



# Master Copy

MARCH 2019

WELLINGTON MASTERS ATHLETICS INC NEWSLETTER | VOLUME 18 – ISSUE 1

## The 45th New Zealand Masters Track and Field Championships Timaru, 1-3 March



Jim Jones, Michael Wray and Bill Twiss M50 Bronze, Gold and Silver | Photo: Sharon Wray

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Clive McGovern, Daphne Jones, Jacqui Wilson, Geoff Iremonger, John Hines | Photo: Sharon Wray

# President's report

## Michael Wray



Michelle Van Looy, Murray Hart | Photo: Sharon Wray



Andrew Kerr, Darren Gordon | Photo: Sharon Wray

Well track and field season is coming to a close and cross country season is coming. Wellington will be hosting two ANZ National Championships this coming harrier season. We have the Mountain Running Championships in Wainui in April and then the Cross Country Championships in August. We hosted the cross country last season too but those that dislike deep mud will be pleased to hear a new course will be used for the 2019 edition. We will still use Grenada for the Wellington Champs but rather than risk the course not coping with two big races in close succession, the National Champs will be run at Harcourt Park in Upper Hutt.

We will be making a change for the Classic Cross Country Relay we hold each year. After floating the idea and assessing the feedback, the running teams will reduce from five to four. This will align it with the other cross country relays in Wellington. Hopefully it will make it easier for some of the smaller clubs to field a team too. The walking category will remain as three per team so we will likely stagger the start of the walk and run relay to aim at a similar finishing time for both. We will proportionally adjust the age groupings of the aggregate age categories.

In the meantime, we still have one track championship race to go this season, at the end of the month, when the 5000m run and walk championship will be held.

Earlier this month 19 Wellingtonians entered the National Masters Track & Field Champs in Timaru. Unlike the last couple of Nationals, we were fortunate with the weather. 2018 served up heavy rain, particularly on the Sunday, while 2017 was very windy throughout. This year we had no rain and little to no wind, Friday was somewhat warm but overall, conditions were conducive to strong performances and our members did well. It would take more room than I have here to call out everyone so I will only give kudos to Daphne Jones for improving the W75 5000m Walk national record.

Also in Timaru at the Champs, the NZ Masters Athletics athletes of the year were announced at the Awards dinner. Wellington had eight athletes in the final shortlist but as some of those were contesting the same category, we couldn't have all eight emerge as eventual winners. Competition is tough so just making the short list is an achievement in itself. We had four eventual winners:

- Jackie Wilson for Female Walks
- Peter Baillie for Male Walks
- Nick Willis for Male Middle Distance
- Nick Horspool for Male Distance.

The World Masters Indoor Championships are taking place in Poland later this month. It's a small contingent of New Zealanders making the trip but amongst the team of 17, Wellington have four athletes. Good luck to Andrea Harris, Joseph Antcliff, Jackie Wilson and Jim Blair!

Michael Wray | President

# Race results

## Wellington Masters Track & Field Champs 2019

2 – 3 February 2019, Wellington

Grade	Name	Result	Wind
<b>60m</b>			
W45-49	Vanessa Story	9.13	-1.6
W55-59	Liz Bentley	10.37	-1.6
W65-69	Jenny Mason	10.38	-1.6
M35-39	Shaun Broughton	7.98	0.3
M50-54	Graham McPhail	8.63	0.3
M55-59	Mark Macfarlane	8.58	0.3
M65-69	Peter Orman	9.64	0.3

<b>100m</b>			
W55-59	Liz Bentley	16.64	0.7
M50-54	Graham McPhail	13.99	-0.4
M55-59	Mark Macfarlane	13.66	-0.4

<b>200m</b>			
W45-49	Vanessa Story	29.50	0.4
W55-59	Liz Bentley	34.74	0.4
M50-54	Graham McPhail	27.68	1.4
M55-59	Mark Macfarlane	27.35	1.4

Grade	Name	Result
<b>400m</b>		
W45-49	Vanessa Story	1:04.11
W55-59	Liz Bentley	1:16.31

<b>800m</b>		
W45-49	Michelle Van Looy	2:44.27
W55-59	Liz Bentley	2:59.68
	Helen Willis	3:02.55
M40-44	Mathew Rogers	2:05.46
	Andrew Wharton	2:11.27
M45-49	Andrew Kerr	2:26.15
M50-54	William Twiss	2:27.54
M65-69	Jonathon Harper	3:02.25

<b>1500m</b>		
W45-49	Michelle Van Looy	5:36.68
W55-59	Helen Willis	6:21.88
M35-39	Alasdair Saunders	4:27.26
M40-44	Andrew Wharton	4:20.97
	Daniel Clendon	4:25.04
M45-49	Darren Gordon	4:49.13
M50-54	William Twiss	4:47.45
	Jim Jones	4:58.35
M70-74	John Skinnon	6:36.50

<b>3000m</b>		
W30-34	Ayesha Shafi	10:29.32
W45-49	Michelle Van Looy	12:02.06
M35-39	Alasdair Saunders	9:24.68
	Brad Wong	10:58.77
M40-44	Daniel Clendon	9:30.13
M45-49	Andrew Kerr	10:03.70
	Darren Gordon	10:04.61
M50-54	William Twiss	10:38.69
	Richard Martin	11:40.45
M70-74	John Skinnon	13:48.12

Grade	Name	Result
<b>3000m Track Walk</b>		
W45-49	Arlene Wong-Tung	20:55.64
W60-64	Terri Grimmett	20:22.81
W75-79	Daphne Jones	22:10.06
M45-49	Sean Lake	16:57.89
M50-54	Joseph Antcliff	19:12.94
	Rob McCrudden	19:55.38
M65-69	Clive McGovern	18:10.17
	Ron Soper	18:13.55
M70-74	Peter Baillie	18:30.77

<b>2000m Steeplechase</b>		
W65-69	Jenny Mason	10:42.58

<b>3000m Steeplechase</b>		
M40-44	Mathew Rogers	10:19.20

<b>Shot Put</b>		
W35-39	Kullike Puks	9.04
M45-49	Eddie Soria	9.97
M50-54	Adrian Stockill	11.97
	Graham McPhail	9.78
M55-59	Richard Thomson	11.46
M65-69	Peter Orman	7.17
M75-79	Graham Cook	6.96

<b>Discus</b>		
W35-39	Kullike Puks	29.10
M45-49	Eddie Soria	34.32
M50-54	Adrian Stockill	45.21
	Graham McPhail	26.38
M55-59	Finlay Abbot	30.84
M65-69	Peter Orman	25.07
M75-79	Graham Cook	19.57

<b>Javelin</b>		
M50-54	Adrian Stockill	32.03
M65-69	Peter Orman	21.28
M75-79	Graham Cook	12.00

<b>Throw</b>		
M50-54	Adrian Stockill	35.38
M55-59	Finlay Abbot	23.18
M65-69	Peter Orman	21.60
M75-79	Graham Cook	21.62

<b>High Jump</b>		
M45-49	Eddie Soria	1.45

Grade	Name	Result	Wind
<b>Long Jump</b>			
M50-54	Graham McPhail	3.89	+0.0

<b>Triple Jump</b>			
M65-69	Peter Orman	6.94	-1.9

Grade	Name	Result	Weight
<b>Weight Throw</b>			
M50-54	Adrian Stockill	14.25	11.34kg
M65-69	Peter Orman	9.05	9.08kg
M75-79	Graham Cook	7.67	7.26kg

# The Athlete's Kitchen

## Five reasons why runners want to eat carbohydrates

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As the New Year starts, I hear way too many runners vowing to “knock off carbs” for their nutrition resolution. Most intend to eat less sugar (*OK*). Some plan to cut out bread, pasta, potato and starchy foods (*not OK*), and others plan to also limit fruits and veggies (*bad idea*). Carbs should really be the foundation of your sports diet.

### Carbs 101

By carbs, I mean primarily fruits, vegetables, beans and grains. But little is wrong with a sprinkling of added sugar (less than 10% of your total daily calories) or enjoying a meal with refined white flour, as long as your other meals include whole grains.

To be sure we are all on the same page, let's define this much-maligned word “carb.”

- Carbohydrates include both sugars and starches. They are biochemically similar. For example, green peas (and other veggies) are sweet when young; their sugar converts into starch as they mature. Unripe bananas (and other fruits) are starchy when young and become sweeter as they ripen. Their starch converts into sugar.
- Some carbs are more nourishing than others. For example, added sugars such as white sugar, maple syrup, honey, agave, gels, chomps, sport drinks actually lack the vitamins and minerals that invest in good health. However, fruits, veggies, beans, and dairy are health-promoting sources of carbs. Obviously, you want to eat more of the best and less of the rest.
- Both sugars and starches are equal sources of muscle fuel. Whether you eat a starchy potato or sugary candy, the digested end-product is the same: glucose.



- Glucose feeds your brain, gets stored as glycogen in muscles (for fuel during hard, extended runs) and also in the liver (where it gets released, as needed, into the bloodstream to prevent your blood sugar from dropping).
- Physically fit runners easily metabolise sugars and starches. Unfit people, however, often end up with high blood sugar and pre- or Type II diabetes. *Note: most messages to cut out carbs are targeted at unfit people, not athletes.*

### Five reasons to keep carbohydrate in your sports diet

#### 1 Carbohydrates fuel muscles

Runners who restrict carbs pay the price: “dead legs” and inability to run at their best. If you routinely train hard 4 to 6 days a week, carbs should be the foundation of each meal. Here are the IOC's research-based carb recommendations for an optimal sports diet:

Amount of exercise/day	gram carb/lb. body weight	gram carb/kg body weight
1 hour moderate exercise	2.5 to 3	5-7
1-3 h endurance exercise	2.5 to 4.5	6-10
>4-5 h extreme exercise	3.5 to 5.5	8-12

A 150lb runner who exercises hard one hour a day, and remains somewhat active for the remainder, their target intake is 375 to 450 grams carbs per day. That's at least 90g carbs (360 calories) per meal and 50g carbs (200 calories) at each of two snacks. This is way more than the ever-popular (low-carb) breakfast protein shake with a few berries, the lunchtime spinach salad, and the dinner with a pile of broccoli without rice. Here's what 375 grams of carbohydrate looks like (without the protein and fat that balances the diet):

- B: 1 cup dry oats (50g) + 1 banana (25g) + 1 T honey (15g)
- L: 2 slices whole wheat bread (45g) + 1 can Progresso lentil soup (60g)
- Sn: 1/3 cup raisins (40g) + 1 Tbsp dark chocolate chips (10)
- D: 1.5 c cooked brown rice (65g) + 14-oz bag frozen broccoli (20g)
- Sn: 8 ounces vanilla Greek yogurt (20) + 1 Nature Valley Granola Bar (30).

While I am sure many of you are rolling your eyes right now and thinking, “I could never eat

that many carbs without getting fat,” this is an appropriate carb intake, believe it or not, and these 1,500 carb-calories can fit into your day's 2,500+ calorie budget. I invite you to be curious and experiment. *How much better can you train with well-fueled muscles?*

#### 2 Carbohydrates are not fattening

Despite popular belief, carbohydrates are not inherently fattening. Excess calories at the end of the day are fattening. Excess calories of carbs (bread, bagels, pasta) are actually less fattening than are excess calories of fat (butter, salad oil, bacon). That's because converting excess calories of carbohydrate into body fat requires more energy than does converting excess calories of dietary fat into body fat.

#### 3 Avoiding carbs can lead to food binges

By routinely including carbs in your daily sports diet, you take the power away from them and will be less likely to binge. That is, if you “cut out carbs” but then succumb to eating the entire breadbasket and the mountain of pasta when at a restaurant, you are doing what I call last chance eating. You know, *last chance to eat bread and pasta so I'd better stuff them in today because my no-carb diet restarts tomorrow.* (Ugh.)

#### 4 Quality carbs (fruits, vegetables, grains, beans)

These promote a healthy microbiome, which reduces the risk of heart disease, diabetes, and cancer. Fiber-rich carbs feed the zillions of microbes that live in your gut. These microbes have an incredible influence on your mood, weight, immune system, and overall health. Every major medical association recommends we consume a strong intake of fruits, veggies and whole grains. Do runners on a low carb diet miss out on these health benefits?

#### 5 Carbohydrate adds pleasure to your sports diet

Is something wrong with eating some yummy foods, like pasta and bagels? How about chocolate milk for a fun recovery food? Given that 10% of daily calories can come from refined added sugars, most runners have about 240 to 300 calories (60 to 75g) of added sugar a day in their calorie budget. You can easily ingest that sugar via sport drinks, gels, and sweetened protein shakes. You can also enjoy one or two cookies or a slice of birthday cake – guilt-free.

Carb *abuse* is the bigger problem than carbs in *moderation*. The easiest way to prevent carb/sugar abuse is to eat satiating breakfasts and lunches (with carbs plus protein) that fill your tummy, prevent afternoon hunger, and curb cravings for sugary sweets later in the day. Preventing hunger minimises the cravings that give carbs a bad name in the first place. Give it a try?

Nancy Clark, MS, RD counsels both casual and competitive athletes at her office in Newton, MA (617-795-1875). Her best-selling Sports Nutrition Guidebook and food guides for marathoners, cyclists and soccer players offer additional information. They are available at [www.NancyClarkRD.com](http://www.NancyClarkRD.com). For her popular online workshop, see [www.NutritionSportsExerciseCEUs.com](http://www.NutritionSportsExerciseCEUs.com).

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## Recipe

### Bubble & Squeak Frittata

#### Ingredients:

- 4 teaspoons olive oil
- 1 onion, sliced
- 2 cloves garlic, crushed
- 250g cooked potatoes, diced
- 1 cup diced cooked carrot
- 2 cups cabbage or Brussel sprouts, sliced
- 200g lean meat – roast beef or roast chicken, sliced
- 7 eggs
- Oil spray
- Pinch of nutmeg
- Pinch of paprika
- Chopped fresh parsley to garnish

#### Preparation:

- 1 Heat a large non-stick frying pan with half the oil and cook onion and garlic until softened.
- 2 Add potatoes and carrot with the remaining oil, using a little oil spray if necessary. Cook for 3-4 minutes. Add cabbage or Brussels sprouts, pressing down into pan, and a little oil spray. Cook for a few minutes.
- 3 Add meat. Season with nutmeg and paprika.
- 4 Beat eggs with fork and pour into pan. Swirl pan until egg is evenly distributed and the base has begun to set. Keep tilting pan so that uncooked egg settles around pan edges. Remove from heat when the base has firmed and the surface is softly set. To brown the top, place frittata under preheated grill for a few minutes.
- 5 Slice frittata into wedges, garnish with parsley and serve.

Serves 4.

Time to make 30 minutes.

## Injury prevention

### Stress Fracture



*Stress fractures commonly occur in shins and foot bones of runners, but can also happen in hips or femurs.*

Statistically speaking, one in five runners will get a stress fracture. The devastating injury is pretty much what it sounds like: a tiny bone fracture caused by repeated stress. That tiny fracture – which is actually many micro-fractures – can grow into larger cracks that need time and rest to heal.

#### Symptoms of a Stress Fracture

- Mild, localised pain that increases to acute pain.
- Shin splints, which are caused by inflammation along the edge of the shin bone, can be mistaken for a stress fracture. Stress fracture pain is typically more localised and often feels slightly better in the morning after a night's rest.

#### Causes of a Stress Fracture

"Bones are always remodeling based on stress placed on them," says exercise physiologist Greg McMillan, founder of McMillan Running Company. "Weight-bearing activities like running build bone density because the bone adds strength to withstand the stress. However, if not enough time is given between the bone stress and the remodeling to build it stronger, there can become micro fractures in the bone at the site of greatest stress."

Too much stress or not enough recovery time can cause those micro-fractures to grow to full-blown breaks. This is what leads to stress fractures. (Conversely, there are also bones that can become weakened from a lack of impact.) People often think it is the impact of running that wears bones down and causes stress fractures. But studies have found that only about 20 percent of stress fractures could be connected to an increase in mileage or running on hard surfaces. While people with osteoporosis or weakened bones are more susceptible, a healthy runner can develop a stress fracture because of biomechanical factors.

The muscles in the legs and hips support bones and help to prevent undue forces from bending them. This includes the piriformis, hip abductors and glutes. Strengthening those muscles can help prevent a stress fracture from occurring. Inflexibility

issues, such as calf tightness, can lead to greater forces applied to shin and calf muscles. That tightness causes you to put more force on your forefoot. When it comes to stress fractures in the foot, it's the foot muscles and metatarsals you have to worry about.

#### Treatment for Stress Fractures

This is no surprise, but a fractured bone needs rest. Be sure to always consult a physician if you suspect you have a fracture. An X-ray won't always show a stress fracture early on (it will if the crack is more developed) so an MRI should be more reliable.

Initially, a stress fracture needs a week or more of complete rest to allow the bone to heal. Then you can start working up to light load-bearing exercises for the next two to four weeks. This could include cross-training like swimming, aqua running or cycling, depending on the severity of the fracture.

Sarah Crouch, an expert coach from Runners Connect, likes water running as it simulates good running form in the water and keeps the heart rate high. Specifically, Crouch prescribes a fartlek pyramid. "The athlete will aqua jog easily for 15 minutes before a workout of 1-2-3-4-3-2-1 minutes at a hard effort with 2 minutes easy aqua jogging between, followed by a 15-minute easy cooldown," advises Crouch.

In the third stage of treatment, you can ease back into easy running and gradually increase your mileage and intensity, if the bone has been pain-free for at least one to two weeks. The key to treating a stress fracture is patience. If you let the bone fully heal, it (typically) will heal stronger.

#### Preventing Stress Fractures

Keeping bones strong is an important part of overall bone health. Magnesium, Vitamins K and D and protein can contribute to stronger bones. But given it's often biomechanical factors that result in stress fractures, there's growing research into the role that muscle strength and flexibility initially play in prevention. For example, strengthening the piriformis muscle offers support in the femur.

Another common cause of stress fractures is calf tightness. This causes a premature lifting of the heel while running, which transfers a significant amount of force into the forefoot. One study found individuals with tight calves were 4.6 times more likely to sustain a metatarsal stress fracture. Maintaining adequate calf flexibility is essential in the treatment and prevention of metatarsal stress fractures. These issues can be addressed with *strengthening and stretching exercises* suited to your specific weakness and injury susceptibility.

## Training

### Five tips to run faster and correct common issues

Small changes to your style can often improve your running performance. Here are five tips to run faster and correct common issues that could slow you down, cause fatigue or otherwise hamper your training.

- 1 I can't keep up my pace.** If you find you can't maintain your running pace after the first 5 or 10 minutes, it could be because your body hasn't had time to warm up. *You can warm up before your run with some stretching exercises. You may also want to start at a jogging pace, and increase your pace after 5 or 10 minutes.*
- 2 I'm not progressing in my training.** If you're putting in all the effort and not seeing the rewards, it could be that your running programme is not working. *A good training schedule consists of different phases to structure your running and improve your performance step by step. It also allows you to work towards a challenging yet realistic goal.*
- 3 I feel sluggish when I run.** When you run you lose a lot of fluid through sweating, and it's easy to get dehydrated. Even a small amount of dehydration decreases your running performance and can slow your recovery too.

*How much you should drink is something you need to find out for yourself. One way to work this out is to weigh yourself before and after running. The difference in weight is the fluid you lost, so you'll need to replace it. Bear in mind that since your body doesn't retain all the fluid you consume, you should drink about 1.5 times the amount of fluid you lost.*

- 4 I often get injuries.** Injuries can be caused by many factors, and there is often not a simple solution. What you can do, is eliminate common causes of injury. The first question to ask yourself is – are you wearing the right type of shoes? *Wearing the wrong shoes for your pronation type, the type of training you're doing and the surface you're running on can all lead to injuries.*
- 5 I'm too cold during my runs.** Wearing the right running gear is key to a comfortable run. Being both too hot and too cold can affect your performance. Your running clothes should help keep your body in the comfort zone. *It's okay to feel chilly for the first 5 to 10 minutes of your run, as your body is still warming up. If you're heading out on a cold day, protect yourself with a long sleeve wind-stopper, top and tights.*

## The Health Benefits of a Digital Detox

Living in a world awash in technology can make life easier in some respects, but it can also be enslaving and detrimental to health and relationships. Whether we spend hours texting and tweeting or surfing and gaming, tech time can potentially become addictive.

There's no doubt that technology can play a vital role in our workday and everyday life. There are times though when a break is in order. Here are five ways to institute a digital detox:

**Put away all your devices at mealtimes.** By turning your phone or tablet off while eating with family and friends, you're cultivating critical bonds with each other – priceless.

**Take a holiday from technology during your travels.** Whether you're tempted to post a picture from Paris or tweet a review of a fabulous restaurant in Rome, resist the urge. Instead, experience your vacation with the people you're with.

**Impose a daily limit on tech time.** Consider checking emails and visiting social media less often and turning your phone off by a specific time at night.

**Put to bed blue light distractions.** Consider powering down your phone and other devices at least one hour before your head hits the pillow. You'll likely unwind easier and may sleep better as you won't be exposed to the blue light from your gadgets.

**Fill your technology-free time.** Imagine all the things you can do when technology isn't sneakily stealing your time. Relax, get together with friends or family, take a trip, learn something new, volunteer. The options are seemingly endless.

While it's unrealistic that we'll adopt a monastic-like existence without worldly distractions, occasional or regular digital detoxes can nourish the mind and body. For another form of detox, ensure your nervous system is functioning optimally by scheduling an appointment with us.

*Ed: This article has been reproduced with the kind permission of Dr Louise Bruce-Smith, Back to Living Chiropractic, L1 50 The Terrace, Wellington, phone 04 499 7755, or visit the website [www.chiro.co.nz](http://www.chiro.co.nz)*

## Health

### Synergy in Action: Zinc, Vitamin A, Vitamin B6 and Magnesium

By Ingrid Pilz, Naturopath

#### Even the best nutrients can't go it alone

You've probably heard that eating a balanced diet will always win hands-down over taking individual vitamins when it comes to keeping you healthy. That's partly because most foods contain many, many different complex nutrients, and science still hasn't identified all of them yet (let alone everything they do). But it's also because even when individual nutrients like vitamins or minerals have been identified, they don't usually work on their own in our bodies. Instead they interact with each other to support the thousands of functions that go on in our bodies every day.

#### Zinc, Vitamin A, Vitamin B6 and Magnesium

Four important individual nutrients that work together to support all kinds of functions in our bodies are Zinc, Vitamin A, Vitamin B6 and Magnesium. In combination, these four nutrients can help to:

- maintain your heart health, and maintain healthy arteries, bones, muscles and nerves;
- provide support during times of mental fatigue, and muscle cramps, spasms and tension;
- support healthy skin and wound healing, and help with acne;
- support immune health; and
- support reproductive health.

#### Other ways the four nutrients work together

Of course, all four nutrients don't have to be present together for your body to use them. Just two or three of them can work together in combination, such as:

- Vitamin B6, Magnesium and Zinc: Vitamin B6 increases the amount of Magnesium that your cells can absorb.
- Zinc and Vitamin A: Zinc can help your body absorb and use Vitamin A, especially in people who tend to be low in these nutrients. On its own, Vitamin A is a powerful antioxidant that helps to protect cells from free radical damage. Combined with Zinc, it can also help support skin, eye and prostate health, and women's reproductive health.

#### In summary, it's all about synergy

The word "synergy" means the effects of something as a whole are greater than the effects that its individual parts would have. That's exactly how nutrients work when you get them from fresh, wholesome food – or at minimum, from a well-balanced, high-quality multivitamin and mineral tablet. Getting your nutrients in combination with each other is the smart way to help avoid deficiencies, and help your vitamins and minerals work together synergistically.



IMAGE: Katerina Koukleva © 123RF.com

#### The Benefits of Lemon and Ginger

Jenna Walker – Nutritionist

Lemon and Ginger have long been incorporated to warm beverages and herbal teas. Traditionally, this combination was used to soothe the digestive system, settle the stomach and relieve mild nausea. It was also thought to be a support to the immune system, making it an important winter wellness drink. These days, we know a little more about each of the key ingredients and the benefits they can provide.

Lemon has Vitamin C, an important vitamin for supporting the immune system and helping to protect cells from free radical damage. Lemon makes a great addition to meals and hot drinks, particularly during the winter months.

Ginger root is well-known for its warming properties and for supporting healthy circulation, thought to be due to its mild spice. It is also used as a natural alternative to ease nausea, settle the stomach and soothe digestion.

No wonder so many people turn to the comforts of lemon and ginger for support. The sweet and tangy lemon flavours when combined with the mildly spicy ginger root aroma make a deliciously warming cuppa. Such a blend is also great for revitalising the mind and refreshing the senses, and being caffeine free, it makes a great any time brew.

## Health

### Five Ways to Get High on Hydration!

By Claire Turnbull

The majority of your body is made up of water, so staying well hydrated is vital to keep your body in good working order and to ensure you look and feel your best.

As you lose water every day through sweating, urine and breathing you need to make sure you are replacing what you lose. In the warmer months, you are likely to lose more fluid each day through sweat than you do during the cooler times, so – that means it is more important than ever to focus on what you are drinking.

#### Five things you can do to maintain your hydration:

##### 1 When it comes to staying well hydrated, water is best.

In the summer – flavour water with fresh mint leaves, sliced cucumber, ginger, fresh lemon or lime juice. You can also try sparkling water, herbal teas if you want something warm or make your own chilled iced teas (most of the ones you buy will have lots of added sugar). Having a glass of low fat milk is a great way to get some hydration and a boost of protein and calcium too. Tea and coffee do count towards your fluid intake, but ideally limit them to a couple of cups a day and have most of your fluid as water.

##### 2 There is no exact amount or guidelines for how much to drink.

It really does vary from person to person and is influenced by the environment where you work (air con or outside), the temperature of your environment and how much you normally sweat. Aiming for 2-3 litres a day as a starting point is a good idea, then drink the amount you need to be passing lots of pale coloured urine (without going to the loo every 5 minutes – that might mean you are overdoing it).

##### 3 Get into a drinking routine that works for you and that you can keep up.

You could set yourself a goal of having a glass of water when you first wake up then at 11am, 1pm, 3pm, 6pm and 9pm – or if the exact times don't work for you – then go for something else. Another thing you can try is to aim to fill a 750ml water bottle up 3-4 times throughout the day and drink it all.

##### 4 Aim for you urine to be pale straw coloured throughout the day.

It is likely to be more concentrated first thing in the morning, but after that – once you have started drinking – your goal is pale pee!

##### 5 Beware of high sugar drinks.

Look at the back of the bottles before you buy them, you might be surprised – especially when you look at some fruit drinks, flavoured waters and tonic water. 4g of sugar is equal to 1 tsp so you can do a quick check next time you pick up a drink bottle. If you are having fruit juice, dilute it ½ and ½ with chilled still or sparkling water. Coconut water can be a nice refreshing drink for a change too.

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#### Nervous System 101

Something that's great for your nervous system? Plenty of exercise and water!

The nervous system in your body is made up of two parts: the central nervous system and the peripheral nervous system.

The brain and the spinal cord make up the central nervous system. The spinal cord transmits sensory messages to the brain and motor messages from the brain. Sensory nerves carry messages from receptors to the brain. If you touch a hot stove, pain receptors tell your brain to move your hand. Motor nerves send signals from the brain to the muscles in the body. These nerves help us to do things, like walk, kick a ball or pick up an object.

The peripheral nervous system transports the messages between the central nervous system and the body. It consists of cranial and spinal nerves that carry messages to and from every cell in your body.

#### The Autonomic Nervous System

Part of the peripheral nervous system is called the autonomic nervous system – the actions are generally involuntary (automatic). It controls actions such as breathing, your heartbeat and digestion – things you don't have to think about.

The autonomic nervous system is made up of the sympathetic and parasympathetic systems. The sympathetic system alerts the body when there is an emergency or danger – like when you push the accelerator in your car and everything speeds up in what is called a "flight or fight" response. The parasympathetic system is like the brake pedal, returning your body to normal once the perceived danger has passed.

2019 UPCOMING EVENTS

April	13	NZ and Wellington Mountain Running Championships	Wainuiomata
	26-29	Australian Masters Athletics Championships	Melbourne
May	4	55th Rotorua Marathon, ½ Marathon, ¼ Marathon & 5.5km Fun Run	Rotorua
	26	Masters Classic Club XC Relay	Trentham
June	2	Aurora Handicap Marathon & Relays: Full marathon, 2 x ½ Marthon , 1 x ¼ Marathon Relays	Upper Hutt
		Christchurch Full Marathon, ½ Marathon	Christchurch
	30	Gazley Volkswagen Full Marathon, ½ Marathon, 10km	Westpac Stadium
July	6-7	Gold Coast Marathon, ½ Marathon and Associated Races	Gold Coast, Queensland
	6	North Island XC Championships	Taupo
	20	Wellington XC Championships	Grenada North
August	29	New Caledonia Full Marathon, ½ Marathon, 10km	New Caledonia
September	29	BMW Berlin Marathon	Berlin
October	13	Masterton Full Marathon, ½ Marathon, 10km, 5km	Masterton
	14	Chicago Marathon	Chicago
	20	Auckland Marathon	Auckland
November	3	Nelson ½ Marathon, 10km, 5km, 2.5km	Saxton Field, Stoke
		TCS New York City Marathon	New York

Please note: Race information available and correct as time of print. Whilst every attempt is made to provide correct information, intended dates and venues can change. It is advisable to check the information from official entry forms, websites or event organisers.

Remember to check the website for the most up to date race information.

## Being scam savvy

### Stay alert with these helpful tips

It pays to always be on your guard with banking and money matters. Just like your keys and wallet, you need to take care with online banking and be suspicious when people call you up asking for money.

Two common scams are email and phone 'phishing' scams. Typically, customers receive an email from what looks like their bank or telecommunications company or a government agency (like IRD). Customers are asked to confirm personal details, using a fake website.

**Don't click on links** within any email if you have the slightest suspicion about its authenticity. Simply delete it.

#### Safety tips and tricks:

- Use a different password for everything you do and a unique password for your banking (online or not).
- Turn on two-factor authentication with your bank and email host.
- Don't trust cold calls (by phone, email, Facebook).
- Keep your computer security systems updated
- Don't share too much information online.

#### Targeted by a scammer?

- Contact your bank / financial provider.
- Change online account passwords.

#### If you need to go to your bank's website:

- type the bank's address into your browser
- use 'private browsing'.

Fraudsters also use *phishing* phone calls to pretend to be these companies. They may ask you to turn on your computer and download software that gives them access to everything on your computer.

Be very cautious about unsolicited phone calls, no matter how plausible the caller sounds.

If in doubt, hang up and call the company back on their publicly listed number.



## Registration Form

2018/2019 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? No / Yes (CIRCLE ONE ONLY) (Please complete section below)			
Athletics NZ Club:	ANZ Reg. No.		
Fees for 2018/2019 year (Please select the option that better suits your needs):			
<b>OPTION 1:</b>	ANZ Competitive Members (ANZ club members must be financial for the 2018/2019 season). <b>N.B.</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 from January 2019) Please pay this fee to your local Masters' 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			
<b>OPTION 2:</b>	NZMA Members (non-club members) <b>N.B.</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 Masters' events only.		
\$0.00 (CIRCLE)	Local Masters Centre Fee (optional)		
<b>Total Fee to pay \$</b>			
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 <b>Wellington Masters Athletics</b>			
Postal Address:	Wellington Masters Athletics Inc. PO Box 5887, Wellington 6140	Telephone:	04 973 6741
		E-mail:	vgvould@xtra.co.nz
<b>OFFICIAL USE:</b>			
Verified by:		2018/2019 NZMA Reg No	

## New Zealand Masters Athlete of the year

The following Wellington Masters athletes were recognised at the recent 45th New Zealand Masters Track and Field Championships dinner in Timaru:

- Male Distance – Nick Horspool
- Male Middle Distance – Nick Willis
- Male Walker – Peter Baillie
- Female Walker – Jackie Wilson

## Noeleen Perry Memorial Trophy

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

Past winners:

- 2015 – Jacqueline Wilson
- 2016 – Jacqueline Wilson
- 2017 – Jacqueline Wilson
- 2018 – Jacqueline Wilson
- 2019 – Daphne Jones

## Wellington Masters Athletics Incorporated Contact Details

### 2018-2019 COMMITTEE MEMBERS

Patron	Bruce Perry	04 473 0877
President	Michael Wray	027 648 8502
Imm. Past pres	Brian Watson	06 368 7380
Vice president	Michelle Van Looy	021 244 8645
Secretary	Albert van Veen	04 563 8450
Treasurer	Graham Gould	04 973 6741
Committee	Liz Bentley	021 030 2384
	Sean Lake	04 389 5912
	Sharon Wray	04 234 7972
	John Palmer	04 479 2130
Subscriptions	Veronica Gould	04 973 6741
Editor	John Palmer	04 479 2130
Newsletter design	Liz Bentley	021 03 02384
Masters records	Peter Hanson	04 237 0958

### LIFE MEMBERS

Jim Blair 2004	Bruce Perry 2008	John Palmer 2010
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Committee Meetings are held on the first Thursday of each month at 139 Homebush Road, Khandallah, commencing 7.15 pm. Club representatives and members are always welcome.

### CLUB CO-ORDINATORS

Aurora Harriers	Hadley Bond	04 233 2241
HV Harriers	Albert van Veen	04 563 8450
HV Marathon	The Secretary	021 689 183
Kapiti	John Hammond	04 292 8030
Kiwi Athletic Club	Peter Jack	04 388 6224
Levin Harriers	Brian Watson	06 368 7380
Masterton		021 456 675
Olympic	Tineke Hooft Annie Van Herck	04 237 9676 04 478 6775
Scottish	John Hines	04 384 3231
Trentham United	Jackie Wilson	04 526 7439
University	Richard Owen	027 247 7757
Wainui Harriers	The Secretary	04 564 2141
Wgtn Harriers	Paul Hewitson	04 476 8686
Wgtn Marathon	The Secretary	PO Box 14-489, Kilbirnie, Wellington 6241
Wgtn Masters	Jim Blair	04 528 2992
Wgtn Tri Club	The Secretary	PO Box 2201, Wellington 6140

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We welcome your contributions to Master Copy. Please send news, articles, or comments to John. If you would like to advertise in Master Copy, please contact Liz.

Design and production, Liz Bentley

*with Kudos*<sup>®</sup>