

Recent racing *Johnsonville road race*



Cathy Alderton
Winner of the
Jim Lockhart and Mariette
Hewitson Baton

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Trentham Harriers after the last race at Wellington XC Champs. | Photo courtesy Stephen Mair

President's report

Wellington Masters Committee Recruitment

Membership

Recruiting for the committee is proving challenging. Since the MoU, Masters members are largely via Wellington Athletics club memberships. Our membership base is dwindling, and with that comes a dwindling pool from which to gather officials etc.

Club reps

To get around this, I'm wondering if clubs supply a 'Wellington Masters Rep' to be on the committee for a year.

Now as Clause 9.2 of the Constitution states that the Committee shall be no more than eight members – should we be so lucky to be inundated – we could set up a roster.

I have written to clubs and hope to have a consensus of responses to discuss at the upcoming AGM.

Incentives

Paying committee members' club fees by way of incentive and a small thank you is one idea under discussion. We would welcome your feedback and/or suggestions?

Post injury racing joy

After being away from my beloved running for months, first with a knee injury and then with cracked ribs, I was overjoyed to be able to run with the Scottish W60 team at the Needle Relay.

My 'Gently Bentley' plan dissolved into thin air as I set off on my 3km leg. I went out far too fast (as I tend to do) chasing another runner – and I was feeling great as I powered along.

But.

Not for long; because fit – I am not!

Despite my seriously loud grunting and teeth gnashing for the final two and a half kilometres, as I proudly handed over the baton I experienced the long-craved for wonderful rush lung-bursting of pure joy that only of pure joy.

I'm still red in the face!

There will be more about returning to training post injury in the next newsletter.

Events – recent

WM Johnsonville Road Race, 23 July

We had a great turnout at the Johnsonville Road Race on Sunday 23 July – especially considering the awful weather the day before. Full results are on page 4.

I am a believer in the philosophy: "It's never too early to plan..." please do start thinking about your entry and team for next year!

WHAC Needle Relay Race, 26 August

Such a great turnout for this event, with even Wellington's wind under control, compared to the 60+ km/h on the Monday beforehand.

There were some very exciting results, including the W35 team from Scottish, namely: Emily Solsberg, Mel Brandon, Mel Aitken, Ayesha Shafi and Lindsay Barwick, who broke the course record. Mel Brandon's time of 11.04 broke the 3km lap, with Ayesha only one second behind.

Results can be found [here](#):

Events – upcoming

Season Opening Track & Field 2023-204

Saturday 14 October, time 2:00 pm - 5:00 pm
Newtown Park 323 Mansfield Street, Wellington, Wellington

See page 12 or go to athleticswellington.org.nz/events/

Website

We are grateful to Michael Wray who continues to manage the website content until such a time the current committee can have access. This can't happen until a new website is created, and we are still seeking someone with skills to do that.

If anyone can help, please contact a committee member.

Hope to see you at the AGM.

Liz Bentley | President



Notice of Annual General Meeting Thursday 28 September 2023

THE WELLINGTON MASTERS ATHLETICS INCORPORATED AGM WILL BE HELD

AT THE OLYMPICS HARRIERS CLUBROOMS, BANNISTER AVENUE, JOHNSONVILLE

COMMENCING AT 7.00PM

Nominations are called for the following positions

- President
- Vice President
- Secretary
- Treasurer
- Committee members

Duties include

President

- Spokesperson for Wellington Masters
- Chairs committee meetings and the AGM
- MC at the prize giving for the events run by Wellington Masters.

Committee member

- Time and expertise commitment to support and promote Wellington Masters

Nominations / remits

Nominations for the Committee will be called for from the floor at the upcoming AGM. Nominations can be submitted to the Secretary beforehand and must be in the hands of the Secretary by **Thursday 14 September 2023**.

Any Remits for discussion at the AGM must also be in the hands of the Secretary by **Thursday 14 September 2023**.

Albert van Veen | Secretary

Email albertvv@gmail.com

Postal 95 Kamahi Street Stokes Valley Lower Hutt 5019

The committee is looking forward to welcoming new members

Wellington Masters Athletics

39th Annual 8km road race and 6.4km race walk

Sunday 23rd July 2023

The weather conditions for this year’s event were reasonable with no wind, cool temperatures and a light rain started to fall near the conclusion of the race. This year 23 runners and 9 walkers took part.

Fastest female walker over the hilly four-lap course was Melissa Crompton (Olympic) and the male was Albert van Veen (HVH). Fastest male runner over the five-lap course was Darren Gordon (Olympic) and Cathy Alderton (Olympic) was the fastest woman. The Jim Lockhart and Mariette Hewitson

Baton for the time closest to an age group record (W60) was won by Cathy Alderton. The club team for the runners was won by Olympic and Scottish won the club team for the walkers.

Our thanks as always are extended to timekeepers, marshals, and recorders – as always, your support is very much appreciated. Thanks also to Olympic Harriers for the use of their clubrooms and the support they gave to this event.

Run 8km						
Name	Club	Age Grade	Time	Age Gr %	Race PI	Grade PI
Darren Gordon	Olympic	M50	32:47	72.19%	1	1
Darcy Mellsop	Olympic	M50	33:20	71.00%	2	2
Stephen Mair	Trentham	M61	34:42	75.02%	3	1
Kevin Thompson	Trentham	M58	34:53	72.62%	4	1
Bruce Atmore	Olympic	M58	37:37	65.35%	5	2
Mark Morriss	HVH	M44	39:38	56.85%	6	1
Graeme Moss	Olympic	M63	39:48	66.62%	7	2
Cathy Alderton	Olympic	W62	39:52	77.47%	8	1
Michelle Vos	Trentham	W42	40:26	61.46%	9	1
Sarah Hewton-Malins	Olympic	W39	42:37	57.29%	10	1
David Hood	Trentham	M64	42:49	62.51%	11	3
Paul Rodway	Scottish	M75	43:23	69.92%	12	1
Bruce Stewart	Trentham	M63	43:35	60.84%	13	4
Don Stevens	Scottish	M60	44:52	57.50%	14	5
Richard Doyle	HVH	M58	44:55	56.40%	15	3
Glen Wallis	Scottish	M59	45:19	56.42%	16	4
Kath Littler	Scottish	W44	45:51	55.03%	17	1
Sheryne Coverdale	Olympic	W65	46:37	68.90%	18	1
Terry Bedlington	Trentham	M64	48:55	54.72%	19	6
Martin Cherry	Olympic	M58	49:23	51.30%	20	5
Loretta Desourdy	Scottish	W68	50:01	66.68%	21	2
Mike Binkhorst	Olympic	M64	50:32	52.97%	22	7
Linda Rawlins	Olympic	W52	51:25	53.23%	23	1
Walk 6.4km						
Melissa Crompton	Olympic	W51	44:50	66.20%	1	1
Jackie Wilson	Trentham	W77	45:23	83.77%	2	1
Terri Grimmett	Scottish	W65	45:29	73.80%	3	1
Helen Willis	Scottish	W61	48:27	66.98%	4	1
Maryanne Palmer	Scottish	W70	50:04	70.07%	5	1
Sandy Dowling	Olympic	W67	53:33	63.77%	6	2
Andrea Adams	Olympic	W58	57:29	54.71%	7	1
Paula Binkhorst	Olympic	W59	60:45	52.35%	8	2
Albert van Veen	HVH	M76	60:46	61.82%	9	1

Note: age percentages are based on the new World Masters individual age percentages that come into force from 2022. A linear conversion of times from 6.4km (walkers) and 8km (runners) has been made to a World Masters standard distance of 10km, which means the percentages will be slightly favourable than if World Masters made available factors for 6.4km and 10km

National and North/South Island Championships

Editorial

John Palmer

Survival of National and North/South Island Championships – or will they become a thing of the past?

NZMS Wellington December 2022

In December 2022 Wellington Masters were the hosts of the NZ Masters track and field championships held at Newtown Park. Getting these championships off the ground was fraught with issues from the start with the entry form not being available until very late in the proceedings and then we also had the complication of getting enough officials to successfully run the event from Friday evening to Sunday afternoon.

At one of our committee meetings we had to make a decision at what stage we would have to consider cancelling the championships, as we were low in entries and were having difficulties getting officials to run the event. When running a championship event, you need a large number of officials as there are many events taking place at the one time. In the end we managed to have enough officials and with the partners of competitors offering to help after a last-minute call out.

Sadly, this is the trend right throughout New Zealand with a struggle to get officials to help out at Masters championships. I did hear that the Jennian Homes New Zealand track and field championships held in March also struggled to get enough officials and a call was made to Australia for some highly qualified judges to come over and help officiate at these championships.

In Wellington last year there were a number of Officials Education Courses held in October and November covering track and field with the opportunity of becoming a level C official. It was also a chance for existing A, B and C grade officials to benefit from an update of any new rules. These courses were well attended, and I do believe that some of those new level C officials did officiate in December. It will be

great if those that took part in these training courses continue and become more qualified so that they can assist at club, local and national events. In Wellington, as in the past when I was officiating, we do have a number of officials on the more “mature” side who will not be around forever to officiate, so we need newer, younger officials to take over and meet the shortfall.

Another issue facing running a Masters North or South Island, or a National championship, are suitable venues and membership. Not every Masters Centre has the facilities to host a championship event and also some Centres have low memberships and are not in the position to put up their hand to take on running a big event. And again, there is the problem of these Centres having enough officials as well. We have been a bit spoilt in Wellington, as over the years we have had a good number of officials, who in many cases, have travelled around to other Centres officiating whenever possible.

There is a roster that NZMA have for each Centre to host an Island, or National Championship, but as has happened in the past few years some Centres have had to forgo their turn of hosting and then this has then turned to other Centres to take on the role – as happened with Wellington in 2022. Taking on the hosting of these championships can be quite stressful with the amount of organisation involved and I certainly wouldn’t want Wellington to host another championship again in the near future.

If we are unable to get enough officials throughout the country trained up and willing and able to officiate at championships, then there may come a time when these championships may become a thing of the past. Perhaps some form of remuneration for officials might be something that the management of NZ Masters may have to look at for our organisation to survive?

John Palmer
Editor

Health

How being a runner helped me stride through lung cancer surgery



Roger Robinson running in a 10K less than seven weeks after lung cancer surgery.

Cutting-edge benefits from being race-fit at 83

I have been a competitive runner for more than 70 years and, as more years go by, I keep finding more good reasons to keep running. The latest, totally unexpected, is that it puts you in peak shape for surgery.

Not your problem? You're 100 percent healthy? Symptom free? Regular medical checks showing all clear? Super-fit for running? So was I.

The simple reality is that serious medical problems, and in some cases surgery, are an increasing hazard as you move through your sixties, seventies, and eighties. We are, it seems, mortal, although I don't recall ever agreeing to that arrangement. In my case, the out-of-the-blue diagnosis was the early detection of lung cancer.

I'm not writing to make a drama from that all-too-common experience, which was, in my case, skillfully and successfully dealt with. I want to pass on the main lesson I learned from the last six months: that being a runner in good shape made the whole process smoother, safer, faster, and less damaging long-term.

Full disclosure: I have no medical qualifications, nor special knowledge other than as a thoughtful lifelong runner. The remarks that follow are my personal conclusions from my personal experience. The only medical recommendation I offer is that running is good for you, in general, and in case you ever need to undergo surgery.

The better shape the body is in, the less serious and traumatic the experience will probably be. My running fitness was evident and appreciated before, during, and after the surgery.

Before

"I had an adequate margin to lose some capacity and still function comfortably."

When they measured my lung performance pre-surgery, I tested 153% for my age (that's a simplified version of the results). My doctors told me, "Even though lung lobe removal is the most effective treatment, we often can't undertake that significant surgery at your age (then 83), because the reduction in capacity would not leave sufficient to cope with normal life demands."

In other words, thanks to my runner's lungs (big, capacious, efficient), I had an adequate margin to lose some capacity and still function comfortably through life afterward. They kindly warned me that my running would be adversely affected, but I'd figured that out for myself.

My heart, too, gave enthusiastic proof that it had ample resilience to deal with the general anesthetic and whatever else I might have to undergo. I generally break age records on health clinics' treadmill tests. Resting pulse is low, the heart copes robustly with effort, it can hold high heart-rate levels without problem, and it recovers and returns to normal quickly and smoothly — all good signals for problem-free surgery, and not as common as we might think. My procedure got bumped by 24 hours because the patient before me had a cardiac incident on the operating table. My guess is that a lifetime of interval repeats made that less than likely for me.

Preparing mentally for the surgery was also helped by being accustomed to getting mentally ready to race. In the days before the operation, I told myself that this was easier than any race — all I had to do was go to sleep. I wasn't the one who had to perform at a top level or have my ability tested. Nevertheless, it felt like a test, a challenge, and I was aware that I was approaching it with that curious mix of nervousness, determination, and off-to-the-office relaxation that is typical before a race.

During

"The impact of surgery was probably not unlike the impact of a serious interval session —something to be tolerated, endured, recovered from, and adapted to."

Invasive surgery and removal of part of the body is serious stuff. General anaesthetic itself is a traumatic shock to the body. Yet despite my advanced age, I came through without any apparent problem. That is probably because a lifetime of hard racing

and training has accustomed my system to deal with extreme physical stress. Runners' bodies learn how to manage discomfort, even pain. That's not usual in our cosseted modern world, which inflicts stress on the mind more often than on the body.

My guess is that from my body's point of view, the impact of surgery was probably not unlike the impact of a serious interval session — something to be tolerated, endured, recovered from, and adapted to. The main difference between hard running and being carved up was that the latter happened lying down while I was unconscious. And there was free oxygen available.

My runner's leanness also paid off by simplifying the process of incision. When my family physician checked the scar, she said it was the smallest she had ever seen for the lobectomy procedure and attributed that to the fact that there was no body fat to be cut through and held in place. That made it possible for the surgeon to work without cutting muscles, leaving me without the usual damage to my shoulder and arm movement.

The only problem about being a post-surgery runner was revealed in hospital in the darkest hours of night. My low heart rate put on a nightly comedy show. My resting pulse is in the high 40s, and it apparently drops to low- to mid-30s at the time of deepest sleep. That's no worry for me, and it's normal for a well-trained runner, but it's below the official safety level of 40 beats per minute, and therefore a source of alarm and anxiety for the nice night nurse.

I figured that she does her rounds every four hours, taking blood pressure and checking vital signs. To save her worrying about me, and spoiling her well-earned rest, I learned to recognize the sounds as she crept stealthily from bed to bed, and I spotted the moving glimmer of her little flashlight. When she was one patient away, I would start secretly pumping my legs in bicycle pedal movements hidden under the blankets, watching the dial above my head creep up. 32—*pedal pedal*—36—*pump pump*—39—*pedal pedal pump*—42—over the line! By the time she reached me, my heart was at a reassuring 48 or 50 per minute, probably beginning to think I was off for an early run. The nice night nurse documented my stats, and continued on her rounds happy that all was well.

Thus, I conformed with what the modern world considers normal. I am grateful for the nurses' care to ensure I came safely through the night. But I wonder what the average Neolithic person's normal resting pulse was?

After

"The impact of surgery was probably not unlike the impact of a serious interval session —something to be tolerated, endured, recovered from, and adapted to."

Runners practice how to recover, over and over again. It's something we are very good at. We know how to rest, but also, given the choice between total rest and a cautious measure of activity, we know that low-level movement will usually bring the best recovery.

I was ready to walk pretty much as soon as the drainage tubes were disconnected. It was a great treat when I had to go for an x-ray and they didn't have a wheelchair free, so I hiked under escort along a maze of underground passages. They let me go home after only three nights.

The booklet they provided on "Lung Surgery: Home Management Guidelines" was helpful, but it again revealed the gap between runners and what is "normal." It advocated exercise, with caution initially followed by a slow increase. All good, except that the recommended exercise levels would not be worth a runner changing socks for. At the end of Week 1, the book's recommended level was five minutes easy walk, three times day; I was walking more than an hour without any strain.

After two weeks, I introduced a little slow running — literally one minute, then two minutes two days later. By such small steps, every second day, I have moved from 8 x 2 minutes in Week 3, to 10 x 3 minutes in Week 5, and up to 4 x 10 minutes in Week 7, with the walk recovery interval also slowly diminishing.

Runners are often told, "Listen to your body." I totally agree. But I also expect my body to listen to me. It's the age-old training principle of progress by small stages of overload and adaptation. As I walk or jog on my new lower-cylinder engine, I judge the point where I am slightly pushing the breathing, teaching the reduced lungs something new. The body willingly adapts, but only if you show it what it needs to do. I literally listen to my body. If I do too much, it makes noises like the character I used to read to my children, Thomas the Tank Engine.

There is double evidence of progress. I can chart it from the movement in my Thomas the Tank Engine limit, and the hospital's six-week x-ray also showed that the gap in the lungs is already being filled.

Continued overleaf

Will I ever get back to the racing level I was at before the surgery? Almost certainly not. Will I get to a level where I can be competitive enough to satisfy me? Probably, but not for many months, and after that who knows? I'm willing to try. The benefits of running are too great to stop. And there's a lot to discover about running on reduced lung capacity.

Postscript

At our six-week sign-off consultation, the surgeon told me, "Lead your normal life." I whispered to my wife, "He has no idea!" A few days later, less than seven weeks after the surgery, I registered for a 10K, initially only to make up a team, and anticipated walking much of it. But I unexpectedly found myself able to hold a pace just below stressing the breathing. I guess an experienced runner is good at finding that level. And so I ended by running the whole 10K, months before I expected that to be possible, in 61:38.

Not bad, though not close to my best recent time pre-surgery, 52:49.

Two weeks later, after doing some repeat 400s to work the breathing, I tried a 5K. Again, bad and good news: 29:59 was five minutes slower than I could run before the surgery, yet five minutes faster than I thought would be possible at this time.

Always another challenge. I'm realistic about the gap, but hopeful that I can close some of it. I'll have fun trying, and I'll be healthier for the effort.

Roger Robinson is a leading writer and historian of running, and lifetime elite runner. He won the world cross-country championship in his 80-84 age-group in February.

His latest book is Running Throughout Time: the Greatest Running Stories Ever Told. (Meyer & Meyer)

Runners' carbon footprint

Understanding what reducing our carbon footprint means

Written by Stephen Day

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Those of you who, like me, serve as a soldier in Wellington's standing army of public servants are now adept at recording every kilogram of carbon we emit in pursuit of serving the bureaucracy. We know the carbon cost of travelling to work, of working from home, of switching on the lights and of failing to compost our scraps.

It's been a long time getting started, but we are finally on the journey to understanding what reducing our carbon footprint means for our day-to-day working life.

But, for our other life, our running life, there is no reporting, analytics or analysis. We just take the best guess about how to live in a way that reduces our impact on the climate.

Me, I spend 45 hours each week at or on my way to and from work. I spend about 5 to 8 hours a week engaged in physical activity and recreation — mostly running. Some of that running

overlaps with commuting, which is accounted for in my work's carbon emission reporting. The rest belongs predominantly to Wellington Scottish and the Wellington running community. Carbon-zero running sounds like it should be some space-age-Kipchoge-level technology. In fact, it is about removing the carbon from the Wellington Scottish ledger.

Running should be climate-friendly. Apart from the shoes, very little carbon is emitted from the actual act of running. But once we turn it from a casual thing we do — lace up our sneakers and run out the front door for 30 minutes — to a structured, competitive sport, we introduce layers of complexity that all start emitting carbon.

I have travelled to seven countries and sat on numerous long-haul flights to run races. I have driven thousands of kilometres, and imported running gear from across the globe. Because of this, I know I don't have any moral authority. And I don't claim technical knowledge to share on our path to carbon zero running — just a concern that we can do things differently.

How can our club do more to lower our impact on the climate? Here are some suggestions:

Buying environmentally friendly shoes and clothing such as Adidas and recycling it all afterwards helps a bit, but the big carbon-friendly changes we can make are around transport. When you buy new gear from a company that claims to be environmentally friendly, it is normally either focused on reducing plastic (a good thing, but a separate issue to carbon emissions) or it is offsetting its emissions (also a good thing) rather than reducing them. Ultimately though, all new products have a carbon cost to them. Buying more stuff, no matter its provenance, means more carbon emissions.

We should still take these actions — both as individual consumers and as connected citizens. Wellington Scottish can be one of many voices in the national and global citizenry pushing for change. For example, we can demand running shoes made from recycled materials, reducing the sport's carbon footprint. We can pressure to restore NZ manufacturers of running shoes so we can change from overseas companies. We can advocate for our national grid generators to use only renewable energy sources, such as solar or wind, to power event equipment, lighting, and sound systems. All of these actions ask other people, companies and politicians to change.

But the most important measures we can take to significantly reduce our carbon emissions are local ones that we, as a Wellington community, have direct control over — transport to and from our runs and the location of our runs. These local measures are where we can make urgent and significant reductions to our emissions.

Most runners heading to the University Relays this year will need to use private transport — no public transport is available. For most, a bike ride is not feasible unless they live on the Kāpiti Coast. For that event and many others, the races start at various times, meaning that walkers, families with children and adults will all have different travel schedules. This makes carpooling and bus hire more complicated and less convenient.

Walking, cycling, running or taking public transport to racing and training locations is more climate-friendly than driving. But often, those options are impossible because we have yet to account for them as a concern.

We need to redesign our races, our entire racing and training calendar, with carbon emissions in mind. For instance, the Honest Ten, which is centrally located and close to active transport and public transport hubs, has the potential for a much lower carbon footprint than the Shaw Baton or Wellington Road Champs.

There, runners can easily arrive by bus, train or bike, and everyone starts at the same time, so if they are driving, carpooling is a more viable option.

Choosing an environmentally friendly location, equipped with facilities such as toilets and water fountains can also reduce the need for additional equipment and energy consumption.

We also need to explore whether there are better options to get us to our runs. Chartered public transport is an obvious option for events with many people who all want to be at the same place simultaneously. But perhaps flamingos, mevos and ferries all have a role to play too.

Currently, the choice is the wrong way around. We assume when people are going to races or training, they will be driving. If people are not driving, they usually need to make a conscious choice to do so. Instead, we should assume that people are not driving to races and training. If they are driving they should be making a conscious decision to do so.

Club weekends away should account for climate emissions — road trips where we carpool, or take trains and buses have far fewer emissions than ones where everyone flies. But this is not currently a consideration when we design our calendars for the year.

We also collectively need to reduce the number of long-distance trips we take to go running. We must reframe our values to cherish local races in our outdoor communities as much or more than we love distant bucket-list races.

It took me a long time to learn that what makes a race a special experience is the community of runners coming together for a shared human experience. If we make a collective commitment to creating these experiences locally, together, in a carbon-neutral way, we reduce our need to seek out those experiences individually and afar.

We need to take the carbon emissions out of an activity that should be carbon neutral. Changing our model for organised running is going to be complicated, but it is also necessary.

The Athlete's Kitchen

Personalised Sports Nutrition

© Nancy Clark MS RD CSSD | May 2023

Eggs –unscrambling the confusion

When it comes to eating eggs, nutrition advice has changed. In 1968, the American Heart Association (AHA) recommended Americans consume no more than three whole egg per week. The belief was eating cholesterol rich egg yolks would elevate cholesterol in the blood, which would increase one's risk for clogging arteries, developing cardiovascular disease, and having a heart attack or stroke. By 2015, that belief had changed. Today's 2020-2025 US Dietary Guidelines no longer limit eggs. (*Nutrition is an evolving science. Research led to new understandings about eggs. Though confusing, the "system is working" when new knowledge leads to new recommendations about what's best to eat to protect good health.*)

Studying the role of eggs in our diet has been done, in part, by surveying thousands of egg eaters from a cross section of the general population. This led to the conclusion that eating eggs can increase one's risk for elevated blood cholesterol and heart disease. But that conclusion applied best to the average American (overfat, underfit) who ate fried eggs + bacon + buttery white toast, i.e., a lot of saturated fat. Today's heart-healthy dietary guidelines focus on saturated fat as the culprit (and even that is not clear-cut). Of the 5 grams of fat in an egg, only 1.5g are saturated. (The recommended daily limit for saturated fat is about 15 grams per 2,000 calories.) Runners who eat poached eggs + avocado + whole grain toast can more likely enjoy that breakfast worry free.

Overall, epidemiological evidence suggests enjoying 6 to 7 eggs/week does not increase heart disease risk. For most healthy runners, cholesterol in eggs does not convert into artery clogging cholesterol in the blood. That said, some people are *hyper-responders* to dietary cholesterol, meaning when they eat cholesterol rich foods, their blood cholesterol level increases. If you have a family history of heart disease and/or diabetes, a worry-free choice is to enjoy more oatmeal breakfasts, made really yummy by stirring in a spoonful of peanut butter. (Both oatmeal and peanut butter are known to be heart healthy choices.)

Heart-health is enhanced by far more than eliminating eggs from your menu. Rather than targeting eggs as a contributor to heart disease, I suggest you take a good look at your overall lifestyle

as well as dietary intake. As a runner, you get regular exercise, but do you get enough sleep? Drink alcohol only in moderation, if at all? Eat an overall well-balanced diet? You might want to focus less on whether or not an omelette for breakfast will ruin your health (doubtful!) and instead make other long-term dietary enhancements. That is, could you add more spinach and arugula to your salads? Munch on more nuts instead of chips? Enjoy more salmon and fewer burgers? There's no question that whole grains, nuts, fish, and colorful fruits and veggies promote heart-health.

Egg truths

- Eggs are nutrient dense. They contain all the nutrients needed to sustain life. The 150 calories in two eggs offers far more vitamins, minerals, protein, and other nutrients than you'd get from 150 calories of other breakfast foods (i.e., English muffin, energy bar, banana).
- Brown eggs are nutritionally similar to white eggs. The breed of hen determines the color of the eggs.
- Yolks contain nutrients that athletes can easily miss out on, including vitamin D, riboflavin, folate, and for vegans, B-12.
- One large egg has about 6 to 7 grams of high-quality protein that contains all the essential amino acids (such as BCAAs) that are needed to build muscles. Half of an egg's protein is in the yolk (along with most of the vitamins, minerals, fat, and flavor). The white is primarily protein and water.
- Egg yolks contain the (once feared) cholesterol. One egg yolk has about 185 to 200 milligrams of dietary cholesterol. That's more than half of the 300-milligram limit previously recommended by the American Heart Association (and has been dropped).
- Eggs are rich in a well-absorbed source of lutein and zeaxanthin, two types of antioxidants that reduce risk of cataracts and age-related macular degeneration.
- For dieters, eggs are pre-portioned, which can be helpful. Eggs are also satiating. Research suggests people who eat eggs for breakfast tend to eat fewer calories later in the day.
- What about omega-3 eggs? Are they all they are cracked up to be? Yes and no. Omega-3 fats are thought to be protective against heart disease. Egg yolks from hens fed flax seed, algae, and fish oils have a higher omega-3 fat content.

Omega-3 eggs are more expensive than standard eggs: \$6 vs \$4/ dozen. You'll get a lot more omega-3s by buying more salmon than eggs. That said, for non-fish eaters, any omega-3 fats are better than no omega-3s.

Stay tuned

Someday, we will have a 100%-clear answer to which foods contribute to heart disease risk. That will put an end to the egg-cholesterol-heart health confusion. In addition, we'll likely be able to benefit from genetic testing that offers personalized nutrition advice. Targeted research that looks at the genes of specific populations, will enable us to know, for example, which athletes can enjoy a three-egg omelette (with or without buttered toast) day after day without any fear of impairing their heart health.

Until then, if your family is predisposed to heart disease, you certainly want to talk with your doctor and ask about not just

eggs but also the possibility of getting tested for biomarkers for heart disease, such as Coronary Artery Calcium score, C-Reactive Protein, and a type of blood lipid called Lp(a). You could also get personalized guidance about a heart healthy diet from a registered dietitian who specialises in cardiovascular disease.

Contact Nancy

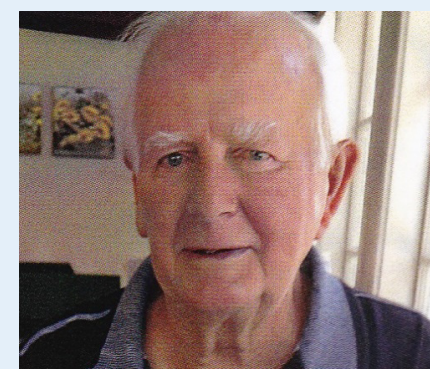
Nancy Clark MS RD CSSD counsels both fitness exercisers and competitive athletes in the Boston-area (Newton; 617-795-1875). Her best-selling Sports Nutrition Guidebook is a popular resource, as is her online workshop. Visit NancyClarkRD.com for info.

Ed: This article has been reproduced with the kind permission of Nancy Clark.

For more information on this article and others relating to sports nutrition etc. visit the websites listed above.

Wellington Masters

Obituaries



Bruce Perry

It is with sadness that we announce the passing of **Bruce Perry** on Sunday 30th July, aged 93. He was a long-time member of the Wellington Scottish harrier club and a foundation and life member of the Wellington Marathon Clinic.

He was a former President of the Wellington Athletics Officials Association and a qualified walking judge. During his tenure with the Wellington Marathon Clinic, he served as President and was also Race Director of the Harbour Capital half marathon (now the Gazely Motors event). These positions Bruce held for many years.

He was instrumental in recruiting Walks judges for the Wellington Centre and organising courses for them to become qualified and achieve levels that allowed them to participate at local and national events.

Bruce became Patron for Wellington Masters in 2013 and held this position until 2021 where some health issues forced him to stand down from the role. He held this role with distinction and dedication and always attended their AGM's and would always be seen at the events Wellington Masters held. Sometimes there in the capacity as Race Referee, one of the roles he held during his involvement with Athletics Wellington.

Don Brodie

We also announce the passing of **Don Brodie** on Tuesday 18th July, aged 81.

Don was a retired Chartered Accountant from Lower Hutt. He was a long serving member and also a life member of Hutt Valley Harriers. He was also a member of Jaycees, Lower Hutt, and Toastmasters International, Wellington.

Upcoming events
2023 and 2024

2023 UPCOMING EVENTS		
September		
17	Hutt Marathon, ½ Marathon, 10km & 5km	Petone
23	Sydney Marathon, ½ Marathon, 10km & 3.5km	Sydney
24	BMW Berlin Marathon	Berlin
30	NZ Road Relays	Christchurch
October		
14	Season Opening Track & Field (2 pm to 5 pm)	Newtown Park, Wellington
November		
5	TCS New York Marathon	New York
	Nelson ½ Marathon, 10km, 5km & 2.5km	Saxton Field, Stoke
12	Kapiti ½ Marathon, 10km & 5km	Paraparaumu
18	Agency 10,000m	Newtown Park
11	Wanganui 3 Bridges Marathon, ½ Marathon, 10km & 5km	Wanganui
December		
1–3	North Island Masters Track & Field Championships	Palmerston North
2024 UPCOMING EVENTS		
February		
10	Buller Gorge Full Marathon, Marathon Relay, ½ Marathon & 10km	Westport
16–18	NZMA Track & Field Championships	Christchurch
25	41st Kapiti Women's Triathlon	Raumati Beach
March		
2	Nutri-Grain Ironman NZ & Ironman 70.3	Taupo
April		
21	London Marathon	London
May		
19	Masters Classic Club Relay	Trentham
December		
14-15	Ironman 70.3 World Championships	Taupo

Please note: Race information available and correct as time of print.

Whist every attempt is made to provide correct information, intended dates and venues can change.

It is advisable to check the information from official entry forms, websites or event organisers.

We'll keep you informed when more race details come to hand. Remember to check the website for the most up to date information.



Registration Form

2023/2024 NZMA / Local Masters Centre Registration Form			
Name:			
Address:			
		Post Code:	
E-mail:		Telephone:	
Masters Centre:		Date of Birth:	
Are you an Athletics NZ club registered athlete? No / Yes (CIRCLE ONE ONLY) (Please complete section below)			
Athletics NZ Club:		ANZ Reg. No.	
Fees for 2023/2024 year (Please select the option that better suits your needs):			
OPTION 1:	ANZ Competitive Members (ANZ club members must be financial for the 2023/2024 season). N.B. All fees are paid to ANZ online or via your club registration process		
\$0.00	NZMA Fee (ANZ club athlete DO NOT pay a fee to NZMA as per the MoU)		
\$0.00	Local Masters Centre Fee		
	Note: ANZ Social Members are required to be a Competitive member of either ANZ or NZMA if they intend to compete at local, NI, SI, NZMA, OMA or WMA Championship events		
OPTION 2:	NZMA Members (non-club members) N.B. All fees are paid to your Local Masters Centre as per previous years		
\$60.00 (CIRCLE)	NZMA Competitive Member. Eligible to compete at local, NI, SI, NZMA, OMA or WMA Championship events.		
\$45.00 (CIRCLE)	NZMA Social Member. Eligible to compete at local Masters' events only.		
\$0.00 (CIRCLE)	Local Masters Centre Fee (optional)		
Total Fee to pay \$			
Registration options:	Post, e-mail or hand completed registration forms to Veronica Gould.		
Online banking payments only	Wellington Masters Athletics Inc., ANZ, The Terrace: 06 0565 0064415 00. (Please insert your name in the reference box)		
Postal Address:	Wellington Masters Athletics Inc. PO Box 5887, Wellington 6140	Telephone:	04 973 6741
		E-mail:	gvgould@xtra.co.nz
OFFICIAL USE:			
Verified by:		2023/2024 NZMA Reg No	

Contact details

Wellington Masters

CURRENT COMMITTEE MEMBERS

Patron	Roger Robinson and Katherine Switzer	
President	Liz Bentley	021 030 2384
Vice president	John Palmer	04 479 2130
Secretary	Albert van Veen	04 563 8450
Treasurer	Graham Gould	04 973 6741
Committee	Vickie Humphries	04 934 1498
	Sean Lake	04 389 5912
	Ayesha Shafi	021 024 40699
Subscriptions	Veronica Gould	04 973 6741
Editor	John Palmer	04 479 2130
Newsletter design	Liz Bentley	021 03 02384
Masters records	Peter Hanson	04 237 0958

LIFE MEMBERS

Jim Blair 2004 John Palmer 2010

Committee Meetings are usually held on the first Thursday of each month at 89 Amesbury Drive, Churton Park, commencing 7.00 pm. Club representatives and members are always welcome.

A Teams link can be set up for anyone wishing to join in.

Club co-ordinators

CLUB CO-ORDINATORS

Athletics and Cycling Masterton	Malcolm MacDonald	04 233 2241
Aurora Harriers	Hadley Bond	04 233 2241
Hutt Valley Harriers	Albert van Veen	04 563 8450
Hutt Valley Runners	Janette Gwilliam	gwillys123@gmail.com
Kapiti	Peter Ellis	027 447 1883
	Bryn Kempthorne	027 445 4625
Kiwi Athletic Club	Peter Jack	04 388 6224
Levin Harriers	Brian Watson	06 368 7380
Olympic	Tineke Hooft	04 237 9676
	Annie Van Herck	04 478 6775
Scottish	John Hines	04 384 3231
Trentham United	Jackie Wilson	04 526 7439
University	Richard Owen	027 247 7757
Wainui Harriers	The Secretary	04 564 2141
Wellington Harriers	Paul Hewitson	04 476 8686
Wellington Runners and Walkers	The Secretary	PO Box 14-489, Kilbirnie, Wellington 6241
Wellington Masters	Jim Blair	04 528 2992
Wellington Tri Club	The Secretary	PO Box 2201, Wellington 6140

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

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