

# THE

# MASTER

# COPY

Newsletter of the Wellington Masters Athletics Inc.

Volume 3 Issue 1

March 2004

## EDITORIAL

Well, the Christmas and New Year break have been and gone and no doubt everyone had a good restful time and is now focusing on the new year, and in particular your running goals. The persistent wind over the past few months, mingled with the odd stormy patch has made training and competition difficult - it can only get better.

Judging by the number of entries this year, a lot of members obviously focused on the Wellington Masters Track and Field Championships, held on the 15<sup>th</sup> and 22<sup>nd</sup> February. I did notice while officiating down at Newtown Park over the Christmas and New Year a few members taking part in some of the events, obviously sharpening up for the championships. It was a pity about the atrocious weather conditions experienced on the first day of competition, but records were still set by competitors. The outstanding performance of the day must have been the W54 5,000m age record set by Bernie Portenski in what could only be described as "trying conditions". She slashed 8 seconds off the previous time to record 18:17:47. Congratulations to all those who competed and set records and to all the officials who stood out there in some capacity in somewhat trying conditions, ensuring that the championships continued.

With the unsettled weather during the week, one sensed that the second day would perhaps be as bad as the previous Sunday especially with the ferocious winds that ravaged the capital on the Saturday, but the day dawned near perfect for competition with Bernie to the fore again, this time annihilating the W54 10,000m age record by over 1 minute. A truly magnificent performance turning out lap after lap at a consistent 90 seconds per lap and lowering the record to 37:32:03. A full set of results from the 2 days are printed elsewhere in this newsletter.

In March, Wellington is hosting the New Zealand Track and Field Championships and I guess some members will also be taking the opportunity for the chance to compete in the various events against some of the top athletes from throughout New Zealand.

Continued on page 3

## WELLINGTON MASTERS ATHLETICS INC.

### COMMITTEE MEMBERS 2003-04

PATRON:	Arthur May	24 Motuhara Road, Plimmerton, Porirua 6006	2339412
PRESIDENT:	Peter Hanson	24 Park Avenue, Titahi Bay, Porirua 6006	2368074
VICE PRESIDENT:	John Palmer	122 Onslow Road, Khandallah, Wellington 6004	4792130
SECRETARY:	Veronica Gould	95A Ellice Street, Mt Victoria, Wellington 6001	9736741
TREASURER:	Dick Harris	11 Whitu Street, Khandallah, Wellington 6004	9715993
SUBSCRIPTIONS:	Veronica Gould	95A Ellice Street, Mt Victoria, Wellington 6001	9736741
COMMITTEE:	Michael Clark	12B City View Grove, Lower Hutt 6009	5668755
	Paul Rodway	88 Pitt Street, Wadestown, Wellington	9731500
	Peter Wrigley	42 Judd Crescent, Naenae, Lower Hutt 6009	
	Vic Marks	6 Blucher Avenue, Newtown, Wellington 6002	3899993
	Kathryn Fraser	49 Dress Circle, Newlands, Wellington 6004	4774914
	Brian Watson	58 Bannister Avenue, Johnsonville	4786232
EDITOR:	John Palmer	122 Onslow Road, Khandallah, Wellington 6004	4792130
MASTERS RECORDS:	Michael Clark	12B City View Grove, Lower Hutt 6009	5668755

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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:	(To be advised)		
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 Nairn 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	30 Cole Street, Masterton	06 3773479
WELLINGTON:	John Weatherley	8 Richmond Avenue, Karori, Wellington	4767223
WGTN MARATHON:	Bruce Perry	61A 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 SCOTTISH HARRIERS

CLUBROOMS, PRINCE OF WALES PARK AT 5:30pm.

CLUB REPRESENTATIVES AND MEMBERS ARE ALWAYS WELCOME

**Editorial** continued .....

I assume that there will be a number of members attending the 7<sup>th</sup> World Masters Non Stadia Championships in Auckland from 18<sup>th</sup> - 24<sup>th</sup> April and no doubt a number will also be running the 40<sup>th</sup> Rotorua Marathon with the marathon being part of the World Masters Non Stadia Championships. Good luck to all those who will be taking part.

Next on our local running calendar will be the Masters Classic Relay at Trentham Memorial Park on Sunday May 16<sup>th</sup>. This year the event has been moved away from the traditional clash with Mother's Day as in previous years, in the hope that we can attract a few more runners and walkers. On speaking with some runners in the past, they used Mother's Day as the reason for not taking part. No excuses this year!

Most of us belong to harrier or running clubs and the approach of another season looms quickly. My how the time flies - it doesn't seem that long ago that some of us were on our way to Fielding, battling rain, flooding, closed roads and long trips through the Wairarapa to attend the New Zealand Road Relay. Hopefully we won't have a repeat of this type of chaos for a long time though the recent rain, folding and gale force winds experienced of late makes one wonder. The usual Interclub events like the Shaw Baton Relay, Vosseler and Dorne Cup will be upon us before we know it.

It is pleasing to see that our membership is staying at a similar number to what they were at this time last year. Our membership at present is 119. Don't forget to try and encourage anyone that you run with who qualifies to join the Wellington Masters. Explain to them the great camaraderie within Masters, the benefits of belonging to our organisation and the friendships that you make with athletes of your own age and ability. The success of any organisation is a strong membership base which we have managed to sustain over the past couple of years. It is important not to let our numbers slip too much as we are always going to lose members who move away through job transfer, retirement to another area or just giving up the competitive side owing to age and in some cases the body not holding out to the rigors of training and competition.

Finally, congratulations to Bernie Portenski on being awarded the Wellington Masters "Sportsperson of the Year" award. This award was presented to Bernie by Colleena Blair at the conclusion of the second day's competition of the Wellington Masters Championships. This was in recognition of her outstanding age records set in the 5000m and 10000m in 2003. Judging by her performances again at this year's championships, Bernie is probably in line to receive the award again next year. She has certainly thrown down the gauntlet to other competitors who will have to turn in exceptional performances to be in line for the award.

John Palmer, Editor

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## **RECORDS SET AT WELLINGTON MASTERS TRACK and FIELD CHAMPIONSHIPS**

### **Centre:**

Kathryn Fraser W35 - hammer 18.04m, shot put 8.57m and weight pentathlon 1562pts; Kristeene Parkes W35 3000m walk - 20:54:53; Mark Macfarlane M40 - 200m 24.56; Veronica Gould W55 - weight throw 8.97m, hammer 23.64m and weight pentathlon 2495pts; Peter Bailie M55 - 3000m walk 16:29:50; Judy Hammond W65 - high jump 1.06m and 200m 34.91; Fred Goodall M65 - javelin 34.98m; Bill Nicholson M80 - javelin 19.65m and pentathlon 2169pts.

### **New Zealand:**

Phil Jensen M35 - weight throw 21.01m; Judy Hammond W65 - 300m hurdles 1:16.08 and pentathlon 3249 pts; Jim Blair M72 - high jump 1.31m; Bill McIntyre M75 - triple jump 7.66m; Bill Nicholson M80 - high jump 0.95m.

### **World:**

Bernie Portenski W54 - 5000m 18:17.47 and 10,000m 37:32.03; Colleena Blair W73 - weight throw 8.97m.

## Do any of you use Asthma medication?

Athletics New Zealand has sent out a letter requesting that if any athletes are using Asthma medication and intend on competing in any National Championships then they need to be registered with Athletics New Zealand as an Asthma medication user.

### Why?

Because some Asthma medications that are banned internationally are actually legal and commonly used in New Zealand. To continue using them, athletes need to undergo "proof of need" medical tests. The results of these tests need to be forwarded to Athletics New Zealand.

### What to do?

Send your name, address and phone numbers to Athletics New Zealand or email them to [office@athletics.org.nz](mailto:office@athletics.org.nz) with a note from your doctor confirming the type and amounts of Asthma medication you take.

You should regularly visit the **Drugs and Doping** page at [www.athletics.org.nz](http://www.athletics.org.nz) for information on what you need to do for a "proof of need" medical test. [This is likely to become a WADA, IOC and IAFF requirement for every international team member].

Update Athletics New Zealand whenever your contact (mail, street address, phone etc) or medication change.

**Failure to follow the correct procedures could result in a positive doping test, which nobody wants to see happen.**

Athletics New Zealand  
PO Box 741  
Wellington.

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## World Masters Athletics gives Kiwi organisers the "thumbs up"

With the World Masters Non Stadia 2004 world championship now less than three-months from when the first race starting gun is fired the New Zealand organisers have been given the 'thumbs up' sign from the sport's world governing body.

This follows the recent final inspection visit to Auckland by Ron Bell vice president of World Masters Athletics. Bell, from England was in the city to assess the readiness of the championship facilities and organisers. The week-long championships involve road running, race walking and cross-country events in and around Auckland starting 18th April.

"I'm totally impressed with what I've seen out here. Your courses are superb. They rank right up there with the best I've seen anywhere in the world - in fact in most cases better.

"You also have assembled a group of very experienced, competent people to conduct the championship, while the organising committee has received enthusiastic support from both the Manukau and Auckland City Councils," commented Bell.

"I have no doubt that the championships in New Zealand will be a huge success. They have all the ingredients needed for a world class event and I firmly believe these championships will set a bench mark for future (world championship) organisers to follow."

Bell also took the opportunity of meeting with the organisers of the Fletcher Challenge Forests Rotorua Marathon during a brief visit to Rotorua. The World Masters Athletics 2004 world championship marathon will be conducted within the time-honoured Rotorua event which this year celebrates its fortieth anniversary. He was absolutely 'stunned' with the marathon course, describing it "as the most amazing marathon course I've ever seen. "This is the first time ever that World Masters Athletics have sanctioned a world championship to a stand-alone race. We have always organized our championships directly under the control of World Masters."

Bell also emphasized the masters' philosophy of competing. "While there is a strong competitive side to Masters athletics, importance is also placed on the camaraderie aspect. It (competition) is not all about ability. "New Zealand has a proud tradition of distance racing. This is a unique opportunity for New Zealanders to compete in a world championship event on their 'own back door,'" added Bell.

The championship, open to men and women aged 35 plus commences with 10km road races from Lloyd Elsmore Park on Sunday April 18. Next day sees 20km (women) and 30km (men) road race walks held on a 1.5km length of road on Tamaki Drive. Tuesday is cross-country relay day at the Manukau Sports Bowl, while the walkers have 10km road races at Bucklands Beach the next day.

The Ti Papa Equestrian Centre at Brookby will host the Ekiden road relay on Thursday. The Ekiden is a hugely popular race in Asian countries and is contested by six-person teams who race various distances each, adding up to the marathon distance of 42.195km. The walkers contest their 50km endurance test at Bucklands Beach on Friday and the Auckland portion of the championship concludes the next day with the half marathon on Tamaki Drive.

The half marathon has taken on special significance, having been dedicated to the memory of the late John Davies.

# WELLINGTON MASTERS T & F CHAMPIONSHIPS

## NEWTOWN PARK 15th & 22nd FEBRUARY 2004

### 100m Women

W65	1 Judy Hammond	17.19
W40	2 Brenda Burke	21.72

### 100m Men M35-50

M40	1 Mark Macfarlane	12.23
M35	2 Alastair Duffy	12.71
M35	3 Warren Burke	14.17

### 100m Men 55-80

M55	1 Ross McBeth	14.16
M55	2 Paul Rodway	15.77
M80	3 Bill Nicholson	19.05
M70	4 Brian Read	24.14

### 200m Women

W50	1 Gail Kirkman*	30.05
W65	2 Judy Hammond	34.91

### 200m Men 35-45

M40	1 Mark Macfarlane	24.56
M35	2 Alastair Duffy	26.06
M55	3 Ross McBeth	28.32
M35	4 Warren Burke	28.36

### 200m Men 55-80

M65	1 Peter Hanson	34.08
M55	2 Michael Clark	38.19
M80	3 Bill Nicholson	41.19

### 400m Mixed

M35	1 Warren Burke	1:05:87
W50	2 Gail Kirkman*	1:07:73
M55	3 Ian Blyth	1:08:21
M65	4 Peter Hanson	1:28:43
M80	5 Bill Nicholson	1:45:29

### 1500m Mixed

M35	1 Warren Burke	5:13:44
M40	2 Paul Homan	5:14:56
M55	3 Ian Blyth	5:16:69
M50	4 Mike Winsborough	5:19:64
W40	5 Robyn Stansfield	5:40:73
M55	6 Paul Rodway	5:54:04
W40	7 Brenda Burke	6:25:42
M55	8 Michael Clark	6:58:38
M70	9 Michael Browne	6:58:85
M65	10 Peter Hanson	7:09:32

### 3000m Walk Mixed

M55	1 Peter Baillie	16:29:50
M55	2 Rupert Watson	18:36:45
W35	3 Kristeene Parkes	20:54:53
M50	4 Mick Rice	20:58:81
M70	5 Brian Read	22:34:52
M60	6 Robert Bennett	23:33:19
W55	7 Val Campkin	25:33:83

### 300m Hurdles

W50	1 Gail Kirkman*	58:83
W65	2 Judy Hammond	1:16:08

### 400m Hurdles

M55	1 Francis Campkin	1:26:60
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### 3000m Steeplechase

M40	1 Paul Homan	12:49:67
M35	2 Warren Burke	13:42:26
M55	3 Rupert Watson	14:33:83

### 5000m Mixed

M45	1 Paul Forster	16:22:15
M40	2 Peter Wrigley	18:13:06
W50	3 Bernie Portenski	18:17:47
M40	4 Paul Homan	19:30:05
M35	5 Alastair Duffy	19:44:56
M50	6 M. Winsborough	19:49:20

M55	7 Ian Blyth	19:55:11
W40	8 Robyn Stansfield	20:33:33
W55	9 Paul Rodway	20:41:70
M35	10 Warren Burke	21:22:64
W40	11 Brenda Burke	22:17:26
M65	12 Brian Watson	23:21:83
M70	13 Michael Browne	25:57:45
M65	14 John Hines	27:23:71

### 800m Mixed

M35	1 Warren Burke	2:26:02
M55	2 Ian Blyth	2:29:49
M40	3 Paul Homan	2:35:75
M55	4 Rupert Watson	2:28:72
W40	5 Robyn Stansfield	2:50:26
M55	6 Paul Rodway	2:56:12
M55	7 John Palmer	3:00:79
M65	8 Peter Hanson	3:15:21
W40	9 Brenda Burke	3:16:12

### 1500m Walk Mixed

M60	1 David Lonsdale	9:14:54
W35	2 Kristeene Parkes	10:16:39
W55	3 Margaret Bray	12:06:15
W55	4 Val Campkin	12:19:80

### 80m Hurdles Mixed

M65	1 Peter Hanson	17:88
W65	2 Judy Hammond	19:95

### 100m Hurdles Men

M55	1 Francis Campkin	22:62
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### 10,000m Mixed

M40	1 Peter Wrigley	37:26:82
W50	2 Bernie Portenski	37:32:03
M50	3 Mike Winsborough	41:41:80
M40	4 Paul Homan	41:49:85
M55	5 Ian Blyth	42:25:66
M55	6 Phil Valentine	45:30:21
W40	7 Brenda Burke	46:28:89
M55	8 John Palmer	47:20:51
M65	9 Brian Watson	48:56:78
M70	10 Michael Browne	53:10:89
M65	11 John Hines	54:46:73

### Triple Jump

M35	1 Alastair Duffy	10.07m
M55	2 Ross McBeth	9.60m
M75	3 Bill McIntyre	7.66m

### Discus Women

W35	1 Kathryn Fraser	19.78m
W55	2 Veronica Gould	15.86m

### Weight Throw Women

W55	1 Veronica Gould	8.39m
W35	2 Kathryn Fraser	6.35m

### Discus Men

M65	1 Fred Goodall	29.59m
M70	2 Jim Blair	24.56m
M55	3 Michael Clark	19.82m
M40	4 Paul Homan	16.72m
M80	5 Bill Nicholson	16.50m

### Weight Throw Men

M70	1 Jim Blair	9.72m
M40	2 Paul Homan	5.82m
M35	3 Warren Burke	5.50m
M40	4 Peter Wrigley	3.91m

### Long Jump

M55	1 Ross McBeth	4.41m
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### Hammer Men

M40	1 Laurence Voight	31.25
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### Hammer Women

W55	1 Veronica Gould	23.64m
W35	2 Kathryn Fraser	18.04m

### High Jump Women

W65	1 Judy Hammond	1.06m
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### High Jump Men

M40	1 Kevin Blair	1.36m
M55	2 Ian Blyth	1.31m

### Pentathlon Women

W65	1 Judy Hammond	3249pt
W70	2 Colleena Blair	2180pt

### Pentathlon Men

M80	1 Bill Nicholson	2169pt
M35	2 Warren Burke	1324pt

### Weight Pentathlon Women

W70	1 Colleena Blair	3127pt
W55	2 Veronica Gould	2495pt
W35	3 Kathryn Fraser	1562pt

### Weight Pentathlon Men

M40	1 Laurence Voight	2173pt
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### Pentathlon 100m Women

W65	1 Judy Hammond	16.6
W70	2 Colleena Blair	21.2

### Pentathlon 200m Men

M35	1 Warren Burke	29.4
M80	2 Bill Nicholson	40.1

### Pentathlon 800m Women

M65	Judy Hammond	3:27:9
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### Pentathlon 1500m Men

M35	1 Warren Burke	5:25:7
M80	2 Bill Nicholson	9:48:0

### Pentathlon Javelin Women

W65	1 Judy Hammond	14.52m
W70	2 Colleena Blair	14.36m

### Pentathlon Discus Men

M80	1 Bill Nicholson	16.89m
M35	2 Warren Burke	16.72m

### Pentathlon Long Jump Women

W65	1 Judy Hammond	3.19m
W70	2 Colleena Blair	2.79m

### Pentathlon Long Jump Men

M35	1 Warren Burke	2.97m
M80	2 Bill Nicholson	2.64m

\* From Southland



<u>Weight Pentathlon</u>	<u>Hammer</u>	<u>Shot</u>	<u>Discus</u>	<u>Javelin</u>	<u>Weight</u>	<u>Points</u>
W35 Kathryn Fraser	17.2m	8.57m	19.57m	14.46m	6.09m	1562
W55 Veronica Gould	23.64m	7.93m	15.17m	14.94m	8.97m	2495
W70 Colleen Blair	18.48m	6.48m	15.09m	16.96m	8.97m	3127

<u>Weight Pentathlon</u>	<u>Hammer</u>	<u>Shot</u>	<u>Discus</u>	<u>Javelin</u>	<u>Weight</u>	<u>Points</u>
M40 Laurence Voight	31.25m	10.5m	23.27m	24.35m	12.01m	2173

## ATHLETICS WELLINGTON CROSS COUNTRY and ROAD COMMITTEE 2004 SYLLABUS

### March

Sun 21 Martinborough Round the Vines – 10km & Half Marathon

Tues 23 Scottish Bodyworks 5km Series

Sun 28 Aurora Off Road – Full & Half Marathon  
10k Fun Run/Walk

Tues 30 Scottish Bodyworks 5km Series

### April

Sun 4 Upper Hutt Half Marathon (TBC)

Tues 6 Scottish Bodyworks 5km Series

Sat 17 Shaw Baton Relay

Sun 18 Moonshine Half Marathon /10km Walk

Sat 24 ANZAC Day Races - Carterton

### May

Sat 1 Rotorua Marathon

Sat 1 University Relays

Wed 5 Secondary Schools X Country Relays

Sat 8 NZ Mountain Running Champs

Sat 15 Battle Hill X Country – 5km Races

Sun 16 Masters Classic Relay

Sat 22 Vosseler Shield

Sun 30 Scottish 3 Peaks Series – 1

### June

Wed 2 Secondary Schools X Country Champs

Sun 6 Aurora Handicap Marathon

Sat 12 Dorne Cup

Sat 19 National Secondary Schools & National  
Short Course XC Champs

Sun 20 Harbour Capital Half Marathon

Sun 27 Scottish 3 Peaks Series – 2

### July

Sat 3 North Island XC Championships

Sun 11 Wainuiomata Mountain Run

Sat 17 Wellington XC Champs

Sun 25 Scottish 3 Peaks Series – 3

### August

Sun 1 Masters 8km Road Race

Sat 7 NZ X Country Champs

Sat 14 Bays Relay

Tues 17 Scottish Bodyworks 5km Series

Sat 21 Wellington Road Championships

Tues 24 Scottish Bodyworks 5km Series

Wed 25 Wellington Secondary Schools Road  
Relay

Tues 31 Scottish Bodyworks 5km Series

### September

Sat 4 National Road Championships

Tues 7 Scottish Bodyworks 5km Series

Tues 14 Scottish Magills 5km Series

Wed 15 Wellington Secondary Schools Road  
Championships

Sat 18 Belvedere Block Relays

Tues 21 Scottish Bodyworks 5km Series

### October

Sat 2 NZ Road Relay Championships

Sun 10 Colonial Knob 10km

Sun 17 Masterton Full & Half Marathon

### November

Sun 7 Masters 10k Road Race & Walk

Sat 13 Rimutaka Incline Run

Tues 23 Olympic Waterfront 5km

### December

Tues 7 Olympic Waterfront 5km

### You know you're living in 2004 when.....

1. You accidentally enter your password on the microwave.
  2. You haven't played solitaire with real cards in years.
  3. You have a list of 15 phone numbers to reach your family of 3.
  4. You e-mail your mate who works at the desk next to you.
  5. Your reason for not staying in touch with friends is that they do not have e-mail addresses.
  6. When you go home after a long day at work you still answer the phone in a business manner.
  7. When you make phone calls from home, you accidentally dial "0" to get an outside line.
  8. You've sat at the same desk for four years and worked for three different companies.
  10. You learn about your redundancy on the 11 o'clock news.
  11. Your boss doesn't have the ability to do your job.
  12. Contractors outnumber permanent staff and are more likely to get long-service awards.
- ..... and the real clinchers are.....
13. You read this entire list, and kept nodding and smiling.
  14. As you read this list, you think about forwarding it to your "friends".
  15. You are too busy to notice there was no No. 9.
  16. You actually scrolled back up to check that there wasn't a No. 9.

## Reading: for Clubs and Coaches!

Some very interesting titles drawn to our attention by Bob Stephens.

Can be downloaded online:  
<http://oxrep.oupjournals.org/current.shtml>

Stefan Szymanski  
The Assessment: The Economics of Sport  
Oxf Rev Econ Policy 2003 19: 467-477. [Abstract]  
[PDF]

Jeffery Borland and Robert Macdonald  
Demand for Sport  
Oxf Rev Econ Policy 2003 19: 478-502. [Abstract]  
[PDF]

Andrew Zimbalist  
Sport as Business  
Oxf Rev Econ Policy 2003 19: 503-511. [Abstract]

Bernd Frick  
Contest Theory and Sport  
Oxf Rev Econ Policy 2003 19: 512-529. [Abstract]  
[PDF]

Roger G. Noll  
The Organization of Sports Leagues  
Oxf Rev Econ Policy 2003 19: 530-551. [Abstract]  
[PDF]

Tom Hoehn and David Lancefield  
Broadcasting and Sport  
Oxf Rev Econ Policy 2003 19: 552-568. [Abstract]  
[PDF]

Stephen F. Ross  
Competition Law as a Constraint on Monopolistic  
Exploitation by Sports Leagues and Clubs  
Oxf Rev Econ Policy 2003 19: 569-584. [Abstract]  
[PDF]

Robert A. Baade  
Evaluating Subsidies for Professional Sports in the  
United States and Europe: A Public-Sector Primer  
Oxf Rev Econ Policy 2003 19: 585-597. [Abstract]  
[PDF]

David Forrest and Robert Simmons  
Sport and Gambling  
Oxf Rev Econ Policy 2003 19: 598-611. [Abstract]  
[PDF]

Ian Preston and Stefan Szymanski  
Cheating in Contests  
Oxf Rev Econ Policy 2003 19: 612-624. [Abstract] [PDF]

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## Membership

At the time of going to print our membership for the current financial year is 119. Welcome to new members Kevin Burney (Trentham); Gary

Hughes (WHAC); Fiona Meldrum-Crameri (WMA); Alastair Duffy (Scottish); Philip Jensen (Bays Cougars); Phil Valentine (Scottish) and to rejoining members Ian Jacobson (Valleys); Paul Forster (WHAC) and Roy Rogers (Trentham).

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A dietician was once addressing a large audience in Chicago. "The material we put into our stomachs is enough to have killed most of us sitting here, years ago. Red meat is awful. Soft drinks erode your stomach lining. Chinese food is loaded with MSG. Vegetables can be disastrous, and none of us realises the long-term harm caused by the germs in our drinking water."

"But there is one thing that is the most dangerous of all and we all have, or will, eat it. Can anyone here tell me what food it is that causes the most grief and suffering for years after eating it?"

A 75-year-old man in the front row stood up and said,

"Wedding cake!"

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## RANKINGS

Mike Burkinshaw recently came across [www.masterstrack.com](http://www.masterstrack.com) which gives World Masters rankings and performance lists. It appears to be a bit selective and to be compiled from an American viewpoint but nevertheless gives a good indication as to how our New Zealand Masters rank.

On the basis of times/distances etc given many Wellington Masters athletes are well up with standards overseas.

Mike himself is given 16th position in the 5000m Track Walk while Wellingtonians like John Hines feature too. Could be worth a visit and could be encouraging to Masters competitors.

## Recipe

### YUM YUM CAKE

125gms Butter  
1½ cups Flour  
½ cup Brown Sugar

Rub all together and press into sponge roll tin. Bake for 10 to 15 minutes in a moderate oven.

2 teaspoons Butter  
2 Eggs  
1 cup Walnuts  
½ teaspoon Vanilla  
1½ cups Brown Sugar  
1 cup Coconut  
½ teaspoon Baking Powder  
Pinch Salt

Cream butter and sugar; add beaten eggs. Mix in all other ingredients and place on top of shortcake base and bake in moderate oven again a further 10 to 15 minutes. Ice if desired.

#### **Variations:**

A handful of sultanas or cherries, or other fruit, makes a change.

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## Road Times Okay

Road running and road walking performances can be officially classified as world records, athletics governing body says.

Under new guidelines agreed at the 44<sup>th</sup> IAAF Congress in Paris in August 2003, world records will now be recognized in men's and women's road races from 10km to 100km, including the marathon, and 20km and 50km race walking.

Dominion Post, Saturday 3 January, 2004

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## MARATHON TOURS

I received a letter from Andy Galloway Marathon Tours asking if I would bring to the attention of Masters Athletes some of the well-known and not so well known running events around the world. He can arrange guaranteed entry into great events such as the following:

- Flora London Marathon (25<sup>th</sup> Anniversary 2005)
- New York City Marathon
- B.A.A. Boston Marathon.

Then there are some well known and equally exciting without entry restrictions such as:

- Honolulu Marathon
- Berlin Marathon
- Paris Marathon
- Round Rarotonga Road Race.

Then, if you want something more challenging there is:

- The 100km Del Sahara
- The Great Wall Marathon
- St. Catherine's Marathon, Sinai
- Siberian Marathon, Omsk

One special event coming up 22nd-31st July 2005:

- The Edmonton World Veteran Games (with 27 sports and 41 disciplines).

If anyone is interested in further information regarding any of the above-mentioned events, Andy's contact is email [marathon@wave.co.nz](mailto:marathon@wave.co.nz) or phone 64-7-849 1782.

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## PERKS OF BEING OLDER

1. Kidnappers are not very interested in you.
2. In a hostage situation you are likely to be released first.
3. No one expects you to run into a burning building.
4. People call at 9.00pm and ask, "Did I wake you?"
5. People no longer view you as a hypochondriac.
6. There is nothing left to learn the hard way.
7. Things you buy now won't wear out.
8. You can eat dinner at 4pm.
9. You can live without sex but not without glasses.
10. You enjoy hearing about other people's operations.
11. You get into heated arguments about pension plans.
12. You have a party and the neighbors don't even realise it.
13. You no longer think of speed limits as a challenge.
14. You stop trying to hold your stomach in, no matter who walks into the room.
15. You sing along with elevator music.
16. Your eyes won't get much worse.
17. Your health plan is beginning to pay off.
18. Your joints are more accurate meteorologists than the national weather service.
19. Your secrets are safe with your friends because they can't remember them either.
20. Your supply of brain cells is finally down to manageable size.
21. You can't remember who sent you this list.



# THE WORST FOODS TO EAT

by Julianne Taylor, Certified Zone Instructor, Registered Nurse

Julianne Taylor has done a bit of research to find out what the worst foods we can eat are. Our bodies require food for nourishment and growth. If we eat highly nutritious, good quality food we give ourselves the best building blocks for health. Bad foods on the other hand have little nutritional value. They may contain toxins, a lot of calories and little else. If your diet is mainly "junk" food your body has poor building blocks available and will incorporate this "junk" into your cells. Furthermore, if you eat mainly bad foods instead of high nutrient foods your body will lack required nutrients, and important building blocks for cells, the immune system, enzymes and the hundreds of functions your body has to carry out in order to remain healthy. This will increase the likelihood of poor health and faster aging.

**If you want to avoid putting "junk" into your body here is a list of foods we recommend reducing or eliminating in your diet**

## Bad ingredients

### **Trans fats**

These are also known as trans fatty acids, hydrogenated or partially hydrogenated vegetable oil. Basically trans fat is made when manufacturers add hydrogen atoms to vegetable oil molecules. They do this by heating the oil to a high temperature with nickel filings added as a catalyst. Hydrogen atoms are forced into the oil structure straightening molecules out to make it into a fat similar to, but worse than, saturated fat. This molecule is now very different to any other natural fat and it has a number of detrimental effects on the body.

Trans fats raise LDL (bad) cholesterol, increase triglycerides (fats in the bloodstream) and decrease HDL (good) cholesterol. Trans fats also appear to make platelets in the blood stickier, so that blood clots are more likely to form in blood vessels in the heart, brain and elsewhere. This translates to a vastly increased risk of heart disease. In fact the Nurses Study in the USA, with over 20,000 participants, showed that women who had the highest intake of trans fats were 50% more likely to develop heart disease compared to those that ate the least. Other studies have implicated trans fats in other serious health problems, including diabetes, breast cancer and asthma.

Where is trans fat found? It is found in any food that has been deep-fried in vegetable oil, such as French fries, doughnuts, chips and chicken nuggets. It is included in many off the shelf items such as biscuits, cakes, snack bars (see Snacker bar label) and hazelnut spread (Signature Range). However you do not always know from a label whether a food contains trans fat as there is no labelling requirement to distinguish it from other vegetable oils. You can assume that it will be in most commercially baked products including some muesli bars and crackers, cakes and biscuits, spreads containing vegetable oil, and all deep-fried foods.

### **Saturated fats**

Saturated fats are solid at room temperature. They are found in dairy products, meat and animal fat, and in palm and coconut oils and in cocoa butter. Saturated fats are not all the same, some are worse than others for their effect on cholesterol and clogging arteries. The saturated fats in dairy products, such as butter and cheese most strongly increase LDL (bad) cholesterol. The fats in beef aren't quite as powerful at boosting LDL, and those in chocolate and cocoa butter have an even smaller impact. Studies in the 1950's showed that those countries that had the highest levels of saturated fat in the diet had the highest rates of heart disease. More recently the Nurses heart study showed that those who had the highest levels of saturated fat in their diet had more heart problems than those who ate unsaturated fats. It is not the amount of fat in the diet but the type that is important. Cutting saturated fat and replacing it with carbohydrate does not show any benefit in reducing heart disease, replacing saturated fat with unsaturated fat however, does show significant benefit. Some authorities also say that saturated fat is more easily stored as body fat whereas unsaturated fats are used more readily for fuel.

Cut the trans fats and saturated fats from your diet and only use good fats such as nuts, avocados, olive oil and fish oils.

### **Highly processed grains**

Processed grains have bran and many nutrients removed before being ground into fine flour. For example 95% of Vitamin E is removed and at least 50% of all minerals and vitamins. When refined carbohydrates are eaten they break down rapidly into glucose, which is absorbed quickly into the blood stream, rapidly raising blood sugar levels. This is quickly followed by a parallel rise in insulin. The flood of insulin then drives blood glucose levels very low. At this point your gut and brain start to send out hunger signals urging you to eat to increase your blood sugar levels. The result is an increase in hunger, cravings and then consequent overeating. In fact studies show that people who eat meals made up of quickly digested carbohydrates eat up to 80% more food over the course of a day than those who eat slowly digested carbohydrates combined with protein. Studies show that over the course of a lifetime those who eat lots of quickly digested carbohydrates have increased odds of having a heart attack especially those who are already overweight. Eating whole grains on the other hand is protective against heart disease, diabetes, diverticulitis and some cancers.

Avoid foods made from finely ground flour, this includes most crackers, bread, biscuits, cakes, bagels, buns etc. Use only crackers, breads and cereals made from coarsely ground, chopped or intact whole grains. The total amount of carbohydrates eaten is also important as all carbohydrate turns into glucose. So even though whole intact grains are best, don't eat them in excess.

### **Sugars**

Sugar makes up about 20% of the average diet. Sugar contains calories, but no vitamins, minerals or fibre. Studies have linked high sugar intake with an increased risk of diabetes and cardiovascular disease. Most sugars have a high glycemic index, like refined grains, they will rapidly increase your blood sugar. Check labels on foods, if you see sugars near the beginning of the ingredients list it may contain a lot. Sugar comes in many forms and maybe listed as: sugar, including brown sugar and raw sugar, corn syrup, dextrose, glucose, honey, maltose, maple syrup and high fructose corn syrup.

Not all sugars cause a spike in blood sugar. Fructose, a fruit sugar has a very low glycemic index (only 20) so is a better choice than table sugar. The high fructose corn syrup used in Zone Bars is of the highest quality with a very high percentage of fructose, as a result Zone Bars give excellent blood sugar control.

### **Aspartame**

Aspartame is an artificial sweetener. It is also known as Nutrasweet or Equal. It contains two amino acids, aspartic acid and phenylalanone plus methanol. One of the breakdown products of aspartame is methanol, which is highly toxic. High consumption of aspartame has been linked to numerous illnesses. The FDA has received a wide variety of complaints about possible reactions to of aspartame. In fact 85% of all complaints registered with the FDA are for adverse reactions to aspartame. Some studies suggest aspartame may cause birth defects and brain tumours. It may aggravate diabetes, and cause seizures. There are numerous reported cases of low brain serotonin levels, depression and other emotional disorders that have been linked to aspartame and are often relieved by stopping the intake of aspartame.

Other artificial sweeteners such as sucralose, asulphame K and saccharine have not been shown to be harmful like aspartame, however they are chemicals and harmful effects may yet become apparent over time. An excellent alternative to artificial sweeteners is stevia, which is made from the leaves of a South American plant. It has been shown to be safe and has been used for many centuries by humans. Stevia is the sweetener of preference, followed by Splenda, which is derived from table sugar.

### **Artificial colours**

Many food dyes have been shown to cause hyperactivity in sensitive children. Yellow 5 dye can cause asthma, hives and a runny nose. Cochineal a red colouring can cause life-threatening reactions in some cases.

### **Nitrites**

Nitrates and nitrites are used in many foods especially cured meats such as bacon and hot dogs to preserve colour and stop microbial growth. Nitrate is harmless, but it can convert to nitrite which can form nitrosamines in your body - powerful cancer causing chemicals. Children especially very young children are more sensitive to nitrites than adults. Vitamin C inhibits the conversion of nitrates to nitrosamines, so have fruit or Vitamin C if you are eating nitrate containing food. Better still avoid food containing nitrites and nitrates.

### **Acrylamide**

When carbohydrates such as potatoes, rice or cereals are fried or baked, a cancer causing substance called acrylamide is formed. Researchers in Stockholm found that an ordinary bag of potato chips may contain up to 500 times more acrylamide than the maximum concentration the WHO allows in drinking water. It would be wise to avoid these types of carbohydrates.

## **The Worst Foods to Eat**

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Now that we know the worst ingredients, lets take a look at some of the worst foods.

### **1. Doughnuts**

Doughnuts are made of highly refined (i.e. virtually nutrient free) white flour, with added sugar (more nutrient free calories) and then deep fried in oil that has been reheated many times. This deep-frying will guarantee the donut is soaked in harmful trans fats. The average donut will give you 200 – 300 calories, virtually no nutrients and a large dose of fat guaranteed to increase your risk if heart disease.

### **2. Soft drinks and energy drinks**

The average soft drink contains 8 – 10 teaspoons of sugar. That's about 150 calories. It contains no nutrients, has a good dose of caffeine, artificial food colourings and preservatives. Studies have linked soft drinks to osteoporosis, obesity, tooth decay and heart disease. A study on children showed that for every soft drink or fruit juice per day that is drunk, the risk of obesity rises by 60%. Soft drinks add many calories to the diet that are often not noticed. And don't think that switching to fruit juice will be any better. The nutrient and fibre content is much reduced compared to whole fruit, and the sugar content is much the same as soft drinks. For example a large coke at McDonalds will give you 75 grams of sugar (17 teaspoons of sugar!) and a large orange juice 118.4 grams of sugar (26 teaspoons of sugar!!) It is much better to stick to drinks without sugar (you can't go past water) and only eat fruit whole.

Changing to sugar free soft drinks, although they cut the sugar, will give you a dose of aspartame plus you still get all the caffeine, artificial colours and flavours.

### **3. French Fries, potato chips, wedges, crisps, corn chips, taco shells, tortilla chips, and all similar deep fried snack foods**

Potatoes and refined grains are high glycemic carbohydrates, and when eaten they rapidly break down into glucose and quickly raise blood sugar levels and consequently insulin levels. They are also deep fried in vegetable oil, which is full of trans fats. In fact French fries have one of the highest contents of trans fats of any food. If they are fried in lard instead, they will be high in saturated fat. A further problem with cooking carbohydrates at high temperatures is that it causes the increase in the potent cancer causing substance acrylamide.

### **4. Fruit Rollups**

What makes these particularly bad is that rollups masquerade as a healthy food for kids. They have only a small dollop of fruit, a tiny bit of fibre, virtually no vitamins and lots of sugar, and some contain artificial colours. What's more the glycemic index is a whopping 98. They will rapidly increase your blood sugar, with a parallel rise in insulin followed by a blood sugar crash. The body responds to this crash in blood sugar by sending out cortisol – a stress hormone. Cravings and irritability follow which can cause kids to be difficult to manage. Whole fresh fruit on the other hand has a much lower glycemic index (apples 36), contain less sugar and plenty of fibre and nutrients. Switch to fresh fruit and keep away from the rollups!

### **5. Sweetened processed cereals e.g. Chocolate rice bubbles**

Take a grain of rice, remove the nutrient rich, fibre rich outer coating, then heat until it expands. The nutrient content is now minimal and the glycemic index 82 (that's high). Now coat it in sugar and add in some flavour, and maybe even some artificial colour. The highly heated carbohydrates will have increased acrylamide content. Now feed it to your kids for breakfast and watch as they crash and burn with low blood sugar an hour or two later. Switch to low glycemic breakfast cereals such as porridge and low sugar muesli with fresh fruit and ideally some protein to stabilise blood sugar levels.

### **6. Instant noodles**

I add these because instant noodles are almost always used as a meal replacement. They fill you up with empty carbohydrate calories and fat but not much else. An average serve of instant noodles contains 50 grams of carbohydrate (11 teaspoons of sugar equivalent) and a tablespoon of unhealthy fat.

### **7. High carbohydrate snack bars**

This is another food that appears healthy but really it is no different from eating biscuits or cake. They are high in sugar, high glycemic starch and sweetened dried fruit, some have a coating of bad fats mixed with sugar. Many contain hydrogenated fats (look at the Snacker Bar label).

### **8. Sausages, hotdogs and other high fat meat and cheese**

The average sausage contains twice as many fat grams as protein grams. 1 sausage contains around 22 grams (that's about 5 teaspoons) of mainly saturated or bad fat. A matchbox size serve of ordinary full fat cheese contains 11 grams of fat. Avoid these foods as they add an enormous number of fat calories that will go straight into your fat cells if not used for energy. A high saturated fat intake is linked with heart disease. There are a few low fat sausages, Mad Butcher Italian or Beef Supreme are good as they are low in fat. Most cheese is high in fat, even Edam has 1½ teaspoons of fat in a matchbox size serve. Karikaas low fat Edam and Galaxy Aria both have low fat levels.

### **9. Crumbed, battered and deep fried food, e.g. fish fingers and chicken nuggets**

This is a great way to turn a perfectly good food into an unhealthy one.

Take an excellent protein such as chicken or fish, then coat it liberally with a high glycemic, refined carbohydrates in the form of crumbs or batter, then deep-fry it in boiling oil. Per serving you now have a large amount of carbohydrate and a lot of bad fat. For example 6 chicken nuggets contain 19 grams of protein, and an added 16 grams of carbohydrates and 20 grams (4½ teaspoons) of fat. The fried carbohydrate now has the added problem of containing acrylamide and trans fats.

### **10. Cakes, biscuits, lollies, ice-cream etc.**

We all know that these foods are high in fats, both trans fats and saturated fats. They are also high in sugars and highly processed carbohydrates and contain very little goodness and lots of calories. Look at them as a treat food not something that should be eaten every day. As a general rule, a matchbox size of cake or muesli bar contains 10 grams of carbohydrate (this equals 2 teaspoons of sugar).

## **What Food Should You Eat?**

When I tell people about all the food they shouldn't eat the next question is "well what should I eat?"

The best advice is to eat food in its most natural form - close to how it is found in nature.

**The best carbohydrates:** Eat whole grains, legumes and starchy vegetables in small to moderate portions, as they have are high in carbohydrate. A good rule of thumb for most people is no more than a half to one fist size per meal. Non-starchy vegetables, (these mostly come from above the ground) should be eaten in abundance, include a large range of different colours. Eat fresh fruit (not dried or juiced), especially berries, pip fruit, stone fruit, kiwifruit and citrus fruit. Eat fruit in moderation as an average apple contains about 4 teaspoons of sugar.

**The best proteins:** These are low in saturated fat e.g. seafood and fish, chicken and turkey breast, lean red meat, game meats and tofu. Also egg whites, low fat cottage cheese and protein powders.

A palm size of protein should be eaten at each meal and a matchbox size at each snack.

**The best Fats:** Nuts, nut butters (made the old fashioned way with freshly ground nuts only) and nut oils. Avocado and avocado oil, olives and olive oil (cold pressed virgin olive oil is a very high antioxidant product). Also okay are canola oil, sesame oil and tahini.

Add about 1 tablespoon of nuts or 1 teaspoon of oil or 2 teaspoons of nut butter to each meal. Do remember though, fat is high in calories and eating excess may stop you losing weight if that is your goal.

An important fat lacking in most people's diet is Omega – 3. Many people will only get enough if they take a supplement. Use molecular distilled or Pharmaceutical grade fish oil only. If you have health problems I highly recommend you use pharmaceutical grade as it has a host of remarkable benefits.

**Fluids:** Drink plenty of sugarless fluids such as water, sparkling water, herbal teas and cocoa (without sugar). Drinks with caffeine should be taken in moderation. A glass of wine per day is linked with a lower risk of heart disease.

### Zone Nutrition

Science based nutrition for health and fat loss

Website: [www.zonediet.co.nz](http://www.zonediet.co.nz)

Email: [juliannetaylor@xtra.co.nz](mailto:juliannetaylor@xtra.co.nz)

This article has been reproduced with the permission of Julianne Taylor who informed me that she had sourced some of this information from [www.mercola.com](http://www.mercola.com) (Dr Mercola's website). Julianne has rewritten his info in her own words and added extra info from other research and sources. Dr. Mercola's website does have a lot more detail in it though, if people want further information.

## GARFIELD



## COMING EVENTS

### 2004

#### Mar

6	Natural Gas Corporation Marathon	New Plymouth
12-14	Adidas Athletics NZ National T & F Championships	Newtown Park
20	Wellington T & F Championships	Newtown Park
20	Martinborough Round the Vines 10km & Half	Martinborough

#### April

4	Upper Hutt Half Marathon	Upper Hutt
4	Nike Women's Challenge - 5km	Civic Square
17	Shaw Baton Relay - Interclub	Pauatahanui
18	Flora London Marathon	London
18-24	Masters Long Distance Championships	Auckland

#### May

1	40 <sup>th</sup> Fletcher Challenge Forests Marathon	Rotorua
16	Masters Classic Relay	Trentham Mem. Park
22	Great Wall Full & Half Marathon	China
22	Vosseler Shield - Interclub	Mt. Victoria

#### June

6	Aurora Handicap Marathon	Upper Hutt
6	Christchurch Full & Half Marathon	Christchurch
12	Dorne Cup - Interclub	Trentham Mem. Park
20	Harbour Capital Half Marathon	Westpac Stadium

#### July

3	North Island Cross Country Champs	Taupo
17	Wellington Cross Country Championships	Waikanae

#### Aug

8	Masters 8km Road Race & Walk	Johnsonville
21	Bays Relay - Interclub	Island Bay start
13-29	Olympic Games	Athens

#### Oct

2	NZ Road Relay Championships	Nelson
?	OAVA Masters Track & Field Champs	Rarotonga
17	30 <sup>th</sup> Masterton Full & Half Marathon	Masterton

#### Nov

7	New York City Marathon	New York
7	Masters 10km Road Race & Walk	Lower Hutt

### 2005

#### April

30	Fletcher Challenge Forests Marathon	Rotorua
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## UNIFORMS

**WELLINGTON MASTERS SHORTS AND POLY/COTTON MESH SINGLETS 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.

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

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