

# THE

# MASTER

# COPY

Newsletter of the Wellington Masters Athletics Inc.

Volume 2 Issue 3

August 2003



Don't forget.....  
**Master's 10 Km Road Race – November 2<sup>nd</sup> – Lower Hutt**

## WELLINGTON MASTERS ATHLETICS INC.

### COMMITTEE MEMBERS 2002-03

PATRON:	Arthur May	24 Motuhara Road, Plimmerton, Porirua 6006	2339412
PRESIDENT: (Acting)	Peter Hanson	24 Park Avenue, Titahi Bay, Porirua 6006	2368074
VICE PRESIDENT:	Peter Hanson	24 Park Avenue, Titahi Bay, Porirua 6006	2368074
SECRETARY:	Kathryn Fraser	49 Dress Circle, Newlands, Wellington 6004	4774914
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	Vic Marks	6 Blucher Avenue Newtown, Wellington 6002	3899993
	Brian Watson	58 Bannister Avenue, Johnsonville	4786232
EDITOR:	John Palmer	122 Onslow Road, Khandallah, Wellington 6004	4792130
MASTERS RECORDS:	Melanie Watson	17 Larsen Crescent Tawa, Wellington 6006	2327392

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### CLUB CO-ORDINATORS

CAPITAL RUNNERS:	Ray Marten	68 Donald Street, Karori, Wellington	4768292
H V HARRIERS:	Ian Blyth	3 Chilton Grove, Lower Hutt	9349350
H V MARATHON:	Ray Venables	176 Stokes Valley Road, Lower Hutt	5638058
KAPITI:	John Hammond	148 Wellington Road, Paekakariki	04 2928030
KIWI:	Vic Marks	6 Blucher Avenue Newtown, Wellington	3899993
OLYMPIC:	Brian Watson	58 Bannister Avenue, Johnsonville	4786232
RIMUTAKA:	Mike Clark	12B City View Grove, Lower Hutt	5668755
TRENTHAM UNITED:	Diane Rogers	42 Elmslie Road, Pinehaven, Upper Hutt	5282316
SCOTTISH:	John Hines	Flat 88, Central Park Flats, 20 Naim St, Wellington	3843231
UNIVERSITY:	Colin Sasse	42 Naenae Road, Naenae, Lower Hutt	5679516
VALLEYS UNITED:	Don Brodie	30 Sunshine Crescent, Kelson, Lower Hutt	5650705
WAIRARAPA:	John Eccles	13 Keir Crescent, Masterton	06 3773479
WELLINGTON:	John Weatherley	8 Richmond Avenue, Karori, Wellington	4767223
WGTN MARATHON:	Bruce Perry	61 A Clifford Road, Johnsonville, Wellington	4783641
WELLINGTON VETS:	Colleena Blair	43 Elmslie Road, Pinehaven, Upper Hutt	5282992

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

CLUB REPRESENTATIVES AND MEMBERS ARE ALWAYS WELCOME

## EDITORIAL

### "CRIMINAL NUISANCE" HAVING FAR REACHING EFFECTS

Section 145 of the Crimes Act 1961 reads:

"Criminal nuisance (1) Every one commits criminal nuisance who does any unlawful act or omits to discharge any legal duty, such act or omission being one which he knew would endanger the lives, safety, or health of the public, or the life, safety, or health of any individual.

(2) Every one who commits criminal nuisance is liable to imprisonment for a term not exceeding one year"

In the Collins English Dictionary "Criminal" is defined as follows:

**Criminal** (krim-i-nal) *a.* guilty of, or pert. to, crime; wicked."

"Nuisance" is defined as follows:

**Nuisance** (nu'-sans) *n.* something harmful, offensive, or annoying; a troublesome person; a pest; an inconvenience; annoyance; offence against public order or decency [Fr. *nuisant*, harming; fr. L. *nocere*, to harm].

The recent Court case in Christchurch where the organiser of a bike race was found guilty of "criminal nuisance" after a competitor was killed after colliding with a car in what some believed to be a closed road has sent organisers of various events throughout the country into a frenzy. The day after the verdict was reached, different people were commenting on the detrimental effect this decision would have on any event that is run where there is the possibility of someone becoming injured or killed taking part. The athletic bodies around the country must be concerned with the number of road races that are held throughout the country over a period of 12 months. Even the organising of the Santa Parade was worthy of mention by one commentator. Has the Government gone too far this time with the passing of the new OSH legislation which seems to have some pretty far reaching powers. I must add that the Christchurch case did not come under the new legislation recently passed.

Last weekend, 16<sup>th</sup> August saw the running of the Bays Relay in Wellington. This event nearly didn't go ahead as I understand the Race Director quit early in the week before the event concerned because of the outcome of the Court case and the dangers of proceeding with the event. Graham Tattersall stepped into the breach and the event was held with strict rules in place regarding instant disqualification to any athlete and team who breached any of the safety measures put in place. Also notable was the lack of Wellington Harrier athletes taking part as most of the club members who would normally have been in a team were called to duty to act as marshals on the various streets along the course. Taking out this many athletes just lessens the competition. The event was covered by TV 3 and an interviewer was seen talking to both officials and athletes at many of the changeover points. Later in the evening there was edited coverage of the event and an interview with Graham on 3 Sport.

Our own Masters 10km road race at Lower Hutt on 2 November 2003 could also be in jeopardy. The race organiser is going to contact the Hutt City Council to obtain permission to hold the event, and depending on their reaction, will depend on the future of the event. Speaking with the race organizer recently he informed me that he does have another course in mind should the use of roads for the race become a problem.

It will be interesting to see next year how many events do not reach the syllabus with clubs and organisers not prepared to take the risk involved with putting on events.

John Palmer, Editor

## Letter to the Editor

### Recruitment and Retention of Members

In response to the editorial in the June 2003 issue:

The level of an organisation's subscription will always present a barrier to persons who are in difficult circumstances, or to those whose motivation or level of interest in an organisation's activities is low. Whether we would gain anything from these groups by lowering our subscription rate is doubtful. I believe that effort would be better exerted in trying to make Masters athletics, and our Association's role in it, more attractive.

I feel very strongly that cutting costs by cutting communications with members – the magazine – would be counter-productive.

Raising the entry fee for participation of non-members in Masters events is likely also to be counter-productive. I too would use the Classic Relay as an illustration. The Kapiti Harrier and Multisport Club encouraged members to run in the event this year, and achieved a good turnout. We did it because we wished to promote the event, and believed that our runners would enjoy both the racing and the atmosphere – which they did. The premium entry fee for non-members of the Association caused us to pause, but did not eventually deter us. Were it to be increased significantly next year I think that we would be discouraged from repeating the exercise.

It may be that the event has brought no immediate benefit to the Association, but a seed may have been sown. To us the important thing was to get runners of Masters age involved in the event, and let them thereby draw their own conclusions about the value of Masters Association membership.

I would suggest that the most positive way of promoting the Association would be to have more road and cross-country events (particularly the latter) as a balance to the substantial and more sustained track and field programme. The Kapiti Club has looked sympathetically on the notion of a Masters cross-country event, run on the Kapiti Coast, for near the end of the season in 2004. A couple more events of this nature would add considerable value to the Masters annual calendar, and increase its attraction for potential members.

Yes, I can confirm that Mother's Day did represent a problem when we were recruiting members for our teams, but I doubt whether an earlier starting time would have helped in this regard.

Brian McKeon  
Kapiti Harrier and Multisport Club

*Thanks for your reply Brian – I hope the new Committee will take on board your comments and that some other clubs may try and encourage members to support the Masters events that are held. – Ed.*

## OOPS - OMISSIONS LAST ISSUE

### **NELSON HALF MARATHON**

M60-64 John Barrington 1st 1:35

### **CHRISTCHURCH HALF MARATHON**

M60+ John Barrington 3<sup>rd</sup> fastest 1:33  
M65+ John Barrington 1<sup>st</sup> 1:33

### **ROTORUA MARATHON**

W65-69 Judy Hammond 2<sup>nd</sup> 4:57:41

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## GEORGE AND HIS MOTHER-IN-LAW

George went on a vacation to the Middle East with most of his family including his mother-in-law.

During their vacation and while they were visiting Jerusalem, George's mother-in-law died.

With the death certificate in hand, George went to the American Consulate Office to make arrangements to send the body back to the States for proper burial.

The Consul, after hearing of the death of the mother-in-law told George that the sending of a body back to the States for burial is very, very expensive. It could cost as much as \$5,000.00. The Consul continues, in most cases the person responsible for the remains normally decides to bury the body here. This would only cost \$150.00.

George thinks for some time and answers, "I don't care how much it will cost to send the body back; that's what I want to do."

The Consul, after hearing this, says "You must have loved your mother-in-law very much considering the difference in price."

"No, it's not that," says George. "You see, I know the story of a person buried here in Jerusalem many years ago. On the third day he arose from the dead!

"I just can't take that chance...".

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**Don't forget the AGM**

**MONDAY 8<sup>th</sup> SEPTEMBER**

## **OBITUARY** **JOHN DAVIES 1938-2003**

A leading international athlete in the 1960s, later a top coach, member of the Athletics New Zealand Board and event promoter, John had been battling cancer for some time.

"The New Zealand Olympic Committee is saddened to announce the death of its President John Davies after a long battle with cancer".

John had been President of the NZOC since October 2000, succeeding Sir David Beattie. His life had been dedicated to Olympism and the Olympic Movement.

John was an outstanding New Zealand athlete, winning a bronze medal in the 1500 metres at the 1964 Tokyo Olympic Games, and a silver medal in the one-mile event at the 1962 Commonwealth Games in Perth. He continued his connection with athletics after he retired from competition, coaching numerous world champions and Olympic athletes. John was elected President of the NZOC after his successful tenure in a similar post with the New Zealand Olympic Academy.

NZOC Secretary General Barry Maister says John's death is a great loss.

"If there is one person who lived his life alongside the values of Olympism, it was John Davies".

"He was dedicated to a belief that sport was more than just competition and more than just medal winning. John believed that sport played a major role in building character, allowing individuals the opportunity to conquer themselves".

"John Davies was a truly inspirational human being and he will be a great loss to the Olympic Movement. Our thoughts are with his family and his great many friends at this sad time".

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## **WORLD MASTERS AWARD**

New Zealand Masters Athletics President, Jim Blair, was this week awarded Honorary Life Membership of World Masters Athletics for his service to Masters Athletics.

Attending the World Masters Congress in Puerto Rico, Blair, who remains active at local level as a senior official, regional administrator and competitor in Wellington, was recognised for his strenuous efforts on behalf of masters (formerly veteran) athletics. This includes eight years as Oceania Regional Delegate to World Masters Athletics and six years as WMA Vice President (Stadia). He is also a member of the IAAF Masters Committee.

In addition, Blair spends a great deal of volunteer time conducting coaching and 'Run Jump Throw' development courses in the Pacific Islands, through the New Zealand Masters Athletics support of the sport in the Oceania region.

## **OBITUARY** **BERNIE KAISER 1912-2003**

It was with sadness that we recently noted the passing of Bernie Kaiser.

Bernie was still very active up to a few years ago when illness ended his competitive career. Over the recent years during the track season he could be seen on most Saturday afternoons down at Newtown Park taking in the days events.

Bernie set many age group records at the track here in Wellington and throughout the country. Some of those records he set in the 100m, 200m and 400m still stand today.

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## **TOO HOT**

At the recent Dome Cup held over the new course at Trentham Memorial Park, Masters committee member Michael Clark was reportedly seen at the first water jump, standing in the middle of the stream splashing water all over himself. It is not known whether he had set such a blistering pace or the conditions were too hot that he had to cool himself down. It is also not known whether he slipped into the water jump or intentionally climbed in on his own accord.

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## **WORLD MASTERS ATHLETICS** **GENERAL ASSEMBLY**

At the General Assembly held on 10 July 2003, the following matters were discussed and resolved:

The age for Masters men was lowered from 40 to 35 years. Men and women Masters will now both start at 35 years. This will become effective as soon as it is ratified by the IAAF.

The World Masters Indoor Championships were approved with the inaugural championships being held at Sindelfingen Germany in March 2004.

On line entries for world championships will now be possible and will be first trialled at the WMA Non Stadia Championships in Auckland in April 2004.

The 2006 WMA Non Stadia Championships were ratified for Vancouver Canada 8-14 May 2006.

The 2007 WMA Stadia Championships were ratified for Riccione Italy in July.

## **MEMBERSHIP**

At the time of going to print our membership for the current financial year is 122. Welcome to Harry Ross (Trentham) and Ken Ritchie (Olympic) who have renewed their membership.

## **AGM REMINDER**

The Annual General Meeting of Wellington Masters Athletics will be held on Monday, 8th September 2003 at Newtown Park commencing at 7.30pm. Nominations for the office of President, Vice President, Secretary and Treasurer must be in the hands of the Secretary 30 days before the AGM. Nominations for Committee will be accepted from the floor at the meeting. Please give serious consideration to standing for a position on the Masters Committee, as we need vacant positions to be filled to ensure the continuing success of Wellington Masters. A light supper will be served at the conclusion of the meeting.

## **Physical Energy: How acceleration gliders will bring more bounce to your step**

Almost every day runners complain that they feel "heavy".... that they seem to be pounding more on each foot. Here's a proven way to break out of this.

1. After a 5-10 minute warm up, of slow jogging find a gentle downhill of 20-40 running steps to get a little momentum.
2. Touch lightly with your feet as you run down this incline, picking up the pace slightly and then glide into the flat surface for a few strides.
3. Repeat this several times, increasing the number of gliding strides by 2-3 each time.
4. No sprinting — just a slight pick up of the cadence of your stride, due to a light touch of each foot.

As you do this, once a week, your whole body learns how to run lighter, which is energizing in itself. In the process, you're conserving energy which can be used later. [For more info on this see: GALLOWAY'S BOOK ON RUNNING SECOND EDITION pp 145-147].

## **Energy Source: How to stay energized all day long by eating more often (and you can still lose weight)**

Each time you eat, even when it is a small amount of food, your metabolism speeds up. This is energizing in itself. In contrast, when you wait more than 3 hours between snacks or meals, your metabolism slows down, leading to feelings of laziness, fatigue, hunger, and drowsiness.

1. Small to moderate snacks, every 2 hours or so, can keep you energized all day.
2. Simple carbohydrates (high sugar and refined flour, etc.) are not recommended because you can easily consume too many calories. They are processed quickly and leave you hungry quickly.
3. Snacks that leave you feeling satisfied longer contain complex carbohydrates, some protein, and a little fat (10-20% of the calories).
4. Big meals leave you lethargic also, and draw blood away from muscles that could be exercising.

If you're not feeling motivated to exercise at any point in the day try an energy snack of about 200 calories, with a caffeine drink. Caffeine further enhances the metabolism increase from eating. [For more info on this see: GALLOWAY'S BOOK ON RUNNING SECOND EDITION pp 226-227].

## RUN WELL ON 4 DAYS A WEEK

The 4-day training week can be a very rewarding way to train for many runners. Hard enough to include several key workouts that will maximize fitness and race readiness. But easy enough so that it fits into the rest of your life and lessens the chance of over training and injury.

So who is eligible for this type of program? Those who are relatively new to running are an obvious choice, but it can also benefit runners training up to 10km. Then there are those who have restricted time, or who have physically demanding jobs.

If you are training for events that are relatively short, such as a 3km, 5km or even 10km, then quality speed sessions are really the focus. There is a certain point for every runner where increasing weekly training volume is going to produce inferior performances and it is at this point that less volume needs to be cut back a level and the focus switched to quality.

However, despite the promise of improved performance on a 4-day a week program for shorter events, this will only happen with correct training selection and planning. Let's face it: 4 easy runs per week are not going to get you running a 5km PB.

The four key sessions you need to include each week are: a long run; a tempo session; VO<sub>2</sub> max intervals; and a recovery run with strides. Each of these sessions has a different focus, and is important to your overall running performance. Cutting out one of these key sessions may leave you lacking in that particular aspect of your running, and performance will suffer.

### The 4 Key Sessions

#### 1 Long Run

**What and why:** The long run is a cornerstone session in any running program, even for those runners focusing on a 5km event. The session is aimed at improving aerobic endurance, so it does not need to be done at a high intensity. Your long run is best done over undulating terrain so that you gain some strength development as well as aerobic adaptations.

**How:** The long run should start with 10 minutes of easy jogging, and some drills to allow for an adequate warm-up. Once you've finished your warm-up, you need to pick the right pace for the rest of the run. You should be running at moderate intensity only - it should not feel too hard, but not too easy either. It should be moderate and sustainable. Finish the session with an easy 10-minute cool down.

Build up your long run to 60 to 90 minutes total (including warm-up and cool-down). The total duration that you need to build to is related to your starting level and training background. There is no point running for too long and detracting from your quality sessions mid-week because of fatigue. The rate at which you build the

duration of your long run depends on your starting point; this may occur quickly or over many months. If you do not usually run for an hour, start your first long run at the length of your longest run during the previous 4-week period, and then build by 10 to 15 percent each week.

#### 2 Tempo Session

**What and why:** This is the key session to improving anaerobic threshold, running economy and strength, as well as improving your aerobic endurance. This session should be run at approximately your anaerobic threshold, which, for an experienced runner, is an intensity that can be held for about 60 minutes. This pace will be about 20 seconds slower per kilometer than your 5km race pace. The desired intensity for the tempo efforts is something that is uncomfortable and difficult, but not hard.

**How:** This run is best done on a flat to slightly undulating course, and on grass or dirt. The session should start with the usual 10-minute warm-up and finish with a good 10-minute cool down. The main portion of the session should include numerous efforts ranging from 5 to 10 minutes, with a work to rest ratio of 2:1.

If you're new to this kind of training, your first tempo session should be made up of 2 x 5-minute efforts, and gradually build up to 2 x 8-minute efforts or 3 x 5-minutes. The more experienced runner can start with 2 x 5-minute tempo efforts and build up rather quickly to 2 x 10-minutes. When trying a new session, make your first session of this type a little easier than you think you can handle. After you have this initial experience, you are able to build relatively quickly if you have a solid training background.

#### Sample workouts:

**3 x 6-minute:** Follow a 10-minute warm-up with 3 x 6-minute tempo efforts with a 3-minute recovery jog. Finish with a 10-minute cool down.

**2 x 8-minute:** Follow a 10-minute warm-up with 2 x 8 minute tempo efforts with a 4-minute recovery jog. Finish with a 10-minute cool down.

#### 3 VO<sub>2</sub> Intervals

**What and why:** These intervals are designed to improve VO<sub>2</sub> max, the maximal amount of oxygen that the body can use while running. If you can boost your VO<sub>2</sub> max, you'll produce more aerobic energy, and thus be able to run faster at high intensities. This session also produces anaerobic adaptations that are important for shorter distance events up to 5km, and neuromuscular adaptations that are critical in maintaining relatively high speeds over these shorter distances.

**How:** The effort part of these sessions should be done at 5km race pace. They should feel very hard and be difficult to maintain. Start with an adequate 10-minute warm-up; and this time include some 50m to 100m strides to prepare your body for the high intensity efforts ahead. Finish with a 10 minutes of easy jogging.

The main part of this session consists of 3 to 5 efforts of 600 to 1000m at the recommended pace. If your 5km

PB is less than 20:00 then use 600's, 800's and 1000m efforts. If your 5km PB is more than 20 minutes, then use only 600's and 800's in your session, as this effort will be enough to produce an optimum VO2 max response. Between each effort take a 90-second to 2-minute recovery in the form of an easy jog.

When you're doing this for the first time, do only 3 intervals of your chosen distance, making sure they are of high quality. You can then build the quantity and distance over time.

#### **Sample workouts:**

These examples include an easier session and a harder session:

**3 x 600m with a 90-second recovery.**

**5 x 1000m with a 2-minute recovery.**

The number of VO2 intervals you are able to compete in one session depends on your running background, but as a good rule of thumb, when the quality of the effort drops, stop the session then and there. If you are unable to maintain the desired pace you are better off finishing the session, because the adaptations you're working for aren't happening.

#### **4 Recovery Run with Strides**

**What and why:** This session is slightly easier than the others, but is still an important one. It provides active aerobic recovery training so you can freshen up while still getting some light aerobic conditioning. The key is to make it easy. If you go too quickly, then you defeat the purpose of the session.

**How:** There is no need to warm-up for this one because the intensity and pace of the whole session is about that of your usual warm-up.

The recovery run period of the session should last between 20 and 25 minutes. Once you finish this, complete 2 to 4 strides of 50 to 80 metres on a flat grass surface. The strides keep you sharp and provide some light speed work without being fatiguing. These strides are not a sprint, but more a pace you could hold for about a kilometer. Because they're short bursts of 10 to 20 seconds, you will not find them very tough.

The strides are not aimed at any energy system adaptation, so take an easy walk recovery between each. You should finish the strides feeling better than you started, so don't push them hard. After the strides, allow for a cool down of light jogging.

#### **Sample workouts:**

**3 x 60m:** Follow a 20-minute recovery jog, with 3 x 60m strides with a walk back recovery. Finish with an 8-minute cool down.

**4 x 80m:** Follow a 25-minute recovery jog, with 4 x 80m strides with a walk back recovery. Finish with a 10-minute cool down.

#### **Your Training Week**

Put your training week together as outlined below. It does not matter which day of the week you do which session,

although most runners structure their week around the long run as it is the most time consuming.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Off	VO2	Off	Tempo	Recover	Off	Long
	Intervals		Session	& Strides		Run

If you are concerned about losing fitness because you are cutting back to four days, add in a small amount of cross training, provided that this is kept short and to a low intensity. This should only be done by those runners with a solid training background and are not going to compromise the quality of key sessions by increasing overall volume. These sessions can be an easy spin on the bike, a light swim or water run, or even a short easy jog. Give the 4-day week a try and you may well be pleasantly surprised by the results. Training volume is not everything, and through well planned sessions you will notice the benefits of running less but reaching your goals.

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## **What is the best sports drink?**

Despite some of the worlds best advertising from sports drink manufacturers, you cannot drink something during a run and have the nutrients go directly to the muscles. Drinking sports drinks during a long run, for example won't replace the electrolytes your body loses through sweating during that run.

Why then, should you drink them at all? The best answer is recovery. The reason researchers recommend Accelerade is that a growing volume of recent research is showing that by consuming 80% carbohydrate and 20% protein, during and after exercise, you'll speed up muscle recovery. Accelerade is the only sports drink that has this 80-20 ratio.

There are other reasons for stocking up on this sports drink now, as summer heat is building. By drinking 6-8 oz of Accelerade every 1-2 hours the day before long runs, you're more likely to go into the run with full hydration. Accelerade is the best product for getting fluid levels where they need to be.

Research done on endurance athletes shows that Accelerade does the best at going the distance.



## Results:

# 19<sup>th</sup> MASTERS ROAD RACES

## Sunday 3<sup>rd</sup> August 2003 at Johnsonville

The races took place in sunny, still conditions. The run is 5 times around a hilly 1-mile loop (8km), while the walkers do 4 laps for 6.4km. This year the first male runner was Dave Murgatroyd (Olympic), while the first female was Diane Rogers (Trentham United). The first walker was John Palmer (Scottish), with Diane Isherwood (Wainuiomata) second.

This year the number of entrants was up on previous years (25 runners and 9 walkers). The team's event was also a closely fought battle with 4 teams being within 10 points of each other. The winner on count back was Olympic on 45 points, followed by Scottish (also 45 points), Trentham United (49 points) and Valleys United (55 points).

The runners and walkers were treated to the usual hot lunch at the Olympic Harriers' Clubrooms. Thanks to Brian Watson for organizing the event, the marshals and timekeepers, the ladies who prepared the lunch, and finally all the athletes who took part to make the event the success that it was.

Place	Name	Club	Time	Ave km	Age place
1	Dave Murgatroyd	Olympic	29.38	3.42	1M40-44
2	Barry Newman	No club	31.27	3.56	1M45-49
3	Neil Price	Wellington	32.00	4.00	2M40-44
4	Chris Harp	Scottish	32.23	4.03	2M45-49
5	Murray Corles	Valleys	32.49	4.06	4M45-49
6	Paul Homan	Trentham	33.33	4.12	3M40-44
7	Robin Curry	Trentham	33.43	4.13	4M40-44
8	Peter Wrigley	Scottish	34.26	4.18	5M40-44
9	Richard Sweetman	Scottish	34.37	4.20	1M55-59
10	Mike Winsborough	Wellington	35.01	4.23	1M50-54
11	Chris Ward	Olympic	35.48	4.29	2M50-54
12	Ray Wallis	Carterton	38.23	4.48	1M60-64
13	Barry Howard	Valleys	38.33	4.49	6M40-44
14	Robbie Hanan	Valleys	38.49	4.51	3M50-54
15	Ken Ritchie	Olympic	40.11	5.01	2M55-59
16	Diane Rogers	Trentham	40.42	5.05	1W60-64
17	Albert van Veen	Valleys	41.00	5.07	3M55-59
18	Sue Childs	Olympic	41.23	5.10	1W45-49
19	John Hammond	Kapiti	41.55	5.14	2M60-64
20	Roy Rogers	Trentham	42.15	5.17	1M65-69
21	Harry Ross	Trentham	42.30	5.19	3M60-64
22	Peter Thomas	Trentham	44.30	5.34	1M70-74
23	Alison Wainscott	Valleys	44.31	5.34	1W40-44
24	Maryanne Palmer	Scottish	44.33	5.34	1W50-54
25	Ann Bould	Kapiti	44.35	5.34	1W55-59

### Walkers:

1	John Palmer	Scottish	43.19	6.46	1M
2	Diane Isherwood	Wainuiomata	44.46	7.00	1W
3	John Hines	Scottish	44.59	7.02	2M
4	Robert Bennett	Scottish	48.05	7.31	3M
5	Mick Rice	Scottish	48.19	7.33	
6	Gretchen Lash	Trentham	51.27	8.02	2W
7	Gordon Smith	Valleys	51.57	8.07	
8	John Turner	Scottish	52.39	8.35	
9	Margaret Bray	Scottish	58.39	9.10	3W

Diane Rogers was the winner of the Jim Lockhart and Mariette Hewitson Memorial Baton for being the closest to breaking an age grade record in the run.

## Recipe

### Creamy Bacon and Mushroom Pasta

300g spaghetti  
4 lean bacon rashers - chopped  
2 garlic cloves - crushed  
250g button mushrooms - sliced  
1 tablespoon cornflour  
375ml can Carnation light and creamy evaporated milk  
2 spring onions - sliced  
Freshly ground pepper

#### Step 1:

Cook pasta following the packet directions.

#### Step 2:

Heat a non-stick pan. Add bacon and garlic and cook, stirring for 2 minutes. Add the mushrooms and cook, stirring for a further 2-3 minutes.

#### Step 3:

Place cornflour in a small bowl and gradually add ¼ cup of the evaporated milk, stirring until smooth.

#### Step 4:

Add the remaining evaporated milk to the pan then gradually add the cornflour mixture, stirring constantly. Bring to the boil, stirring.

#### Step 5:

Add spring onions and simmer for one minute, stirring. Season with pepper before tossing through the drained pasta.

Serves 4.

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## TIPS FOR RUNNING HILLS

- Negotiate the hills efficiently, with as little disruption as possible to your rhythm.
- Concentrate on keeping your upper body relaxed, while you let your legs do the work.
- On gradual inclines, try to run a bit harder than you had been running on the flat before the hill.

- On steeper inclines, concentrate on lifting your knees and pushing off hard with every step.
- The steeper the hill, the more you should lift your knee.
- On the steepest inclines try to lift your knees so high that your thighs reach horizontal.
- The strong push-off and high knee lifts will increase both your stride length and the range of motion in your hips.
- As you reach the top of each hill, focus on running all the way over the top until you reach the flat.
- Use the flat or downhill on the other side for recovery. Keep running – even if at a gentle jog.
- Go carefully on the down hills – lean into them, to the point that you feel you're about to fall on your face.
- Try to get your legs turning over as fast as you can with short, quick strides. With a little practice, you'll find yourself running down hills with less effort, less pounding, and more speed.

The more you run hills, the more you'll find yourself adjusting to them automatically and your stride shifting to "hill mode" without any thought or effort.

#### Caution:

You should, however, be cautious about hill work if you have an injury in your calf or achilles tendon. Even if you do not, you should still be sure to stretch these areas of your legs especially well before starting.

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The doctor that had been seeing an 80-year-old woman for most of her life, finally retired. At her next checkup, the new doctor told her to bring a list of all the medicines that had been prescribed for her.

As the young doctor was looking through these, his eyes grew wide as he realised she had a prescription for birth control pills. "Mrs. Smith, do you realise these are BIRTH CONTROL pills?" "Yes, they help me sleep at night."

"Mrs. Smith, I assure you there is absolutely NOTHING in these that could possibly help you sleep!"

She reached out and patted the young Doctor's knee. "Yes, dear, I know that. But every morning, I grind one up and mix it in the glass of orange juice that my 16-year old granddaughter drinks... And believe me, it helps me sleep at night?"

## "I'd give up all my medals and records for my health"

The Interview - John Walker: A debilitating disease is slowing down one of the world's finest runners. Simon Turnbull talks to the 'Flying Kiwi' ahead of his big London reunion 03 August 2003.

It is 30 years now since John Walker first came to London. He didn't quite conform to the accepted norm back then either. "Yeah, that was the AAA Championships in 1973," he reflects, putting his feet up by the phone after a long day behind the counter at Stirups, the equestrian-supply shop he runs at his farm in Manurewa, South Auckland. "I happened to knock four athletes over and they disqualified me. I paid my £1 and protested grievously, stayed disqualified and like a brash young 20-year-old said I'd never run in England again as long as I lived. "I ate humble pie and ran there 87 times. It became like a second home to me."

The New Zealand legend will be back in his second home as a VIP guest at the 50th-anniversary celebration of the Emsley Carr Mile at the Norwich Union Grand Prix meeting at Crystal Palace on Friday night. The "Flying Kiwi" won't be breaking any rules this time. He will, however, be flying in the face of convention. For nine years now the man who pushed the world mile record through the 3min 50sec barrier has been slowed by the creeping debilitation of Parkinson's disease. He has refused to let it bring him to a stop.

"Considering what I've got and how long I've had it, I'm actually remarkably well," Walker says, without a hint in his quiet, cheery voice to contradict his claim. "There's a lot more worse off than I am. I still work 14 hours a day running the shop. I also do council work four or five nights a week. And I look after the kids and go to football, and play golf and do a bit of tennis. I just get on with life.

"I think that's probably the difference between myself and a lot of other people who have got this disease. Because it's debilitating, a lot of people just give up and sit around and watch TV and just get depressed. But I believe you've got to keep the brain occupied. I get up and get out of bed every morning and go to work."

Not that Walker can easily get on with his daily life. Like all Parkinson's sufferers, he struggles with such menial physical tasks as putting on his shoes and tying his laces. He gets frustrated and overwhelmingly tired at times. He says he would willingly give up all of his medals and his world records for his health. "But I take three tablets a day and that helps to keep me going," he swiftly adds. "It's just one of those things."

When Walker last visited Europe, five years ago, a Belgian doctor told him the illness might have been caused by a trauma he suffered at birth or by being exposed to chemicals and sprays at his farm. "It could be either or," he says. "No one really knows. But I believe they'll make a huge breakthrough one day with stem-cell research. I think that's the future for a lot of people."

The future for Walker is not so bright. He can expect his condition to worsen as the effect of the dopamine he takes three times a day gradually diminishes. For the time being, though, at the age of 51, he is as much of an inspiration as he was at the peak of his running powers, quietly getting on with his life in his beloved Manurewa, with his wife, Helen, and their four children: Elizabeth, 24, Richard, 19, Tim, 15, and Caitlin, 12. As well as running the family shop, he sits on Manukau City Council. "I'm chairman of the community development committee," he says. "It keeps me pretty busy."

It was ever thus. Few athletes were busier on the European circuit than the tall Kiwi with the flowing blond hair and the flowing long-legged stride. He became the first man to clock up a century of sub-four-minute miles, running his first in Victoria, British Columbia, in 1973 and his 129th and last at Gateshead in 1990. He was also the first miler to break 3min 50sec, running 3:49.4 in Gothenburg in 1975 - the year before his most famous victory, in the Olympic 1500m final in Montreal. It says much for his modesty that Walker says he is "privileged" to be invited to the 50th-birthday celebrations of the Emsley Carr Mile. The race was inaugurated in 1953, in memory of Sir Emsley Carr, former editor of the News of the World, with the express intention of encouraging athletes to break through the four-minute-mile barrier. The Emsley Carr Mile Trophy is a book, bound in red Moroccan leather and now running to its second volume, which lists the result of every race and the signature of every competitor.

The list of past winners includes Walker, Kip Keino, Jim Ryun, Filbert Bayi, Steve Ovett, Sebastian Coe, Hicham El Guerrouj and Haile Gebrselassie.

El Guerrouj, the holder of the world mile record, will be chasing a fourth successive win in the event at Crystal Palace on Friday night. Walker won just the once, at Gateshead in 1987. It was not his most memorable mile race in Britain, though. That was the Rediffusion Mile at Gateshead, three weeks after his Olympic triumph in Montreal in 1976.

"It was a windy, horrible day and this 19-year-old kid had a 40m lead on me with a lap to go," Walker recalls. "I was thinking, 'Gosh, is this guy going to come back?' and I remember writing a letter back home to my coach saying, 'I nearly got beaten tonight by a young guy and I don't even know who he was - somebody by the name of Sebastian Coe. Thank goodness the wind blew him backwards or he would have beaten me. Little did I know the impact this Sebastian Coe was going to have on the world after that.'"

A week later the young Coe broke four minutes for the first time, running in that year's Emsley Carr Mile at Crystal Palace. Walker was to finish behind Coe in the Briton's three world mile record runs - in Oslo in 1979 and in Zurich and Brussels in 1981. He also finished down the field in Steve Cram's record run in Oslo in 1985. "Shows you how long I was around," he says.

"That was a new era, when the Brits came through," Walker continues. "You have your time and day and I was lucky, I had four years at number one in the world. It's probably more than most ever get. And I remained in the top 10 for the next 10 years. The best will always move on and a new era will come along. I was just fortunate that I made the most of my time and my place."

Walker continued to compete at the highest level until 1990, when he made the final of the 1500m at the Commonwealth Games in Auckland. He always attributed his longevity to his ability to switch off from the pressures of the circuit. He made a point of drinking and socialising after every meeting. "That's something I noticed when I was in Europe five years ago: that it's changed so much," he says. "The athletes were so serious. I guess that's what professionalism has done to the sport. They sort of stayed in, quiet, and ate breakfast and lunch and dinner on their own, or with their agents. It's probably changed for the better in a lot of ways. I mean they don't have to run as many races. They earn a lot more money. They don't have to suffer the indignity that we did: lining up for 500 bucks outside the meet-promoter's door at 2am while he had dinner.

"But I think the crowd related more to us because we signed autographs for hours on end, we drank and ate with the meet promoters, we mixed with the athletes and partied afterwards. It was a way of life. I think a lot of sports have lost that. It's a shame, because all sports need personalities and heroes that the kids can relate to."

Not that the budding young sportsman in the Walker household is having much difficulty relating to the burgeoning new hero in New Zealand sport. Tim Walker plays on the wing for St Kentigern High School in Auckland, a position once occupied by Joe Rokocoko, the rugby union hat-trick hero of the All Blacks' 50-21 walloping of the Wallabies last weekend.

"We're on a roll," Walker Snr says, his patriotic blood stirred by mention of that Sydney slaughter. "We'll win the World Cup. You can still say that England are the favourites - or the second favourites, as I call them. But this All Black team have grown 10 feet since they lost to them in June. They'd only been together for a week back then, but now they're absolutely dynamic. And they'll get better and better and better. I think they're unbeatable."

Much the same was said of John Walker when he was at his peak, striding clear of the rest in his All Black vest and shorts. They held a tribute function for him in Auckland in April and called it the "Mr Invincible" Dinner. Even serious illness, it seems, cannot get the better of him.

Biography: John Walker CBE.

Born: 12 January 1952 in Papakura, New Zealand.

Major medals: Olympic 1500m gold, Montreal 1976. Commonwealth 1500m silver, 800m bronze, Auckland 1974. Commonwealth 1500m silver, Brisbane 1982.

World records: Mile: 3:49.4 Gothenburg 1975 (broke Filbert Bayl's record of 3:51.0). 2,000m: 4:51.4 Oslo 1976 (broke Michel Jazy's 4:56.2).

Milestones: Ran 129 sub-four-minute miles. First: 3:58.8 Victoria, British Columbia, 1973. Last: 3:57.02 Gateshead 1990. First man to run 100 sub-fours: at Mount Smart Stadium, (now the John Walker Stadium), Auckland 1985.

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

**The Editor, The Master Copy, 122 Onslow Road, Khandallah,  
Wellington**

or

**email to [palmer.palace@xtra.co.nz](mailto:palmer.palace@xtra.co.nz)**

## UNBELIEVABLE BUT TRUE!!!

The next time you are washing your hands and complain because the water temperature isn't just how you like it, think about how things used to be hundreds of years ago.

Here are some facts about the 1500s:

Most people got married in June because they took their yearly bath in May and still smelled pretty good by June. However, they were starting to smell, so brides carried a bouquet of flowers to hide the body odor.

Hence the custom today of carrying a bouquet when getting married.

\* \* \* \* \*

Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women and finally the children-last of all the babies. By then the water was so dirty you could actually lose someone in it.

Hence the saying, "Don't throw the baby out with the bath water."

\* \* \* \* \*

Houses had thatched roofs-thick straw-piled high, with no wood underneath. It was the only place for animals to get warm, so all the dogs, cats and other small animals (mice, bugs) lived in the roof. When it rained it became slippery and sometimes the animals would slip and fall off the roof.

Hence the saying "It's raining cats and dogs."

\* \* \* \* \*

There was nothing to stop things from falling into the house. This posed real problem in the bedroom where bugs and other droppings could really mess up your nice clean bed.

Hence, a bed with big posts and a sheet hung over the top afforded some protection. That's how canopy beds came into existence.

\* \* \* \* \*

The floor was dirt. Only the wealthy had something other than dirt.

Hence the saying "dirt poor."

\* \* \* \* \*

The wealthy had slate floors that would get slippery in the winter when wet, so they spread

thresh (straw) on the floor to help keep their footing. As the winter wore on, they kept adding more thresh until when you opened the door it would all start slipping outside. A piece of wood was placed in the entranceway.

Hence the term a "threshold".

\* \* \* \* \*

Sometimes they could obtain pork, which made them feel quite special. When visitors came over, they would hang up their bacon to show off. It was a sign of wealth that a man "could bring home the bacon" They would cut off a little to share with guests and would all sit around and "chew the fat."

\* \* \* \* \*

Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle, and guests got the top, or "upper crust."

\* \* \* \* \*

Lead cups were used to drink ale or whisky. The combination would sometimes knock them out for a couple of days. Someone walking along the road would take them for dead and prepare them for burial. They were laid out on the kitchen table for a couple of days and the family would gather around and eat and drink and wait and see if they would wake up.

Hence the custom of holding a "wake."

\* \* \* \* \*

England is old and small and the local folks started running out of places to bury people. So they would dig up coffins and would take the bones to a "bone-house" and reuse the grave. When reopening these coffins, 1 out of 25 coffins were found to have scratch marks on the inside and they realized they had been burying people alive.

So they thought they would tie a string on the wrist of the corpse, lead it through the coffin and up through the ground and tie it to a bell. Someone would have to sit out in the graveyard all night (the "graveyard shift") to listen for the bell; thus, someone could be "saved by the bell" or was considered a "dead ringer."

\* \* \* \* \*

And that's the truth... Now, whoever said that History was boring?

# Don't forget nominations for

## WELLINGTON MASTERS

## ATHLETICS



## SPORTSPERSON OF THE YEAR

It is time to put forward nominations for the Sportsperson of the Year Award.

**Award:**

Known as the Sportsperson of the Year Award.

**Period Covered:**

From 1 January to 31 December.

**How Nominated:**

Nominations may be made by Clubs, Centre Committees, and individuals or by athletes themselves.

**Criteria for Award:**

Achieving a medal at the WAVA or (WMA) Championships or World Masters Games.

Achieving a World Record or a World Best Performance.

Achieving a New Zealand Record or New Zealand Best Performance.

Achieving 90% or higher performance on the Age Graded Tables.

Achieving a meritorious performance or performances.

**Closing Date:**

The 20<sup>th</sup> January following the year for consideration.

**Selection:**

This is to be made by the Committee of Wellington Masters Athletics.

**Presentation Date:**

Either on the second day of the Wellington Masters Athletics Track and Field Championships in February following the year of consideration or at a special presentation dinner.

**Form of Award:**

A trophy has been donated by Jim and Colleena Blair and was won this year by Barry Prosser.

## COMING EVENTS

2003

**Aug**

3	Masters 8km Road Race & Walk	Johnsonville
9	ANZ/NZMA Cross Country Champs	Tauranga
17	Palmerston North Half Marathon	Palmerston North
17	Tough Guy Challenge	Rotorua
23	Wellington Road Championships	CIT Circuit, Trentham
30	Hawkes Bay Marathon	Havelock North

**Sept**

6	New Zealand Road Championships	Wellington Waterfront
6	Abel Tasman Coastal Classic	Golden Bay
14	Sydney Full & Half Marathon	Sydney
20	Fletcher Challenge Forests Relay	Rotorua
21	Lower Hutt Half Marathon	Petone
21	City to Surf Half Marathon	Tauranga
28	Manukau Full & Half Marathon	Clevedon

**Oct**

4	New Zealand Road Relay Championships	Fielding
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**Nov**

2	Masters 10km Road Race	Lower Hutt
2	BMW Auckland Full & Half Marathon	Auckland
9	Mainfreight Half Marathon	Napier
23	Masterton Full & Half Marathon	Masterton

2004

Feb 14	Buller Gorge Full & Half Marathon	Westport
Mar 6	Natural Gas Corporation Marathon	New Plymouth
April	Masters Long Distance Championships	Auckland
May 1	40 <sup>th</sup> 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 August, 2003 and new keys are now available for a cost of \$15 from the Wellington City Council Service Desk for Parks and Gardens. Old keys MUST be returned and those uplifting keys now have to sign for them and give contact details etc.

### 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**

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(1 September 2002 to 31 August 2003)**

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**\$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**



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