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OCTOBER 2019

WELLINGTON MASTERS ATHLETICS INC NEWSLETTER | VOLUME 18 – ISSUE 4

Oceania Masters Champs Mackay Australia



Women's 10k Race Walk Team - Silver Medal – Jackie Wilson, Nyle Sunderland and Daphne Jones | Photo: Jackie Wilson

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Brian Hayes (recent photo)
Read about Brian's Christchurch Marathon experience on pages 4 and 5.
Photo: Sharon Wray

President's report to 2019 AGM

Michael Wray

We finished the year with a membership of 31 direct members and 347 Athletics Wellington competitive members, giving us a total pool of 378 members.

We've grown our Facebook reach with our page being followed by 187 people, an increase of 46 on last year and our posts often achieving a reach of hundreds, occasionally reaching four figures. We're regularly invited to act as co-hosts to ANZ and NZMA Facebook events.

Our biggest task during the year was to organise the North Island Masters Track & Field Championships. Due to our relationship with Athletics Wellington and our annual contribution towards the Newtown Park Bulk Funding Levy, which covers the track fees of our members, we were able to book Newtown Park and the function rooms without having to pay any charge.

140 entrants made it the biggest North Islands since 2006 and despite concerns on arranging enough officials for the event, the weekend was a success. We could have had another eight or so entrants who had asked for very late entry just a few days before competition. By then, we had all the bib numbers and the Meet Manager heats and lane draws set-up; we could have let in one or two but the impact of accommodating all was too difficult to arrange and we reluctantly declined.

What really surprised us was how many events each entrant selected. It meant trying to adapt the standard schedule, which we'd already juggled around the availability of officials, to accommodate an aggregate 550 starts. This was quite an increase to the average of 390 starts from the last few years. One athlete entered 14 events!

We were grateful for several sponsors. Wellington City Council were our largest sponsor and in return we gave the Mayor membership of Wellington Masters for the year and convinced him to run in the 3000m, meaning he paid a dollar a metre for his run!

The Council's assistance funded most of the cost of the officials polo shirts and ambulance cover. We only needed the ambulance once but it was important when one athlete had the misfortune to suffer a rupture of their achilles tendon while warming up for the long jump. The sponsorship received from elsewhere covered the cost of printing and also providing catering to the officials and we finished the event with a surplus of just over \$5000, more than double the amount we'd targeted.

For our regular annual events, the 10km Road Race produced the smallest field I think we've ever had. This was possibly a combination of two major issues: the clash with the newly founded Agency Group 10,000m in Wellington and our focus on North Islands preparations that meant we failed to promote the 10km properly. That notwithstanding, this continues to be our least popular event, one we used to hold pre-2002 within the existing Wellington Road Champs. In the seventeen years since it became its own event, it has been moved around to try to find room in a crowded calendar. The event used to have designated status as the Wellington Masters Road Champs but that has not been the case for a long time. We have decided to persist with it for 2019 but athletes vote with their feet and if the event does not have the support it needs to survive, we must listen.

The Classic Relay produced 17 teams. On paper this was the same as last year but in reality, it meant we were down a couple of teams after you factor in the reduction of the running teams from five runners to four. Having the Vosseler the day before the relay diluted our field. We've had some discussions with WHAC and Vic about 2020 and we think our date of 17 May will see us avoid both the University Relays and Vosseler.

For Johnsonville, we had 41 participants – our second biggest turnout this century and a big improvement on 2018.

At last year's AGM I announced we had filed an expression of interest for hosting the Oceania Masters Athletics Championships in 2023, when New Zealand were next due in the rotation. While we have been concerned at whether we could attract enough officials and the uncertainty over the impending changes to the standard programme, to the extent that we had Christchurch on stand-by in case we wanted to withdraw. In the end, the decision was taken out of our hands. At the recent OMA Council, newly elected President David Lobb announced Oceania Masters were suspending the hosting rotation By-Law and would not be awarding the 2023 hosting rights to a New Zealand centre. OMA are instead looking at merging the Oceania Masters Championships with the Oceania Area Championships. The 2021 Championship in Norfolk Island could be the last Oceania Masters Championships for the foreseeable future.

Michael Wray | President

Wellington Masters Athletics Incorporated Financial Report Receipts and payments

For the year ended 31 August 2019

2018		2019
	OPENING FUNDS AT 31 AUGUST 2018	
1,156.72	ANZ Current Account	1,453.34
10,000.00	ANZ Term Deposit	10,000.00
8,857.88	ANZ Savings Account	8,777.97
<u>20,014.60</u>		<u>20,231.31</u>
	PLUS RECEIPTS	
2,125.00	Subscriptions Received	1,795.00
719.62	Interest Received	457.36
1,410.00	Race Entry Fees	1,216.00
382.50	Wellington Track & Field Champs Entry Fees	315.00
60.00	Uniforms Sales	80.00
45.00	Donations	45.00
	North Island Track & Field Championships	
-	Entry fees	7,012.92
-	Sponsorship - Wellington City Council	3,000.00
-	Grants from 4th World Vet Games Trust	1,240.00
-	Naming Rights	800.00
<u>-</u>		<u>12,052.92</u>
<u>4,742.12</u>	TOTAL RECEIPTS	<u>15,961.28</u>
	LESS PAYMENTS	
2,050.00	Subscriptions to NZMA	1,925.00
678.80	Newsletter Printing & Postage	492.00
620.00	Track & Field Levy to Wellington Centre	620.00
895.66	Presentation & Awards Expenses	171.25
85.00	General Expenses	36.32
195.95	Website Expenses	150.00
	North Island Track & Field Championships	
-	Wellington Free Ambulance	2,127.50
-	Polo Shirts for Officials	1,999.85
-	Catering	1,470.80
-	Print Event Numbers	399.44
-	Print Event Program	392.27
-	Advertising	240.00
-	Print Certificates	141.51
-	Certificate Postage	100.00
<u>-</u>		<u>6,871.37</u>
<u>4,525.41</u>	TOTAL PAYMENTS	<u>10,265.94</u>
<u>20,231.31</u>	CLOSING FUNDS AT 31 AUGUST 2019	<u>25,926.65</u>
	Represented by :-	
1,453.34	ANZ Bank Current Account	2,791.13
10,000.00	ANZ Bank Term Deposit - Matures 5 Sept 2019	20,000.00
8,777.97	ANZ Bank Savings Account	3,135.52
<u>20,231.31</u>		<u>25,926.65</u>

Statement of Accounting Policies

The above statement is prepared on the basis of Receipts and Payments through the Associations banking accounts. No Provision or Accrual is made for amounts payable or receivable at the 31 August of each year. As the Association is not GST registered the amounts in the Statement include GST.

Turkey Trot – Bays Relay 2019

Wellington Harrier Athletic Club



IMAGE 5793868 / www.123rf.com

It was not a nice day! Just before the start it teemed with rain then the wind changed to the south and added some sleet to the mix!

So first off, congratulations to the hardy band of 16 who not only started, but actually finished the 5km course.

We couldn't work out the places until the last walker had finished, so having demolished their chocolate slabs, most competitors decided not to stand around shivering, but took off to find somewhere warmer. So Joe got his bottle of bubbly and the organisers got the packets of chocolates anyway, with the boot lid being open most of the time, the packs had become water-logged and disintegrated!

The results were a challenge, too, despite Robyn's careful recording, the paper had turned to mush by the time we tried to calculate the differences. Daphne nobly pointed out the error in her score caused by wet paper – really it was!

We'll do better with the weather next time. Promise?

Turkey Trot Places

	Times	Actual times	
Joe Antcliff	-0.18	31.13	Sean Lake
Jackie Wilson	-0.19	32.32	Jackie Wilson
Paula Blinkhorst	-0.23	32.32	Joe Antcliff
John Hines	-0.42	34.11	Ian Morton
Ian Morton	-0.49	34.18	Rob McCrudden
Geoff Iremonger	-0.56	34.23	Miles Coverdale
Rachel Kennedy	-0.57	34.49	Terri Grimmett
Terri Grimmett	+1.02	34.59	Sheryne Coverdale
Sean Lake	+1.17	36.34	Geoff Iremonger
Daphne Jones	-1.45	37.17	Daphne Jones
Murray Gowans	+1.56	38.23	Andrea Adams
Andrea Adams	-2.07	39.04	Ray Marten
Rob McCrudden	-2.12	41.31	John Hines
Ray Marten	-2.42	43.59	Paula Blinkhorst
Sheryne Coverdale	-3.44	48.04	Murray Gowans
Miles Coverdale	-4.37	51.20	Rachel Kennedy

Results forwarded by Geoff Henry

Christchurch Marathon

Saturday 2 June 2019

Brian Hayes

I jogged down to the start line feeling both excited and nervous about my 35th marathon event. The cutting "minus four wind-chill" jolted my breath and the light rain nudged me to slip a plastic poncho over my three layers. Hundreds of people in a great assortment of multi coloured wet weather running gear swelled the growing crowd of runners at the start line.

The race was almost ready to begin. For a brief moment I dwelled on whether I had enough water proof gear. What I was wearing, was the same as the winter Xiamen Marathon in China five months earlier. The starter's announcement that the rain had temporarily stopped set me at ease, so I elected to run as I was. Underneath the layers I proudly wore my Wellington Harriers T-shirt.

Every runner (or walker) usually has a race target. I had three:

- First was to finish
 - Second was to complete it in under 4 hours
 - Third was to try to gain a top placing for the Men 70+ plus division.
- This was the New Zealand marathon championship event; I recently turned 72.

Silence, countdown, starter's orders; then a soft shuffle of hundreds of running shoes blending with the excited loud cheers of encouragement from rain-coated faithful supporters. The race was on.

I moved smoothly with a large 5 minutes per km group. Alongside me was Betty from Scottish Harriers. However rain had now returned and puddles at this stage were soaking shoes, socks and legs and it did feel so cold. Voices called out encouragement. One that encouraged me particularly was a Scottish stalwart who had come first in the Rotorua Marathon 14 years earlier when I did my third marathon. His shout of "Go Brian" lifted my spirits a lot.

At the 18 km mark I noticed that Betty had drawn a long way ahead of me. At 21 km the rain increased even more. Puddles went over the ankles. With wet shoes and socks the icy cold water froze my legs. I could feel nothing from my thighs downwards.

I did start to feel a lot of anxiety at this stage. I knew that I had slowed down a lot. My head was so wet and cold that I started to close my eyes and count to three. Then I would open them, wipe away the rain and then close them again. I started to zig-zag on the straight paths but because it "felt good", and took my mind off my coldness – I kept zig-zagging deliberately.

Suddenly, determinedly I spoke to myself. "Brian – stop this nonsense, your jaw is frozen, your hands are blue, all extremely cold and wet, you can't feel your legs... you have family to think about, and race marshals and organisers who will be troubled. Brian, this is one race you won't finish. Promise yourself that you will stop at the next ambulance or first aid tent." "Yes. I will", I said.

I carried on slowly, ever so slowly. I was at a part of the course where facilities were more spaced. I felt sorry for heavily coated marshals who always encouraged me.

I kept going.

I still kept going. I was not taking much notice of the signs.

The rain poured into my face and eyes.

I kept going, I kept going.... I felt slightly better. I took a water cup handed to me and drank it all. The water was cold but I was much colder.

Further on I looked up as runners passed going the opposite return. Terry and Nick of WHAC.

I had the energy to cheer Terry but Nick was gone before I could do so.

A change of scenery, different wind and rain direction.

A small but encouraging sign 7km (to go).

Perhaps my promise to stop at First Aid station was not meant to be.

I wiped my smudgy wet watch. Did some mental arithmetic..... 7 km at 6 minutes per kilometre would have me finish almost on the dot of 4 hours.

I cried internally with the thought of pushing for another 42 minutes. "Get on with it," I said to myself, everyone feels pain in a marathon.

My tactic then was to count to 10 – running fast; but as soon as I had counted to 10 then I would run slower and count to 20. Then I repeated this process. It took ages but I persevered until I got near to the 40 km marker.

Although I was still very wet and frozen I ignored my loud gasping – that can be embarrassing – though spectators were few. I now counted up to 20 for the faster step tempo; and counted to 10 for the slower tempo.

With large and ungainly running strides I swept down the last 1 km. Closer and closer until I could read in the distance the big clock sign; race time. 3:56 something. I pushed hard again and again.

Exhilaration, tears, happiness.

All three targets met:

- 1 Finished
- 2 Time 3:57:00
- 3 And first M70 – plus the New Zealand Age Group title.

Ed – I am very grateful to Brian for allowing me to publish his article. It also appeared in the Wellington Marathon Clinic's monthly newsletter. Brian is a current member of Wellington Masters, Wellington Harriers and the Wellington Marathon Clinic.

The Athlete's Kitchen

Can Vegan Runners Become Elite Runners?

© Nancy Clark MS RD CSSD / 08/19

Fact or Fiction?

The vegan diet is unlikely to support optimal performance in runners?

Fiction!

No evidence suggests a nutritionally balanced vegan diet impairs athletic performance^{1, 2}. Google vegan athletes; you'll find an impressive list of Olympians and elite athletes from many sports (football, basketball, tennis, rowing, etc.) – including runners.

That said, vegans (and vegetarians) could choose a diet that helps them be powerful runners, but do they?

Some vegan runners eat too many salads, sweet potatoes, and berries (or chips and candy), but not enough beans, nuts, and seeds. They eliminate animal protein but fail to replace it with enough plant protein. Weight conscious vegan runners who restrict calories often reduce their intake of protein and other nutrients. Hence, dieting vegans need to be extra vigilant to consume a menu supportive of their needs.

Two keys to thriving on a balanced vegan (and vegetarian) sports diet is to consume:

- adequate vitamins and minerals – in particular iron, zinc, calcium, iodine, vitamins D and B-12 as well as omega-3 fats, and
- adequate protein – from a variety of plant foods that offer a variety of amino acids (the building blocks of protein).

Leucine

The amino acid leucine is of particular importance for runners.



IMAGE 11643351 / WWW.123RF.COM/

Leucine is an essential amino acid your body cannot make, so you need to get it from food. Leucine triggers muscles to grow and recover. It also can help prevent the deterioration of muscle with age. When you lift weights, you stimulate the muscles to take up leucine (and other amino acids); this triggers muscular growth. Hence, leucine is a very important component of an athlete's diet!

The richest sources of leucine are animal foods, such as eggs, milk, fish, and meats. When a meat-eating runner swaps beef for beans and other plant-proteins (hummus, quinoa, nuts, tofu, etc.), the swap commonly reduces leucine intake by about 50%. Hence, vegan runners need to pay attention to getting enough high-quality plant-proteins that offer the optimal amount of leucine (about 2.5 grams per meal or snack). That means vegans want to consistently enjoy soy, beans, legumes, seeds and/or nuts regularly at every meal and snack. Don't have just oatmeal for breakfast; add soy milk and walnuts. Don't snack on just an apple; slather apple slices with peanut butter. Enjoy it with a swig of soy or pea milk instead of almond milk.

This table compares the leucine content of plant and animal foods. Note that when you swap animal-based protein for plant-based protein (such as trade eggs for peanut butter, or dairy milk for soy milk), you'll likely need to eat more calories of plant-foods to get the same amount of leucine as in animal foods:

Animal food	Leucine (g)	Calories	Plant food (swap)	Leucine (g)	Calories
Eggs, 2 large	1.1	155	Peanut butter, 2 Tbs	0.5	190
Milk, 8 oz	1.0	120	Soy milk, low fat	0.5	105
Tuna, 5 oz can	2.3	120	Black beans, ½ cup	0.7	110
Chicken, 3 oz cooked	2.1	150	Tofu, extra firm, 6 oz	1.4	140
Cheese, 1 oz	0.6	115	Almonds, ¾ oz	0.3	120
Beef, 5 oz cooked	3.8	265	Lentils, 1 cup	1.3	225

How much protein and leucine do you need?

A 150-pound vegan runner who seriously wants to build muscle should plan to eat about 20 grams of protein with 2.5 grams leucine every 3 to 4 hours during the day. (If you weigh more or less than 150 pounds, adjust that target accordingly.) See sample 1,800-calorie vegan diet (read that, weight reduction diet for most runners, both male and female) that offers adequate protein at every meal – but not always 2.5 grams leucine. To be a dieting vegan athlete requires some menu planning – some dieters choose *mostly vegan* – as this flexibility allows for leucine-rich dairy, eggs, and fish.

Sample 1,800 calorie Vegan Diet	Leucine	Protein	Calories
B: 2 slices whole wheat toast	0.5 g	10. g	200
2 tablespoons peanut butter	0.5	8	200
1 cup soy milk	0.5	7	100
Sn: 1 medium apple	trace	0.5	100
L: Salad: greens plus vegetables	0.3	4	50
½ cup chick peas	0.8	6	100
¼ cup sunflower seeds	0.9	12	350
1 tablespoon oil	--	--	100
Sn: 1/3 cup hummus	0.2	3	100
10 baby carrots	trace	0.5	50
D: 1/3 cake tofu	1.1	12	100
1 cup cooked brown rice	0.4	6	250
2 cups broccoli	0.5	7	100
Total for the day:	10	76	1,800
Target for the day:	2.5 g /meal	65-108	1,800

I have excluded fake meats such as the Impossible Burger or Beyond Burger – those are ultra-processed foods that have a questionable place in any diet; almond milk (a poor source of protein) nor leucine supplements. Choose whole foods; they come with a matrix of nutrients that boost protein synthesis and can better invest in your health, recovery and overall wellbeing.

For additional information about a vegan sports diet:

- Wirnitzer, K. et al. 2018. Health Status of Female and Male Vegetarian and Vegan Endurance Runners Compared to Omnivores—Results from the NURMI Study (Step 2). *Nutrients* 11(1):29 doi: 10.3390/nu11010029 (Free access).
- Rogerson, D. 2017. Vegan diets: Practical advice for athletes and exercisers. *J Int Soc Sports Nutr* 14: 36 doi: 10.1186/s12970-017-0192-9 (Free access).

Nancy Clark, MS, RD counsels both casual and competitive athletes at her office in Newton, MA (617-795-1875). The latest edition of her best selling *Sports Nutrition Guidebook* is available at www.NancyClarkRD.com as is information about her popular online workshops.

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

Recipe

Salmon on Kumara Mash with Mango Salsa

Often my pre-race dinner the night before events for quality Omega-3 fats and carbs.

Ingredients for 4 serves:

- 4 medium kumara, peeled and cubed
- 2 tsp grated orange rind
- 2 tbsp orange juice
- 4 salmon fillets
- Freshly ground black pepper
- 1 tsp MAGGI Garlic Stock Powder
- Olive or canola oil spray
- Juice of 1 lemon

2 tbsp capers

Mango Salsa

- 425g can mangoes, drained and chopped
- ½ red onion, finely chopped
- 2 tsp sweet chilli sauce
- 2 tbsp chopped fresh coriander.

Preparation:

- Preheat oven to 180°C.
- Boil kumara for 15-20 minutes; drain, mash with orange rind and juice.
- Sprinkle salmon with pepper and stock powder. Spray a non-stick pan and heat. Add salmon, sear each side of fillets for 1 minute.
- Place salmon on a large square of foil. Top with lemon juice and capers; wrap foil to seal firmly, then bake for approx 15-20 minutes.
- Mix salsa ingredients in a small bowl.
- Place salmon fillets on kumara mash and top with mango salsa. Serve with steamed green beans.

Source: MacKenzie, Kristen; Gibbons, Megan; (2005) **Fit Food For Winners** Nestle NZ Ltd.

Ed – This article has been reproduced with the kind permission of Ray Boardman PGDipSportMed, PGDipRehab, PGCertSc, BSc, DipSptSt. Contact Ray: Mobile 021 FIT-RAY (021 348-729), email: ray@qwikkiwi.com, www.quickkiwi.com Visit his blog www.coachray.nz

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

Health

Facts about Omega-3

What is Omega-3 and why is it important?

First, it is a fat. The good type of fat. The “omega” is simply a way organic chemists name the long string of carbon atoms. At one end is a carboxylic acid molecule (called alpha) and a methyl at the other end (called omega).

Omega-3 fatty acids are often compared with Omega-6 fatty acids.

Because of a dependency on fast foods, many people consume too much Omega-6. This can increase inflammation, lead to many types of health issues including depression.

Our bodies do not produce omega-3 fatty acids. The only way to get them is through our diet. Eat fish (salmon, halibut, tuna), walnuts, flax seeds, beans, olive oil and fish oil supplements.

Health benefits linked with omega-3 fatty acids

- **Increased brain function.** Studies have looked at children whose mother's increased omega-3 intake during pregnancy. By age four, these children scored higher on cognitive ability tests. In adults, omega-3 improves memory, focus and recall.
- **Better mental health.** Increasing omega-3 helps with the symptoms of depression, ADHD and other brain chemistry-related conditions. Research suggests that low levels of omega-3 are common in ADHD and depression.
- **Reduced inflammation.** This is of benefit to those suffering from arthritis or other painful condition. Inflammation has been linked to heart disease. It also reduces bad (LDL) and raises good (HDL) cholesterol. Plus, it lowers blood pressure along with risk of stroke and heart attack.

There are other studies too. Some show the benefits of omega-3 on cancer, bone loss, diabetes and other disorders. Many of the benefits of omega-3 are well documented. But as with any health benefit there is no “magic pill” or supplement that can do it all. It requires a combination of things. Healthy eating, exercise, proper rest and the right kinds and amounts of vitamins and minerals. Plus, a nervous system free of interference so every organ and tissue and function properly. So – eat more fish, olives, flax seed and nuts and stay active.

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

Stretching

Simple and free exercise

It may be the most important and beneficial exercise there is. It also happens to be the cheapest and the simplest, requiring exactly no equipment, zero floor space and no special clothes.

You may have known that stretching increases flexibility, allows for easier movement and promotes better balance. But did you know it can relieve low back pain, reduce muscle soreness, promote relaxation, improves posture, agility and athletic performance?

Stretching can also reduce tension, improve circulation, reduce anxiety,

stress, and fatigue, improve mental alertness, decrease the risk of injury, make your work easier, tune your mind into your body and flat-out make you feel better naturally!

What Makes Stretching So Great?

Stretching conditions the muscles for exertion and exercise making every muscle movement more efficient. Always warm up your muscles for at least five minutes prior to stretching.

A good warm-up might include jogging in place, slow biking or jumping jacks.

When you start, never bounce or bob. Not only is this less effective than simply “holding” the stretch, but it can also be very dangerous and lead to injuries.

Perform each stretching exercise in a slow, controlled manner. Exhale as you begin the stretch and then relax and breathe normally throughout the stretch, holding each for 20 to 30 seconds. Stretches should feel slightly uncomfortable, to “feel the stretch” in the muscles, not the joints. There should be no acute pain.

Remember – complete each stretch on both sides in the same way.



Injury Prevention

IT Band Syndrome

The iliotibial (IT) band is a thick strand of connective tissue that runs along the outside of your leg, from the gluteus maximus and tensor fasciae latae on the side of the hip down to the outside of the tibia/shin. Unfortunately, this band can cause problems for runners when it becomes impinged or rubs as the knee bends, creating friction. IT Band Syndrome, also known as ITBS, generally manifests as pain (sometimes extreme) at the impingement point where the band passes along the outside of the knee (and can be mistaken for knee pain). While there is some dispute whether the IT band is touching bone, or it's the surrounding tissue that rubs against the bone at the knee flexion point, the end result is the repetitive motion of running, which causes irritation, inflammation, and pain. It sounds simple, but it's one of the most commonly debilitating injuries for runners.

Symptoms of IT Band Syndrome

- Pain is most frequently felt as a sharp point on the outside of the knee, or (rarely) as sharp pain on the lateral side of the hip.
- Commonly, pain occurs after a certain amount running; not upon first step.
- While pain generally goes away after ceasing activity, it often comes back when running is resumed.
- It's most common in new runners, or after an increase in mileage or hill running.

Causes of IT Band Syndrome

When bending the leg, a healthy and loose IT band slides easily past both the bone on the outside of the knee and the bone along the top of the hip ridge; an unhealthy IT band rubs against those bony spots.

A variety of factors are believed to increase these problems: weak hip abductors, a tight IT band, tight hamstring and glute muscles pulling on the IT band. Even the way in which the foot strikes the ground can impact the IT band.

One of the leading causes of ITBS is weakness in the hip and glute muscles, because it creates tugging on the IT band. It's also common for mechanical issues, like over-supinating or over-pronating, to stress the IT band. And many runners find that as fatigue sets in, their ankles or knees collapse inwards, which in turn pulls on the IT band, forcing it to rub against that bony spot on your knee.

Poor running form can also contribute to ITBS. Some runners have success with an orthotic to relieve pronation. In severe cases, an inflamed bursal sac around the knee may develop. Consult your doctor if the IT band pain is not resolved.

Treatment of IT Band Syndrome

First and foremost, stop doing things that cause pain or irritation. This frequently means modifying activity. It can mean not running for at least 1-2 weeks during which anti-inflammatories may be taken, although decreasing acute inflammation does not resolve the underlying cause. Do not resume training until the acute pain has stopped.

Many runners find relief in soft tissue work such as massage, stretching or foam rolling. Foam rolling can be effective initially, as it can help prevent the tightness from turning into full-blown ITBS.

Stretching has been found to help. A particularly effective stretch is to lay on your back, starting with your left knee: pull it up to your shoulder, push your knee over to your right shoulder with the

palm of your left hand, hold for about 20 seconds, release and repeat four or five times. IT band pain can stem from tightness in the hips, glutes, hamstrings, and even calves, remember to roll and stretch those areas as well.

Preventing IT Band Syndrome

The most effective way is to strengthen your hips and glutes as these muscles control the rotation of the femur, position of the pelvis, and ensure the IT band is not compressed or pulled away from the hip. Include these strengthening exercises 2-3 times a week:

- leg lifts (while lying on your side)
- single-leg step downs,
- glute bridges,
- squats
- clamshells.

Increasing mileage, intensity or hill work too quickly can lead to ITBS. Volume should increase no more than 5-10 percent per week and longer runs should be done at a slower pace than shorter runs. Vary running surfaces as well. Mix hilly runs with flat routes. Try trails and soft surfaces.

Wear proper, supportive running shoes, changed at regular intervals. A running shoe loses about 50 percent of its shock absorptive capacity after around 300 miles. Keeping shoes for too long increases the risk of ITBS and other injuries. Since over-pronating or supinating as you land can stress the IT band, getting fitted for the right shoe is essential.

Schedule regular massages or physical therapy sessions, even when healthy, to prevent any issues from occurring. Foam roll a few times per week to keep muscles from tightening up.

Regular prehab is essential to preventing IT band flare ups.

2019 UPCOMING EVENTS

October	13	Masterton Full Marathon, ½ Marathon, 10km & 5km	Masterton
		Chicago Marathon	Chicago
	20	Lower Hutt 5km & 10km Run & Walk	Lower Hutt
		Auckland Full Marathon, ½ Marathon, 12km & 5km	Auckland
November	1/2	Taranaki Steelformers Around the Mountain Relay – 150km	New Plymouth
	3	Nelson ½ Marathon, 10km, 5km & 2.5km	Saxton Field, Stoke
	4	TCS New York City Marathon	New York
	15-17	South Island Masters Track & Field Championships	Christchurch
	24	Pelorus Trust Full Marathon, ½ Marathon, 10km & 5km	Petone
	29-1 Dec	North Island Masters Track & Field Championships	Whakatane

2020 UPCOMING EVENTS

January	18	Colleena Blair Memorial Shield	Venue TBC
February	1-9	NZ Masters Games	Dunedin
	8	Buller Gorge Full Marathon, ½ Marathon & Marathon Relay	Westport
March	7	Ironman NZ	Taupo
May	2	56th Rotorua Marathon, ½ Marathon, 10km & 5km Fun Run	Rotorua
July	4-5	42 nd Gold Coast Marathon & Associated races	Gold Coast
Sept	17-23	43rd Round Rarotonga Road Race – 31km	Cook Islands

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.

What goes around...!

A woman died and arrived at the gates of heaven. As she sat waiting for Saint Peter to greet her, she peeked through the gates and spotted a beautiful banquet table.

Seated around it were her parents and all the other people she had loved during her lifetime, who had died before her. They saw her and began calling out to her.

When Saint Peter came by, the woman said to him: "This is such a wonderful place! How do I get in?"

"You have to spell a word," Saint Peter told her. "Spell 'love'."

The woman correctly spelled the word and was welcomed by Saint Peter into heaven.

About six months later, he came to the woman again and asked her to watch over the gates of heaven for him that day.

While the woman was guarding, her husband arrived. "I'm surprised to see you," the woman said. "How have you been?"

"Oh, I've been doing pretty well since you died," her husband told her. "I married the beautiful young nurse who took care of you while you were ill, and then I won the lottery. I sold the little house you and I lived in and bought a big mansion. And my new wife and I travelled all around the world.

"We were on holiday and I went water skiing today. I fell and the ski hit my head, so here I am. How do I get in?"

"You have to spell a word," the woman told him.

"Which word?" her husband asked.

"Czechoslovakia."



Registration Form

2019/2020 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 2019/2020 year (Please select the option that better suits your needs):			
OPTION 1:	ANZ Competitive Members (ANZ club members must be financial for the 2019/2020 season). N.B. All fees are paid to ANZ online or via your club registration process		
\$0.00	NZMA Fee (ANZ club athlete DO NOT pay a fee to NZMA as per the MoU)		
\$0.00	Local Master's Centre Fee		
\$25.00 (CIRCLE)	Vetline Subscription (4 issues starting from January 2020) 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			
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 Masters' events only.		
\$0.00 (CIRCLE)	Local Masters Centre Fee (optional)		
Total Fee to pay \$			
Payment Options:	Post, e-mail or hand completed registration forms to Veronica Gould.		
Online Banking:	Wellington Masters Athletics Inc., ANZ, The Terrace: 06 0565 0064415 00. (Please insert your name in the reference box)		
Please make cheque payable to Wellington Masters Athletics			
Postal Address:	Wellington Masters Athletics Inc. PO Box 5887, Wellington 6140	Telephone: E-mail:	04 973 6741 gvgould@xtra.co.nz
OFFICIAL USE:			
Verified by:	2019/2020 NZMA Reg No		



Stewart Milne at the recent Johnsonville Road Race | Photo: Sharon Wray



Pam Graham, at the recent Johnsonville Road Race | Photo: Sharon Wray

Wellington Masters Athletics Incorporated

2019-2020 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
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Editor	John Palmer	04 479 2130
Newsletter design	Liz Bentley	021 03 02384
Masters records	Peter Hanson	04 236 8074

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 89 Amesbury Drive, Churton Park, 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	04 237 9676
	Annie Van Herck	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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