

THE

MASTER

COPY

Newsletter of the Wellington Masters Athletics Inc.

Volume 2 Issue 2

June 2003

EDITORIAL

The Cost to Belong

When I received the labels from Judy Chandler for posting out the last issue of the newsletter, she enclosed a list of the members from the previous year who had at that time, not paid up for the 2003 year. The list contained 39 names, most of which are still unfinancial at the time of going to print, even though copies of the lists were circulated to the club coordinators in an attempt to entice some of the unfinancial members to rejoin.

One has to wonder why these members did not renew their subscription for this year? Can it be that the cost to belong is too high? Admittedly, the Masters increased their subscription from \$27.50 to \$30.00, but when you work it out this is less than \$1.00 per week to belong to Masters. I am aware of quite a few of our members who also belong to a harrier club. In some cases, myself included, members belong to the Wellington Marathon Clinic - this involves a third subscription. Even with Masters, Harriers and Marathon Clinic subscriptions, athletics (running) is still a cheap form of activity.

Perhaps these members feel that they are not getting "value for money" from Masters? Should we then be looking at ways of making Masters more attractive to present and potential members. There are always members that transfer from the region, give up the sport through injury, or simply give it away through lack of enjoyment owing to age. It is important that an effort is made to recruit new members and retain the core of our present members if Masters is to survive. Perhaps as a cost-cutting measure we could stop producing the newsletter, thereby enabling us to reduce the level of subscription, and hope that this may make it more attractive for members to rejoin the following year.

It is also interesting to note that when a National or Wellington Championship is to be held in Wellington, some members join for that year and let their membership lapse until the next Championship event appears back in Wellington.

Continued on page 3

WELLINGTON MASTERS ATHLETICS INC.

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H V MARATHON:	Ray Venables	176 Stokes Valley Road, Lower Hutt	5638058
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WELLINGTON:	John Weatherley	8 Richmond Avenue, Karori, Wellington	4767223
WGTN MARATHON:	Bruce Perry	61A Clifford Road, Johnsonville, Wellington	4783641
WELLINGTON VETS:	Colleen Blair	43 Elmslie Road, Pinehaven, Upper Hutt	5282992

COMMITTEE MEETINGS USUALLY 1ST MONDAY OF MONTH AT NEWTOWN PARK at 5:30pm.

CLUB REPRESENTATIVES AND MEMBERS ARE ALWAYS WELCOME

Editorial continued

Also of note is the Masters Classic Relay held recently, where the numbers that made up the teams, only 42 were members of Wellington Masters and the other 75 were prepared to pay the \$8.00 for running rather than pay the \$30.00 subscription, and become a member of Masters and participate in the other events that we offer. Should the fee for non-NZMA members be increased so it becomes more attractive to pay a subscription rather than the one-off fee? I don't think that this is a good option as we are trying to increase participation not put prospective members off.

It was pleasing to see a slight increase in the number of teams that participated at the Classic Relay though it is a little sad to see the decline in women's teams competing. I feel that maybe the event should be changed from Mother's Day which seems to have been the case for the past few years now and maybe an earlier start time so that the whole day is not lost as is with the start time of 11am. Perhaps the Committee could give this some thought for next year. A letter to the editor will also get your views published on this matter.

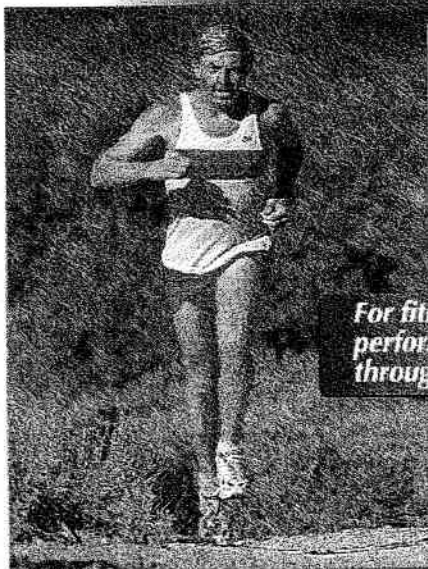
The next Masters event is the 8km Road Race and Walk at Johnsonville on Sunday 3rd August. An entry form is enclosed with this newsletter. Please support this well organised event.

Enjoy the read.

John Palmer,
Editor.

RUNNING

Past 50



*For fitness and
performance
through the years*

Richard Benyo

With wit and style, Benyo urges seasoned runners to evaluate, adjust, and reinvent their running to stay fit and motivated.

Former Runners World editor Richard Benyo explains how to make the years after 50 the best in your running career.

25 chapters - 242 pages.

Published by:
Human Kinetics

MEMBERSHIP

At the time of going to print our paid up membership for the current financial year is 120. A warm welcome is extended to new members Simon Poelman (WMA); Neil Price (WHAC); Bruce Campbell (WMC); Robin Curry (Trentham); Paul Homan (Trentham) and also to the following who have renewed their membership Ian Ewing (WHAC) and Jas Dullabh (Scottish).

RELAY FOR LIFE

On 15-16th March this year, I along with other Wellington Masters members, Brenda Burke, Paul Rodway, Ian Mitchell and Maryanne Palmer were part of a team that took part in the Cancer Societies "24 Hour Relay for Life" held at Frank Kitts Park.

Our team of 9 members raised \$1600 through donations/sponsorship which went towards a total of \$95,000 raised over the weekend by the 65 teams that competed in the Relay for Life. The projected target set by the Wellington Branch of the Cancer Society was \$100,000, which at the last count had reached the staggering sum of \$130,000. Our team managed to clock up 960 laps of a 300m circuit around Frank Kitts Park. We covered a distance of 288kms during the 24-hour period. Each team member ran for a half hour session rostered throughout the 24-hour period. This however changed when one team member injured his archilles tendon on his third session and could not partake any more so the team then resorted to using the odd running friend to run a leg for us when they came down to offer support at various times throughout the weekend. As it was each team member ran 5 half hour sessions and one quarter hour session.

It was a great weekend and the organisers have committed themselves to making this an annual event. I would recommend to anyone to form a running or walking team next year and take part.

It is a great chance to go without sleep for 24 hours, meet other interesting people, and take part in a worthy cause. The candle-lighting ceremony at 9pm on the Saturday night was a serene and moving part of the weekend where a chain of white paper bags, each with a candle inside and dedicated to the memory of particular cancer victims, lit up the centre of the course.

John Palmer

AGM REMINDER

This year's Annual General Meeting of Wellington Masters Athletics will be held on Monday, 8th September 2003 at Newtown Park. More details regarding the election of officers and any remits will be circulated nearer the date.

THE MIND IS DIVIDED

The power of the mind to push the body to its potential is limited by an internal conflict. The logical side (left brain) does not communicate with the creative side (right brain). A primary mission of the analytical side is to steer you into comfort and away from stress. The more stress you generate from running and other areas, the more negative messages: "slow down," "stop," or what is even worse, asking "why am I doing this?" If you don't have a mental strategy for dealing with this barrage of negativity, you'll start losing confidence in your ability to achieve your potential, on that day. When you have a balance of physical and mental training, your left and right brains can work as a team - left side anticipating problems and right side searching for resources and solutions. This puts you in control of your running, instead of reacting to one crisis after another. While the potential of our body is limited, the intuitive and creative powers of the right side are not. Not only does this side monitor our capabilities, it finds resources you didn't know that you had.

From Galloway's Book on Running, 2nd ed. (Shelter Publications, 2002), p. 166.

The following article appeared in the Listener on 10th May 2003 and permission has been obtained from Joseph Romanos, the editor of the article, to publish it in The Master Copy.

Cheats Prosper

A former Olympic Committee director reveals US drug cover-ups in the 1980s and 90s.

WHEN I heard about the massive American cover-up of positive drugs tests, I thought of Princess Diana. It's not that Diana was an Olympian, or a drugs cheat, but that rumours about her often proved to be true.

The tabloids reported that she and Charles were living in separate bedrooms, that she suffered from an eating disorder, that she was sneaking out in the middle of the night to assist the homeless ... An endless stream of improbable stories emerged and in the end, despite initial denials. They generally turned out to be correct.

Well, it's the same with the Americans and drugs. There have been dark stories floating about for years ... A number of Americans tested positive for banned drugs before the 1983 world athletic champs, but were permitted to compete anyway. More positive tests results were squashed at the 1984 Los Angeles Olympics. The US Olympic Committee was corrupt and was covering up positive drugs tests throughout the 1980s and 90s. Most top runners in the Santa Monica Track Club were drugs cheats. Individual names were mentioned – Mary Decker, Carl Lewis, Florence Griffith Joyner, Jackie Joyner Kersee, Joe DeLoach and Butch Reynolds among them.

The immediate reaction was to scoff at such stories. Surely Olympic officials would want to stamp out cheating in sport. But now, courtesy of 30,000 pages of documents provided by Wade Exum, the USOC's director for drug control from 1991-2000, we know that many of the stories were true.

Exum contends that American officials hushed up more than 100 positive tests of athletes who went on to compete at the Olympics, winning 19 gold medals between them.

Among them were Lewis (who failed three tests, for three different substances), DeLoach, Andre Phillips (all athletics), Mary Joe Fernandez (tennis), Alexi Lalas (soccer) and Dave Schultz (wrestling).

Exum's papers show that even as Lewis was being informed in writing that he had failed an A test, he was being told he would be let off the drugs infraction.

The hypocrisy defies belief.

The Americans were vocal critics of the Eastern bloc countries and their systemised drug cheating. It was scandalous, they claimed, that East German, Russian and other Communist athletes were depriving America's best of glory simply by cheating. It's true that Tatyana Kazankina, Renate Stecher, Kirsten Otto, Marita Koch and other Eastern bloc stars were almost certainly all steroid-assisted. Some eventually failed tests, others retired hastily. Some of their records remain today.

But the man who epitomised the duplicity of it all is Lewis, winner of nine Olympic gold medals and often hailed as the greatest athlete of the 20th century.

I remember Lewis's behaviour after losing the 1987 world 100m title to Ben Johnson in Rome. Looking directly at Johnson, he told a packed press conference that some athletes were drug cheats.

"It's up to you people, the officials and the media, to get out there and publish their names, and not let them get away with it. Otherwise our sport is meaningless," he said plaintively. Lewis was applauded for his bravery and cited as a moral, upright person. A year later he had failed three drugs tests.

The 1988 Olympic men's 100m final was probably no different to many major sprint races over the past 25 years – full of drug cheats. Four of the first five finishers – Johnson, Lewis, Linford Christie and Dennis Mitchell – failed drugs tests. Christie should have been

kicked out in Seoul, but escaped on a technicality, only later to fail another test years later.

The reactions of the principals in this latest drugs row have been intriguing.

Lewis says it was all a long time ago and wonders why it is news. He says that the drugs climate was different back then and that he never deliberately cheated, even while conceding that such offences today would earn him suspension. "There were hundreds of people getting off. We were all treated the same," he says.

Johnson threatens to sue Lewis and the US Olympic Committee. This is a nonsense, of course, but it must be galling for the Canadian to know that he lost his gold medal while cheats all around him were allowed to prosper.

Embarrassed US Olympic officials say that Exum is bitter at losing his job and that he was part of the programme now exposed as corrupt. They do not deny his evidence.

Why have rules about drugs if they are not to be enforced?

We in New Zealand and Australia should not be too cocky about it all.

A former New Zealand Games team manager once boasted to me about how he'd snuck out of the village one of the drugs cheats in his team before he could be tested. Earlier this year, All Black Joe McDonnell was let off with a warning after failing a drugs test. His excuse, inadvertent use, was accepted.

Across the Tasman, gold medallists such as swimmer Samantha Riley and shooter Phillip Adams escaped punishment with the same excuse. A couple of months ago Shane Warne got a one-year suspension when the standard penalty for his "crime" is two years.

In both countries, there are still officials trying to hide the results of tests, or the names of the people testing positive.

Surely the message, reinforced by the US scandal, must be clear: naiveté is no excuse. Those who fail tests should be named and punished accordingly.

Recipe

Shoestring Idea **Salmon (or Tuna) Slice**

Serve this slice hot or cold – a light summer meal that goes well with a salad and a glass of chilled white wine.

210g tinned pink salmon (or tuna)
4 eggs – lightly beaten
¼ cup milk
2 tablespoons plain flour
1 onion – finely diced
½ red capsicum – diced
½ teaspoon oregano leaves
1 teaspoon sea salt
½ teaspoon black cracked pepper
2 courgette – grated
1 cup grated tasty cheese

Preheat the oven to 180 degrees C and grease a lamington tin (approximately 18cm x 25cm). Drain the salmon (or tuna) and flake into a bowl. Whisk eggs, milk and flour in a separate bowl until smooth, then stir onion, capsicum and spices through. Add the courgette and half of the cheese.

Pour mixture into the baking tin and sprinkle remaining cheese over. Bake for 30-35 minutes. Remove from oven and leave to cool for 10-15 minutes. Cut into slices to serve.

Serves 4.

Axis of Evil Wannabees

by John Cleese

Bitter after being snubbed for membership in the "Axis of Evil", Libya, China and Syria today announced that they had formed the "Axis of Just as Evil", which they said would be more evil than that stupid Iran-Iraq-North Korea axis President Bush warned of in his State of the Union address.

Axis of Evil members, however, immediately dismissed the new Axis as having, for starters, a really dumb name. "Right. They are just as evil in

their dreams!" declared North Korean leader Kim Jong-il. "Everybody knows we're the best evils . . . best at being evil . . . we're the best."

Diplomats from Syria denied they were jealous over being excluded, although they conceded they did ask if they could join the Axis of Evil. "They told us it was full," said Syrian President Bashar al-Assad. "An axis can't have more than three countries", explained Iraqi President Saddam Hussien. "This is not my rule, it's tradition. In World War II you had Germany, Italy, and Japan in the evil Axis. So, you can only have three, and a secret handshake. Ours is wickedly cool."

International reaction to Bush's Axis of Evil declaration was swift, and within minutes, France surrendered. Elsewhere, peer-conscious nations rushed to gain triumvirate status in what has become a game of geopolitical chairs. Cuba, Sudan and Serbia announced that they had formed the "Axis of Somewhat Evil", forcing Somalia to join with Uganda and Myanmar in the "Axis of Occasionally Evil", while Bulgaria, Indonesia and Russia established the "Axis of Not So Much Evil Really as Just Generally Disagreeable".

With the criteria suddenly expanded and all the desirable clubs filling up, Sierra Leone, El Salvador, and Rwanda applied to be called the "Axis of Countries That Aren't the Worst But Certainly Won't Be Asked to Host the Olympics".

Canada, Mexico and Australia formed the "Axis of Nations That Are Actually Quite Nice But Secretly Have Some Nasty thoughts About America", while Scotland, New Zealand and Spain established the "Axis of Countries That Want Sheep to Wear Lipstick". "That's not a threat, really, just something we like to do", said Scottish Executive First Minister Jack McConnell.

While wondering if the other nations of the world weren't perhaps making fun of him, a cautious Bush granted approval for most axes, although he rejected the establishment of the "Axis of Counties Whose Names End in 'Guay'", accusing one of its members of filing a false application. Officials from Paraguay, Uruguay, and Chadguay denied the charges.

Israel, meanwhile, insisted it didn't want to join any Axis, but privately world leaders said that's only because no one asked them.

BANANAS and HEALTH

Bowel Cancer

Medical research indicates that the starch in bananas may be an important factor in protecting against bowel cancer – the second most common type of cancer in New Zealanders.

Diabetics

Bananas are often used in a diabetics diet. Bananas and cream have been found to delay maximum blood sugar concentrations effectively.

Diet

Bananas are 99.8% fat free and contain no cholesterol. They are low in calories and high in nutritive value.

Stroke

Medical research shows that a high potassium diet can lower blood pressure, decreasing the risk of stroke. In New Zealand, stroke is the third leading cause of death. A typical 90-calorie banana contains 370 milligrams of potassium.

Food Allergies

Bananas are often used in the diet of people undergoing tests for food allergies. Bananas contain 20% carbohydrates but are low in protein. They are a high energy food source.

APPROXIMATE COMPOSITION OF A FULLY RIPE BANANA

Moisture	74.8%
Dextrose	4.8%
Levulose	3.7%
Sucrose	12.7%
Total Sugars	21.2%
Starch	1.2%
Crude Fibre	.6%
Protein (N x 6.25)	1.2%
Fat	.2%
Ash*	.8%
	100%
Caloric value - 88 calories per 100 grams pulp	

*Yields alkaline mineral residues in body

MINERALS - Milligrams per 100 grams

Sodium	.006-.415
Potassium	300-450
Calcium	8.0
Magnesium	31.0-42.0
Manganese	.64-.82
Copper	.16-.21
Iron	.6
Phosphorus	28.0
Sulphur	13.0
Chlorine	78-125
Iodine	.02
Zinc	.28

VITAMINS per 100 grams

A	190 International Units
Thiamine (B1)	0.4 Milligrams
Riboflavin (B2)	0.5 Milligrams
Niacin (Nicotinic Acid)	.7 Milligrams
Ascorbic Acid (C)	.10 Milligrams
Pyridoxine (B6)	.52 Milligrams

FOOD FOR SPORT

The pace of life today makes it hard to eat well. A commitment to training and sport makes it even more difficult, with less time for buying, preparing and eating food. After genetic factors and training, nutrition is the next biggest factor in determining optimum sports performance. The right kind, quantity, and quality of food will help you cope with a rigorous training schedule and perform at your best. When you consider how much time you put into your training, it makes sense to put some effort into getting your food fuel right.

Genes + Training + Nutrition = Optimum Performance

The Golden Rules

These rules will help you eat well, both for long term good health and short-term high performance. They are based on scientific nutrition advice which applies to all New Zealanders, and will help athletes optimize performance.

- Eat a variety of foods from each of the four major food groups each day (breads and cereals, vegetables and fruits, meats and alternatives, milk and milk products).
- Prepare meals with minimal added fat (especially saturated fat) and salt.
- Choose pre-prepared foods, drinks and snacks that are low in fat (especially saturated fat) and salt.
- Maintain a healthy body weight by regular physical activity and by healthy eating.
- Drink plenty of liquids each day.
- If drinking alcohol, do so in moderation.

What is energy?

Athletes tend to think of energy as 'get up and go', and measure their own energy levels by the way they feel. Nutritionists think of energy as fuel for body processes, measured in kilojoules (kJ) or kilocalories (kcal). It is provided by three types of food (carbohydrates, protein and fats), which supply different amounts of energy per gram. The mineral iron is involved in the transport of oxygen around the body, and is also involved in energy production. Therefore it is important in sports performance, and will affect the way the athlete feels in terms of 'energy'.

Carbohydrates

Carbohydrates are the preferred source of fuel for athletes. About 50-60% of your energy needs (measured in kilojoules or calories) should come from carbohydrate-based foods.

An easier way to calculate this is 5-10g of carbohydrate per kilogram of body weight per day (5-10 g/kg/day). Carbohydrates are stored in the muscles and liver as glycogen, the storage form of glucose which is the main source of fuel for exercising muscles.

The body can only store a limited amount of glycogen, so it essential to eat carbohydrate foods every day.

The type and timing of carbohydrate intake are important considerations for improving sports performance. The effect of carbohydrate foods in the body depends upon their Glycaemic Index (GI). The GI factor describes the rate at which a carbohydrate food is digested, and its influence on blood sugar levels. Pure glucose is absorbed the fastest, and has the reference score of 100. Other foods are ranked between 0 and 100, depending on how fast the carbohydrate is absorbed in relation to the absorption of pure glucose. Carbohydrate foods can thus be broadly divided into 3 groups:

Low GI foods	below 55
Intermediate GI foods	55-70
High GI foods	70 or above

Foods with a low GI are absorbed relatively slowly from the small intestine. This is thought to extend endurance in athletes to allow a longer exercise session or improved performance in an endurance event. Thus low GI foods are ideal to eat before exercise. High GI foods are very useful in recovery – carbohydrate stores in the muscles need to be replenished quickly after exercise. Muscles will absorb glucose more quickly from the blood stream in the first hour after exercise. So carbohydrates with a high GI, which are quickly absorbed into the blood stream, are the ideal foods for recovery. High GI foods should also be used during an event, so that the glucose is rapidly released into the blood stream and made available for the working muscles. A chart of the GI of some common carbohydrate foods is shown below.

The GI story is complex, and still being researched. An adequate amount of carbohydrate in the diet is very important. Get more information on GI from a sports dietitian or one of the books listed at the end of this article.

Glycaemic Index

Food	GI	Food	GI
Bread		Grains/Pasta	
White Bread (av)	70	Rice – Basmati	58
Wholemeal Bread (av)	77	Rice – Brown	76
Pita Bread	57	Instant Noodles	47
Crumpet	69	Pasta – Spaghetti	41
Mixed Grain Bread	45		
Oat Bran Bread	47	Dairy Foods	
Breakfast Cereal		Ice Cream	61
Weet Bix	75	Milk – Whole	27
Cornflakes	77	Milk – Skim	32
Muesli – toasted	43	Yoghurt – Low fat	33
Muesli – untoasted	56		
Nutigrain	66	Vegetables	
Porridge	42	Carrots	49
Ricies	89	Peas	48
Sultana Bran	52	Potato – baked	85
		- new	62
Fruit		- fries	75
Apple	36	Pumpkin	75
Banana	53	Sweet Corn	55
Grapefruit	25		
Kiwifruit	52	Sweets	
Orange	43	Jelly Beans	80
Pear	36	Mars Bar	68
Raisins	64	Muesli Bar	61
		Potato Chips	54
Crackers/Biscuits		Corn Chips	72
Ryvita	69	Popcorn	55
Water Cracker	78	Sugar (Sucrose)	65
Arrowroot	69		
Shortbread	64		

Fibre

Fibre is an important dietary factor, often found in carbohydrate foods. Fibre helps bowel function, and also helps to reduce blood cholesterol levels. There are two basic types: soluble and insoluble. Both of these are useful, and they are found together in foods, but some foods are richer sources of one type of fibre than the other. Insoluble fibre acts as a natural laxative. Food sources include wheat bran, wholegrain cereals, dried peas and beans, fruits and vegetables. Soluble fibre binds cholesterol and helps remove it from the body, provided you eat enough. Best sources are oats and oat bran, dried peas and beans, fruits and vegetables. Excessive fibre intake may cause gastro-intestinal problems in some athletes, especially runners.

Protein

The average person's need for protein is about 1 gram of protein per kilogram of body weight. Because of extra wear and tear on their bodies, athletes have slightly higher than average needs, about 1.2 – 1.5g/kg/day.

You can meet this need easily by eating a wide variety of food each day.

There is no need for extra protein in the form of supplements. Animal proteins provide a complete range of the essential amino acids that your body needs, as well as other useful nutrients. Lean red meats, cooked without added fat, are relatively low in fat and also supply important iron, zinc and B group vitamins. Plant proteins are generally lower in at least

one amino acid; so strict vegetarians have to combine foods to get enough high quality protein from food. To achieve a balance of amino acids, the protein from cereals such as bread, corn and rice must be matched with protein from legumes, nuts and seeds. In the past it was recommended that these foods should be combined within the same meal. More recent research shows that they can be combined during the day.

Fats

Fat has over twice the energy value of carbohydrates or protein. Only 20-30% of energy intake should come from fat. But because fat is such a concentrated form of energy (37kJ per gram), it is easy to eat more than you need. Excess fat contributes to overweight, heart disease and other health problems, and poses danger even for athletes who burn off the extra energy it supplies. Diets high in fat tend to be low in important nutrients like carbohydrates, fibre and some vitamins and minerals. However the body does require a certain amount of fat – it has a range of essential functions. So it is neither necessary nor healthy to exclude all fat from the diet – low fat is the key.

Practical Tips to Reduce Fat

- Buy lean meats and trim off all visible fat
- Remove the skin and fat from chicken before cooking
- Choose low fat milk and dairy products
- Avoid fried foods and high fat snacks (chips, nuts, chocolate, pastry products, biscuits)
- Use low fat cooking methods – grill, pan-grill, bake, steam, etc.
- Use mono- or poly un-saturated fats where possible – for example cook with vegetable oil (especially olive, peanut or canola) rather than butter or dripping.

Alcohol

Alcohol can be a pleasant part of your lifestyle, but it is a drug and should be used with care. Alcohol interferes with coordination, vision, judgment, and affects blood glucose levels and temperature control. It acts as a diuretic, and may cause dehydration.

Practical Tips About Alcohol

- After match alcohol should not be taken until rehydration and refueling with carbohydrate are completed. Use water, sports drinks and fruit juices to rehydrate and refuel with carbohydrate before drinking any alcohol.
- It is much better for your body to have small quantities of alcohol throughout the week than to have an alcoholic binge once a week.
- If injured during sport or exercise, avoid alcohol for at least 24 hours. Alcohol acts as a vasodilator and may cause extra swelling and bleeding. It may delay recovery, or make the injury worse.
- Avoid alcohol 2 days before a competition or important event.

Fluids

Maintaining an adequate fluid intake is essential in any healthy diet, and is particularly important for athletes. In fact, water is the most important nutrient in any diet.

Thirst is not a good indicator of fluid needs – by the time you feel thirsty, you are already becoming dehydrated. Therefore you need to drink before you feel thirsty.

Always drink before exercise, during if possible, and after. To assess your fluid losses (and therefore your fluid needs), weigh yourself before and after a training session. One kilogram of body weight lost equates to one litre of body water lost, which must be replaced. Depending on the climate and intensity of exercise, suggested total volumes are 0.8-1.5 litres per hour of exercise.

Plain water is best, though a dilute (4.8%) sugar and water solution, such as a sports drink containing a glucose polymer solution may be used. This is especially important during training sessions that last more than an hour, or in endurance events where the carbohydrate from sports drinks is essential. Strong sugar solutions are dangerous and can result in short term dehydration, as the body pours water into the gut to dilute them. Sugary drinks, including fruit juice, are therefore not absorbed quickly enough to meet your needs during exercise. However, diluted fruit juice can be suitable. Note that the sodium in sports drinks is to enhance absorption, rather than to replace sweat losses.

Vitamins and Minerals

A diet with a wide variety of high carbohydrate, low fat foods, with sufficient energy to meet the needs of a training athlete, will usually supply all the nutrients you need. Vitamin deficiencies are uncommon in New Zealand, and supplements are not necessary. Mineral requirements can generally also be met by a well-balanced diet. There are two minerals that deserve special mention in an athlete's diet: iron and calcium.

Iron

Iron is an essential component of two blood proteins; haemoglobin, which carries oxygen around the body, and myoglobin, which holds oxygen in the muscle cells. An iron deficiency will reduce oxygen supply to muscles, as well as slowing down other metabolic reactions. Therefore an adequate iron intake is vital for athletes. When insufficient iron causes anaemia (lowered haemoglobin), sports performance is reduced, and the athlete shows symptoms of fatigue, cramps, headaches and often shortness of breath. Less severe iron deficiency, without anaemia, has not been shown to impair performance, but will still cause the athlete to feel tired and recover slowly from training. The state of lowered iron stores should be avoided and treated if it occurs – it is a step on the way to anaemia. Athletes concerned about their iron status should ask their doctor to assess their ferritin (iron stores).

Female athletes have higher iron needs than males, because of the regular blood loss in menstruation. However, females usually need less total energy than males, so have to find more iron from a smaller total volume of food. Therefore it is especially important for women to choose foods which are concentrated sources of iron.

Iron in foods is in two forms: haem iron, found only in animal foods, and non-haem iron, found in both animal and plant foods. The iron in meat is made up of approximately 40%

haem iron and 60% non-haem iron. Plant foods do not contain haem iron. Absorption of haem iron is affected by the body's stores of iron, but is not affected by meal composition. While 15-35% of haem iron is absorbed, even more will be absorbed if the body has low iron stores. Haem iron is found in red meats, especially lean beef and lamb. Pork, chicken and fish provide lesser amounts of haem iron. *Coincidentally, the redder the meat, the higher the iron content. Red meats containing haem iron should be included in an athlete's diet at least once a day.* These animal foods also contain non-haem iron.

Absorption of non-haem iron from plant foods is also affected by iron stores, and in addition is influenced by intestinal factors and meal composition. Vitamin C enhances the absorption of non-haem iron, so inclusion of fruits, vegetables or fruit juice with meals will assist iron availability. Meat, fish and poultry have a special quality (called the MFP factor), that enhances absorption of non-haem iron. Eating meat and vegetables together allows greater absorption of iron from the vegetables than if the vegetables were eaten alone. For maximum iron absorption, use one or both of these enhancing factors at every meal – it can make a significant difference to iron intakes. Tannins in tea, and phytates and oxalates in foods such as bran, wholegrains, legumes and spinach can limit absorption.

Depending upon all these factors, and the body's need for iron, absorption of non-haem iron may range from 2-20%.

Calcium

Osteoporosis, or thinning of the bones, can be a problem for women athletes. Women in endurance sports, gymnasts and ballet dancers, who lower their body fats to minimum levels, are at particular risk. These women may develop athletic amenorrhoea, where menstruation stops altogether. This can lead to a loss of calcium from the bones, causing fragile bones which are susceptible to stress fractures. A high calcium intake can help. Low fat dairy foods are the best sources of calcium in the New Zealand diet.

Include two or three glasses of low fat milk each day; eat low fat yoghurt and moderate amounts of cheese.

Other, less rich sources are dried fruit and nuts, green vegetables, legumes and canned fish, but only those varieties of fish which are packed with the bones – the calcium is in the bones. Women who avoid dairy products entirely may need calcium supplements and should seek medical advice.

Further Reading:

Suggested reading about Sports Nutrition:

The Complete Guide to Food for Sports Performance, by Dr Louise Burke, Allen & Unwin 1992

Eat to Compete: Sports Excellence through Good Nutrition, by Jeni Pearce, Reed Books 1990

The GI Factor, by Brand Miller, Foster-Powell, Colagiuri, Hodder Houghton 1996.

Definitions

ADULT: A person who has stopped growing at both ends and is now growing in the middle.

BEAUTY PARLOR: A place where women curl up and dye.

CANNIBAL: Someone who is fed up with people.

CHICKENS: The only animals you eat before they are born and after they are dead.

COMMITTEE: A body that keeps minutes and wastes hours.

DUST: Mud with the juice squeezed out.

EGOTIST: Someone who is usually me-deep in conversation.

GOSSIP: A person who will never tell a lie if the truth will do more damage.

HANDKERCHIEF: Cold Storage.

INFLATION: Cutting money in half without damaging the paper.

MOSQUITO: An insect that makes you like flies better.

RAISIN: Grape with a sunburn.

SECRET: Something you tell to one person at a time.

SKELETON: A bunch of bones with the person scraped off.

TOOTHACHE: The pain that drives you to extraction.

TOMORROW: One of the greatest labour saving devices of today.

YAWN: An honest opinion openly expressed.

WRINKLES: Something other people have. You have character lines.

A sweet young thing thought she might have some fun with a stiff-looking military man at a cocktail party, so she walked over and asked him when was the last time he had had sex.

"1956," was his immediate reply.

"No wonder you look so uptight!" she exclaimed. "Honey, you need to get out more."

"I'm not sure I understand you," he answered, glancing at his watch.

"It's only 2014 now."

WELLINGTON MASTERS ATHLETICS

MASTERS ROAD RACE & RACE WALK

SUNDAY 3rd AUGUST 2003

Olympic Clubrooms, Alex Moore Park, Bannister Avenue, Johnsonville

Road Race:

5 laps = 8 km

Start 11.00 am

Race Walk:

4 laps = 6.4 km

Start 10.45 am

Prizes:

Prizes for first 2 runners in each age group

4 to a team with at least one woman

Prizes for first two men and women in race walk

Prizes for the first 2 Club teams

Pre-vets are welcome

Results sent to all competitors

Light lunch will be provided

Entries:

Entry Fee: \$8.00

Entries received after 28th July: Late Fee: \$2.00

Non-members: \$16.00

Cheques made payable to Wellington Masters Athletics

Send entries with cheques to:-

Brian Watson

58 Bannister Avenue

Johnsonville

Wellington 4

.....
Wellington Masters Road Race and Walk

NAME:

ADDRESS:

CLUB: AGE ON RACE DAY:

NEW EMPLOYMENT RULES

SICKDAYS

We will no longer accept a doctor's certificate as proof of sickness. If you are able to get to the doctor, you are able to come into work.

SURGERY

Operations are now banned. As long as you are an employee here, you need all your organs. You should not consider having anything removed. We hired you intact. To have something removed constitutes a breach of employment.

HOLIDAYS

Each employee will receive 104 holidays per year. They are called Saturday and Sunday.

BEREAVEMENT LEAVE

This is no excuse for missing work. There is nothing you can do for dead friends or relatives. Every effort should be made to have non-employees to attend to the arrangements. In rare cases where employee involvement is necessary, the funeral should be scheduled for the late afternoon. We will be glad to allow you to work through your lunch-hour and subsequently leave one hour early, provided your share of the work is done.

ABSENT FOR YOUR OWN DEATH

This will be accepted as an excuse. However, we require at least two weeks notice to allow time for you to train your own replacement.

TOILET USE

Entirely too much time is being spent in the toilets. In the future, we will follow the practice of going in alphabetical order. For instance: All employees whose names begin with 'A' will go from 8.00 to 8.20, employees whose names begin with 'B' will go from 8.20 to 8.40 and so on.

If you are unable to go at your allotted time, it will be necessary to wait until the next day when your turn comes again. In extreme emergencies employees may swap their time with a co-worker. Both workers' supervisors must approve this exchange in writing.

In addition, there is now a strict 3-minute time limit in the toilets. At the end of 3 minutes, an alarm will sound, the toilet paper will retract, and the door will open.

LUNCH BREAK

Skinny people get an hour for lunch as they need to eat more so they can look healthy, normal size people get 30 minutes for lunch to maintain their average figure. Fat people get 5 minutes for lunch because that's all the time needed to drink a Slimfast and take a diet pill.

DRESS CODE

It is advised that you must come to work dressed according to your salary. If we see you wearing designer clothing we will assume that you are doing well financially and therefore do not need a pay rise.

Thank you for your loyalty to our company. We are here to provide a positive employment experience. Therefore, all questions, comments, concerns, complaints, frustrations, irritations, aggravations, insinuations, allegations, accusations, contemplations, consternations or input should be directed elsewhere.

Have a nice day.



Miscellaneous Results:

The following are results that I have obtained from various sources. I have endeavored to list as many Masters members results that I am aware of but in some cases the results were not a complete list therefore it is possible I may have omitted someone who may have competed in the event. Please accept my apologies if this is the case.

NELSON HALF MARATHON:

10km Walk:

W40-45

1 Amelia De Lorenzo 57:01

Half Marathon Run:

M50-59

3 Dave Colquhoun 1:20:31

UPPER HUTT HALF MARATHON:

(Not a complete set of results)

M40-49

3 Chris Speakman 1:22:37

M50-59

3 Dave Colquhoun 1:24:14

M60+

2 John Barrington 1:37:14

W35-49

2 Michele Allison 1:27:20

3 Jenny McDonald 1:30:49

W50+

1 Diane Rogers 1:50:13

Walk:

W40-45

1 Amelia De Lorenzo 2:04:14

M50-54

2 Michael Lane 2:09:43

FLETCHER FORESTS MARATHON:

W40-44

6 Brenda Burke 3:36:53

W45-49

1 Jenny McDonald 3:03:21

2 Michele Allison 3:09:04

W50-54

1 Bernie Portenski 2:59:50

W55-59

1 Ann Bould 4:18:12

M40-44

25 Gordon Clarke 3:15:19

30 Peter Wrigley 3:22:45

M45-49

26 Des Young 3:29:59

M50-54

29 Paul Rodway 3:39:02

49 Jasvant Dullabh 4:01:35

M60-64

14 John Hammond 4:00:40

ANZAC DAY RACES – CARTERTON:

10km Run:

W45-49

25 Maryanne Palmer 47:53

W60-64

26 Diane Rogers 47:56

MM

10 Paul Homan 39:09

M40-44

5 Peter Wrigley 36:41

M50-54

6 Dave Colquhoun 37:05

M55-59

23 John Palmer 46:24

M65-69

16 John Caughley 44:12

10km Walk:

M75-79

8 Peter Tearle 72:57

(Peter was also the winner of the Sealed Handicap)



16th MASTERS CLASSIC RELAY:

Sunday 11th May 2003 – Trentham Memorial Park

Great weather again this year which attracted 27 running teams and six walking teams, slightly up on last year. Olympic Harriers Open Men's team took line honours 1:21 ahead of last years winners Valleys United. The Scottish junior masters team was third 4 ½ minutes later.

Once again, the Scottish Women were the unopposed winners of the Trentham United Cup.

In the teams with an average age of at least 50, Scottish was first with Valleys United and Olympic Harriers the runners-up. In the 60+ average, Scottish again was first. Kapiti Harriers won the Mixed Grade.

In the Walkers Section, Scottish teams took the top three spots in a six-team competition.

Kapiti's Bruce Odams had the fastest lap, covering the 4km in 13:39. Fastest woman was Robyn Stansfield 16:45. Fastest walker over 4km was Peter Baillie, while Kathryn Fraser was the quickest woman.

Thanks to Trentham United Harriers who helped organise the event and set out the course, while member clubs of WMA supplied members who helped out as officials.

Results on next page.

<u>Grade: Open Men</u>	Time	Mn per/k	<u>Grade: Open Women</u>	Time	Mn per/k	<u>Grade: Mixed</u>	Time	Mn per/k
Olympic Harriers			Wellington Scottish			Kapiti A		
Barry Prosser	14:10	03:33	Robyn Stansfield	16:45	04:11	Steve McDonald	15:15	03:49
M Hanley	15:47	03:57	Brenda Burke	17:53	04:28	J McDonald	17:26	04:22
Gordon Blacklaws	14:22	03:36	Delphine Gore	18:50	04:43	M Piper	16:23	04:08
Dave Murgatroyd	14:19	03:35	Pam Graham	18:44	04:41	Bruce Odams	13:39	03:25
Chris Speakman	13:57	03:29	Maryanne Palmer	19:51	04:58	Diane Borman	16:59	04:15
Place: 1/9	01:12:35		Place: 1/1	01:32:03		Place: 1/3	01:19:42	
Valleys United A			<u>Grade: 250+</u>			Kapiti B		
Tony Madsen	14:01	03:30	Wellington Scottish A			B Isted	17:11	04:18
David Ellis	14:38	03:40	Richard Brent	14:46	03:42	G Donnison	17:53	04:28
Bill Trompatter	14:59	03:45	Dave Colquhoun	15:32	03:53	D Watson	20:47	05:12
Steve Robertson	15:44	03:56	Rupert Watson	16:27	04:07	P Barrett	22:07	05:32
John Houghton	14:34	03:39	Richard Sweetman	16:40	04:10	B Penner	19:02	04:46
Place: 2/9	01:13:56		Conal McKenna	15:45	03:56	Place: 2/3	01:37:00	
Wellington Scottish			Place: 1/4	01:19:10		Kapiti C		
Peter Wrigley	14:46	03:42	Valleys United B			B Kempthorne	18:28	04:37
Jim Kerr	15:14	03:49	Michael Lynskey	15:45	03:56	Ann Bould	21:30	05:23
Ian Mitchell	16:38	04:10	Hank Leach	15:34	03:54	P Donnison	21:23	05:21
Steve Plowman	15:56	03:59	Owen McCarthy	17:08	04:17	S Ashley	19:11	04:48
Adrian Shields	15:52	03:58	R Smart	15:49	03:57	P Penner	20:29	05:07
Place: 3/9	01:18:26		S Malanchak	15:09	03:47	Place: 3/3	01:41:01	
Wellington Harriers A			Place: 2/4	01:19:25		<u>Grade: Walkers</u>		
Gordon Clarke	15:00	03:45	Olympic Harriers			Wellington Scottish A		
Andrew McNeil	16:02	04:01	Gary Dick	15:25	03:51	Peter Baillie	22:58:00	05:45
Mike Winsborough	16:06	04:02	Rob Archibald	17:57	04:29	John Hines	27:40:00	06:55
Tony Dawbin	18:08	04:32	Mike Rodden	17:17	04:19	Murray Gowans	29:27:00	07:22
Neil Price	15:02	03:45	Bryan McLaughlin	19:04	04:46	Place: 1/6	01:20:05	
Place: 4/9	01:20:19		Jas Dullabh	19:25	04:51	Wellington Scottish C		
Trentham Harriers A			Place: 3/4	01:29:08		Kathryn Fraser	29:56:00	07:29
Paul Homan	16:32	04:08	Wellington Scottish B			John Palmer	26:18:00	06:34
J Jacobson	16:43	04:11	Michael Browne	21:24	05:21	Kristeene Parkes	28:04:00	07:01
R Curry	16:31	04:08	Gordon Walker	21:39	05:25	Place: 2/6	01:24:18	
T Bedlington	17:50	04:28	Ken Howell	17:23	04:21	Wellington Scottish B		
S Bligh	18:19	04:35	Ross Lake	18:45	04:41	Mick Rice	30:12:00	07:33
Place: 5/9	01:25:55		Paul Rodway	16:44	04:11	Robert Bennett	27:24:00	06:51
Kapiti			Place: 4/4	01:35:55		Peter Tearle	30:45:00	07:41
C Carnihan	16:27	04:07	<u>Grade: 300+</u>			Place: 3/6	01:28:21	
Kevin Jones	18:04	04:31	Wellington Scottish			Wellington Marathon Clinic A		
Roger Childs	16:46	04:12	John Heap	16:31	04:08	Bruce Campbell	31:07:00	07:47
Paul James	17:06	04:16	Bob Stephens	16:34	04:09	B Bala	32:56:00	08:14
Brian McKeon	17:36	04:24	Colin MacLachlan	17:59	04:30	Brian Read	31:12:00	07:48
Place: 6/9	01:25:59		Brian Cattermole	17:26	04:22	Place: 4/6	01:35:15	
Wellington Harriers B			Peter Pohl	19:37	04:54	Valleys United		
John Barrance	16:30	04:08	Place: 1/3	01:28:07		R McManus	33:16:00	08:19
Gary Clareburt	18:53	04:43	Valleys United D			D Rothsay	30:44:00	07:41
Ken Coad	18:31	04:38	S Robertson	18:52	04:43	Gordon Smith	31:51:00	07:58
Ian Ewing	16:29	04:07	Ted Linton	23:23	05:51	Place: 5/6	01:35:51	
John Weatherly	19:03	04:46	Albert Van Veen	19:12	04:48	Wellington Marathon Clinic B		
Place: 7/9	01:29:26		Don Brodie	17:58	04:30	Jack Smith	30:50:00	07:42
Trentham Harriers B			B Ryan	16:46	04:12	Mary Lynch	36:18:00	09:04
Nigel Doyle	17:38	04:25	Place: 1/3	01:36:11		Sue Hamlett	31:54:00	07:58
D Signal	15:58	04:00	Trentham United			Place: 6/6	01:39:02	
J Friedlander	19:46	04:57	P Murphy	19:21	04:50			
P Thorstensen	18:41	04:40	Peter Thomas	21:55	05:29			
J Raymond	17:31	04:23	Diane Rogers	20:06	05:02			
Place: 8/9	01:29:34		Harold Ross	17:51	04:28			
Valleys United C			R Rogers	17:56	04:29			
Robbie Hannan	18:25	04:36	Place: 1/3	01:37:09				
B Howard	18:42	04:40						
John Smeith	19:17	04:49						
D Moore	21:31	05:23						
Andy Gill	14:08	03:32						
Place: 9/9	01:32:03							



COMING EVENTS

2003

June

1	Christchurch Full & Half Marathon	Christchurch
1	Aurora Handicap Marathon	Upper Hutt
1	Mt. Maunganui Half Marathon	Mt. Maunganui
7	Dome Cup (Interclub) - (new course)	Trentham Memorial Park
29	Harbour Capital Half Marathon - (new course)	Wellington (Westpac Stadium)

July

2-13	World Masters Track & Field Champs	Puerto Rico
5	North Island Cross Country Championships	Taupo
19	Wellington Cross Country Championships	Waikanae
5	North Island Cross Country Champs	Taupo

Aug

3	Masters 8km Road Race & Walk	Johnsonville
9	ANZ/NZMA Cross Country Champs	Tauranga
23	Wellington Road Championships	CIT Circuit, Trentham

Sept

6	New Zealand Road Championships	Wellington Waterfront
14	Sydney Full & Half Marathon	Sydney
23	City to Surf Half Marathon	Tauranga

Oct

4	New Zealand Road Relay Championships	Fielding
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Nov

2	Masters 10km Road Race	Lower Hutt
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2004

Feb 14	Buller Gorge Full & Half Marathon	Westport
Mar 6	Natural Gas Corporation Marathon	New Plymouth
April	Masters Long Distance Championships	Auckland
May	40 th Fletcher Challenge Forests Marathon	Rotorua
Oct	OAVA Masters Track & Field Champs	Rarotonga

UNIFORMS

WELLINGTON MASTERS SHORTS AND POLY/COTTON MESH SINGLET'S CAN BE ORDERED THROUGH MICHAEL CLARK - TELEPHONE 566 8755

NEWTOWN PARK KEY

The key to Newtown Park was changed on 1 May, 2002 and new keys are now available for a cost of \$15 from the Wellington City Council Parks & Reserves Department. Old keys MUST be returned.

CHANGE OF ADDRESS

If any member changes their address, it would be appreciated if they could notify the Subscription Secretary. This enables us to keep records that are accurate and up to date and ensures that you continue to receive your newsletter. It is also important that Club Co-ordinators notify the Secretary of any change of address to enable the information to keep getting out to the clubs in the Centre.

Please detach and give to any prospective new Master Member or to anyone you know who has not renewed their subscription

WELLINGTON MASTERS ATHLETICS INC

**SUBSCRIPTION FOR THE 2002/2003 YEAR
(1 September 2002 to 31 August 2003)**

\$30 = \$27.50 NZMA, \$2.50 WMA

NAME(S): _____

ADDRESS: _____

BIRTH DATE(S): _____ **EMAIL:** _____

CONTACT PHONE No. _____ **CLUB (if any)** _____

\$30 (\$60) Enclosed. Cheques made out to Wellington Masters Athletics – WMA

SEND TO: VERONICA GOULD, 95A ELLICE STREET, MT VICTORIA, WELLINGTON 6001

Please advise any change of address as soon as possible



122 Onslow Road, Khandallah, Wellington 6004

If unclaimed please return to:-

WELLINGTON MASTERS ATHLETICS