike. The good news is that strengthening exercises can help to prevent it.

Hip Injury Treatment

Like many running-related injuries, treatment usually begins with taking a break. Rest and ice the affected area. As the pain lessens, consider getting a massage or Active Release Technique (ART) therapy to loosen tight muscles and break up scar tissue.

Hip pain is also a good indicator it's time to visit your physical therapist or doctor to check for alignment and muscle imbalance issues. They will want to look at your running shoes to check wear patterns. Be sure to share any history of running injuries, as those can give insight into chronic misalignment issues.

Hip Injury Prevention

The main way to prevent a hip injury is to make sure you have good hip and pelvic alignment. Start with a visit to a sports therapist. Strength train and add hip mobility exercises to your routine in order to overcome any imbalances. Strengthen your core with abdominal stabilization exercises (i.e. plank variations, etc.) as well. A weak core forces the hip adductors and flexors to overcompensate and overuse strains develop.

Be diligent about self-massage, regularly using a foam roller on large muscles groups. Try something smaller like a lacrosse ball to target harder to reach muscles, such as the psoas.

Look at where you run. Regularly running against traffic on a cambered road can actually lead to hip pain. Switch up your route by running on flat sidewalks or paths. Find soft surface, such as a dirt or gravel trail, as it puts less strain on your muscles.

Maintain good posture. Work towards having a strong core and all-over fitness to prevent stronger muscle groups from compensating for weaker ones.

Due to the large amount of sitting most of us do, we often develop tight hamstrings and hip flexors. Incorporate daily stretches of the hamstrings and try to take more standing, walking and stretching breaks during long bouts of sitting.

Sometimes benign everyday actions can cause alignment to become imbalanced. These can include actions such as carrying your wallet or phone in the same hip pocket or always carrying heavy loads on the same side. Alternating the way you approach daily tasks will help promote overall strength, making you less prone to injury.

WELLINGTON MASTERS TRACK & FIELD CHAMPS 2018

Day 1, Saturday 3rd February Day 2, Sunday 4th February

Grade	Name	Result	Wind
60m			
W50-54	Petra Stoeveken	9.31	1.2
W70-74	Veronica Gould	9.81	1.2
M35-39	Shaun Broughton	7.67	1.6
	John McInnes	7.75	1.6
M50-54	Alessandro Pinna	7.58	1.6
	Graham McPhail	8.19	1.6
M55-59	Gary Rawson	8.21	1.6
	Mark Macfarlane	8.58	1.6
M60-64	Gordon Cameron	8.90	1.6
M65-69	Peter Orman	9.29	1.6
100m			
W50-54	Petra Stoeveken	15.05	-2.4
W70-74	Veronica Gould	16.42	-2.4
M35-39	Darin Hunt	14.43	0.7
	Shaun Broughton	12.40	-1.2
	John McInnes	12.55	-1.2
M45-49	Dave Robinson	14.23	-1.2
M50-54	Alessandro Pinna	12.20	-1.2
M55-59	Gary Rawson	13.62	-1.2
	Mark Macfarlane	13.98	-1.2
M60-64	Gordon Cameron	14.64	-1.2
200m			
W50-54	Petra Stoeveken	31.76	
W70-74	Veronica Gould	34.69	
M35-39	Shaun Broughton	25.59	-5.7
	John McInnes	26.86	-5.7
M50-54	Alessandro Pinna	25.16	-5.7
M55-59	Mark Macfarlane	28.95	-5.7
	Gary Rawson	28.99	-5.7
M60-64	Gordon Cameron	30.93	-5.7
400m			
M50-54	Peter Stevens	1:00.74	
	Michael Wray	1:03.11	
800m			
W55-59	Helen Willis	3:03.32	
M35-39	Mathew Rogers	2:08.71	
M40-44	Andrew Wharton	2:14.23	
	Ben Winder	2:05.95	
M45-49	Darren Gordon	2:32.10	
M50-54	Peter Stevens	2:22.90	
M60-64	Marshall Clark	2:34.68	
1500m			
W35-39	Tina Faulkner	4:38.42	
W40-44	Heidi-Jane Humphries	5:59.56	
W55-59	Helen Willis	6:19.90	
W65-69	Pam Graham	6:45.54	
M35-39	Mathew Rogers	4:21.50	
	Alasdair Saunders	4:32.02	
M40-44	Rowan Hooper	4:11.89	
	Ben Winder	4:19.66	
	Andrew Wharton	4:19.67	
	Daniel Clendon	4:21.18	
	Chandima Kulathilake	5:06.33	
M45-49	Darren Gordon	4:54.19	
M50-54	Peter Stevens	4:38.08	
M55-59	James Turner	5:08.50	
M60-64	Marshall Clark	5:19.45	
3000m			
W35-39	Nat Hardaker	10:53.63	
M35-39	Valentino Luna Hernandez	9:23.07	
	Alasdair Saunders	9:28.10	
M40-44	Rowan Hooper	8:56.22	
	Andrew Wharton	9:22.16	
	Daniel Clendon	9:27.66	
	John Beale	10:24.24	
	Chandima Kulathilake	11:03.87	
M45-49	Darren Gordon	10:24.65	
	Andrew Kerr	10:32.82	
	Nicholas Bagnall	11:07.82	
M50-54	Peter Stevens	9:58.46	
	Michael Wray	10:13.54	
M55-59	James Turner	10:38.77	
M60-65	Tony Price	11:25.80	

3000m Track Walk			
W45-49	Arlene Wong-Tung	21:47.98	
W70-74	Jacqueline Wilson	18:59.23	
W75-79	Daphne Jones	21:44.99	
M45-49	Sean Lake	16:29.79	
M50-54	Joseph Antcliff	19:54.51	
M70-74	Peter Baillie	17:38.96	
110m Hurdles			
M35-39	Darin Hunt	22.89	1.1
2000m Steeplechase			
W50-54	Lyn Clark	9:26.02	
W65-69	Jenny Mason	10:38.39	
3000m Steeplechase			
M35-39	Mathew Rogers	11:29.49	
M50-54	Peter Stevens	11:22.04	
Shot Put			
W45-49	Michelle Scriven	8.83	
M45-49	Eddie Soria	9.93	
	Dave Robinson	7.71	
M55-59	Richard Thomson	11.45	
	John McInnes	9.58	
	Dave Robinson	9.26	
	Graham McPhail	8.67	
M50-59	Richard Thomson	10.77	
M60-64	Gordon Cameron	7.86	
M65-69	Peter Orman	7.59	
M70-74	Graham Cook	7.08	
	Peter Jack	4.43	
Discus			
W45-49	Michelle Scriven	25.66	
M45-49	Eddie Soria	35.46	
	Dave Robinson	26.75	
M50-54	Graham McPhail	27.12	
M55-59	Gary Rawson	24.41	
M60-64	Gordon Cameron	23.60	
M65-69	Peter Orman	26.81	
M70-74	Graham Cook	16.87	
	Peter Jack	12.40	
Javelin			
W45-49	Michelle Scriven	20.84	
M35-39	David Pierce	32.83	
M45-49	Dave Robinson	26.19	
M55-59	Gary Rawson	26.52	
M65-69	Peter Orman	21.82	
M70-74	Graham Cook	13.79	
Hammer Throw			
W45-49	Michelle Scriven	23.24	
W50-54	Sharon Wray	15.78	
M50-54	Graham McPhail	21.03	
M65-69	Peter Orman	21.99	
M70-74	Graham Cook	21.47	
	Peter Jack	16.55	
Weight Throw			
W45-49	Michelle Scriven	9.06	9.08kg
W70-74	Veronica Gould	8.82	5.45kg
M65-69	Peter Orman	9.54	9.06kg
M70-74	Graham Cook	9.68	7.26kg
	Peter Jack	5.47	7.26kg
High Jump			
M35-39	Darin Hunt	1.45	
M45-49	Eddie Soria	1.45	
M55-59	Gary Rawson	1.40	
	Mark Macfarlane	1.30	
Long Jump			
W70-74	Veronica Gould	3.38	2.1
M55-59	Gary Rawson	4.53	0.1
	Mark Macfarlane	3.96	1.4
Triple Jump			
M55-59	Richard Thomson	3.15	-0.7
	Gary Rawson	9.02	+0.0
M65-69	Peter Orman	6.62	-1.0
Pole Vault			
M35-39	Darin Hunt	2.60	

INJURY PREVENTION

Mentally Managing Your Marathon

By Jacqui Louder



Running a marathon is one of the most significant personal challenges you can experience. It's also a challenge the average person recognises as genuinely achievable because we all know someone just like us who started jogging once a week and has now completed a marathon.

It's no secret running produces many psychological benefits, such as reduced anxiety, decreased depression and elevated moods. Neurotransmitters such as epinephrine and norepinephrine are greatly increased during and after a marathon, resulting in enhancements in emotional responses and self-esteem.

However, there is another psychological side to running that often gets ignored: the risk of developing an exercise addiction, where the highs from running become so addictive you begin moving your social life around your running sessions.

Much research has been done on benefits of and reasons behind people choosing to take up distance running. Among the most cited reasons for doing a marathon are to face physical and mental challenges and for a sense of accomplishment. As runners get more experienced, they still enjoy staying in shape, but their motivations move to running faster times and beating other competitors. Ogles and Masters¹ found older runners were more motivated by general health orientation, weight, life meaning and group affiliation, whereas younger runners were more motivated by personal goal achievement.

When you first make the decision to run, it's natural to focus purely on the physical aspects, such as fitness gains. What's less understood are the psychological components of running marathons and managing your mind with all that time on the open road just to think – about your body, how much pain you might be in, how much further to go, what else you could be doing, or how warm or cold it is.

Preparation and Training

Leading experts have concluded marathon running is one of the most stressful activities in which normal, neurologically intact humans engage.² It only makes sense, then, to address the mental challenges of such a stressful activity as part of the preparation for it.

Fully preparing for a marathon can take months or even years, and race day is often the easy part of the journey. It's the countless hours of running in preparation that see so many never even make it to race day.

Havenar and Lochbaum³ compared first-time marathon finishers to pre-race dropouts, concluding 50-70 per cent of runners dropped out within six months of starting their running program. They found runners were initially motivated by physical benefits such as weight loss and mental benefits such as stress relief and that more experienced runners were motivated by meeting personal running goals.

Emotions and Stressors

As soon as any runner is confronted with a potentially stressful situation when training or racing, they begin an evaluation process that determines the emotional response and level of perceived stress. The runner will make a primary appraisal of the stress and the impact of the stressor in regards to personal goals, commitments, and values, and their ability to physically, psychologically, emotionally and practically manage the stress determines their success in dealing with the situation.

Runners tend to pace themselves cognitively by manipulating their attentional focus.⁴ When athletes are asked to maintain a constant RPE (rate of perceived exertion) during exercise, work output declines over time, reaches a plateau, and then increases at the end. It is recognised subjective feelings of fatigue can be influenced by expectations about task duration, with more experienced runners tending to avoid premature exhaustion by regulating their exercise intensity throughout their sessions.

Runners can experience internal, external, and interpersonal stressors throughout their training, impacting their preparation in a variety of ways, so each runner needs specific strategies to successfully stay on track towards reaching their goal.

Interpersonal stressors include things such as social relationships, social evaluations, external pressure to perform, conflicts and lack of social support, while external stressors include environmental factors (heat, cold, rain, wind, altitude, terrain and distance) and organisational factors (poor hydration or nutrition and sleep deprivation). Internally, cognitive processes experienced during a long endurance run, such as thoughts about pace, distance, pain, discomfort and the environment, can also be potential stressors for runners.⁵ Classifying emotions as positive or negative and helpful or unhelpful is inappropriate because emotions are functional in nature, providing valuable information to the runner.⁶ Every individual athlete experiences their own range of emotions throughout their training period and during races, including the fear of "hitting the wall".

Pain and Hitting the Wall

One of the most common phrases associated with marathon running is "hitting the wall", which is classified as occurring from 29-34km and means a runner has gone beyond the boundaries of normal fatigue. At least a third of athletes report a lack of coping strategies in dealing with hitting the wall.⁵ The stress of competition can also produce changes in pain response, with the pace of the run appearing to impact the use of associative and dissociative strategies (associative strategies being those that focus on bodily signals and dissociative strategies those that distract from bodily sensations and shift attention to daydreaming and the environment outside the body).

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Johnson *et al*⁷ found marathon runners have a reduced experience of pain compared to non-runners. This ability appears to be augmented by a high level of pain-specific self-efficacy but is unaffected by the influence of general cognitive coping strategies, although high associative coping and lower dissociative coping together were related to reduced pain tolerance independent of running involvement.

Pain-related fear is an important determinant of an individual's preparedness to expose themselves to pain-inducing activities. Marathon runners tend to have greater confidence in their ability to deal with pain than non-marathon runners. They require higher levels of painful stimulation before reporting any sensation of pain, as they have pushed their bodies to higher levels of physical self-understanding.

Personality can also affect the perception and subsequent management of pain, with individuals with depressive traits showing a lower pain tolerance.⁵ It's also interesting to note runners with mental fatigue reach exhaustion significantly faster than runners who do not report mental fatigue. According to Zinner *et al*,⁸ there are various dimensions of fatigue, with the range including behavioural, cognitive, motivational and physiological fatigue.

Strategies

Developing strong mental strategies for running is essential. Nicholls and Polman⁹ classified coping into problem-, emotion- or avoidance-focused strategies, which focus on controlling thoughts and developing actions to deal with both the physical and psychological situations running presents.

Runners adopt one of two main cognitive strategies: association, which focuses on bodily signals; and dissociation, which distracts from bodily sensations by attention to the environment, daydreams and other external factors. Baden *et al*⁴ found a positive relationship between endurance and dissociative strategies, with the RPE being higher all the way through a short run compared to a long run. Runners use dissociative strategies to distract from fatigue, and RPE can be suppressed by dissociative strategies.

Goal Setting: Set goals that motivate you and are reasonable given your experience, physical conditioning, ability to complete training programs and other life commitments. While having goals is a major component of motivation, these goals need to be flexible and able to be monitored. Runners need to be prepared to adjust if their body is not responding in the expected manner and timeframe. It's important to have goals, but it's even more important to ensure they are realistic, suit your running level and capability and enable you to enjoy your journey to achieving them. Be mindful of not changing your goals as soon as you reach them. Allow yourself to achieve the same goal a number of times before you push harder, as it protects your body from overuse injuries and also prepares you psychologically better for the next level of achievement. It's also essential you reward yourself when you reach each goal. It doesn't need to be anything big and expensive – just something that represents achievement and acknowledgment for you.

Variety: If you want to maintain interest while increasing your training volume, make sure you have variety in your running routes and types of training. Include some cross-training sessions in the gym, pool and other different locations. There's nothing more boring than going the same route at the same time for every run.

Measurement tools: Even novice athletes now have access to personal measurement systems, which are getting more

detailed and sophisticated every year. However, with knowledge comes responsibility, and it's here where many people find themselves shift from enjoying the benefits of running to pushing their bodies to seek external measurements rather than listening to what their body is telling them. Understand what you are measuring and why. Is it essential to know exactly how many steps you took, or is it more important to stay in tune with your own body, the best measurement system around?

Fatigue: Listen to your body and understand and respond appropriately to your fatigue levels. Accept there will be fatigue, and work with it rather than trying to ignore it

Motivation: Look for ways to bring enjoyment to your training. Keep a reasonable perspective on your running, and be prepared to be adaptable and not become too rigid with your running regimen. If you find you are struggling with motivation, rather than trying to work out how to motivate yourself, ask yourself what is causing you to be unmotivated.

Once you know the cause of your lack of motivation, it's easier to make changes.

Self-talk: Everything you think is what we classify as self-talk. The key to mentally managing yourself throughout your training is ensuring your internal dialogue puts you in control rather than creating a feeling of helplessness. Focus on your breathing, reaching the next checkpoint in your run, maintaining rhythm in your running, or the music you are listening to and the rhythm it helps you maintain.

Remember, your running is exactly that – *your* running. Respect your body, manage your mind and focus on enjoying the challenge you have set yourself. Be prepared to have rest days and change your running route to maintain interest and variety, and be satisfied that, regardless of the time achieved, you have completed something many others can only dream of – finishing a marathon.

About the Author:

Jacqui Louder is a registered Sports Psychologist with 16 years' experience, working between Olympic Park Sports Medicine Centre - <http://opsmc.com.au/> - and the National Institute of Circus Arts. She consults with sporting organisations such as Melbourne Vicentre Swim Club and Melbourne Storm as well as various media outlets, offering expertise in the psychological management of elite and generally active populations.

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2018**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 2017 / 2018 year (Please select the option that better suits your needs):**Option 1:****ANZ Competitive Members** (ANZ club members must be financial for the 2017/ 2018 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 (3 issues starting from January 2018)

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 form 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:

2017 / 2018 NZMA Reg. No:

UPCOMING EVENTS

2018:

March

3	Ironman New Zealand	Taupo
11	Hutt News Fun Run 5km & 10km	McEwan Park, Petone
17	Cancer Society Relay for Life	Frank Kitts Park
18	Round the Vines, $\frac{1}{2}$ marathon & 10km	Martinborough

April

8-15	Commonwealth Games	Gold Coast
14	Great Forests Full Marathon, $\frac{1}{2}$ Marathon, 10km & 5km	Waitarere Beach
16	Boston Marathon	Boston

May

5	54 th Rotorua Full Marathon, $\frac{1}{2}$ Marathon, 10.5k & 5.5k Fun Run	Rotorua
20	Gold Coast Running Festival, $\frac{1}{2}$ Marathon, 10km, 5km & 2.5km	Gold Coast
27	Masters Classic Club Relay	Trentham

June/July

30/1	40 th Gold Coast Airport Marathon, $\frac{1}{2}$ Marathon, 10km & 5.7km	Gold Coast
1	Gazley Volkswagon Full Marathon, $\frac{1}{2}$ marathon & 10km	Westpac Stadium

Nov

4	Nelson Half Marathon, 10km, 5km & 2.5km New York City Marathon	Saxton Field, Stoke New York
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2019

Feb

9	Buller Gorge Full Marathon, $\frac{1}{2}$ Marathon & Marathon Relay	Westport
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Nov

4	Nelson Festival of Running, $\frac{1}{2}$ Marathon, 10km & 5km	Saxton Field, Stoke
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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.
