

# THE

# MASTER

# COPY

Newsletter of the Wellington Masters Athletics Inc.

Volume 4 Issue 2

May 2005



Peter Tearle, aged 79, long time supporter of the Masters Classic Relay and the oldest competitor taking part on the day, walking lap three for the Scottish B team

# **WELLINGTON MASTERS ATHLETICS INC.**

## **COMMITTEE MEMBERS 2004-05**

PATRON:	Arthur May	24 Motuhara Road, Plimmerton, Porirua 6006	233 9412
PRESIDENT:	John Palmer	122 Onslow Road, Khandallah, Wellington 6004	479 2130
VICE PRESIDENT:	Brian Watson	58 Bannister Avenue, Johnsonville, Wellington 6004	478 6232
SECRETARY:	Veronica Gould	95A Ellice Street, Mt Victoria, Wellington 6001	973 6741
TREASURER:	Dick Harris	11 Whitu Street, Khandallah, Wellington 6004	971 5993
COMMITTEE:	Paul Rodway	88 Pitt Street, Wadestown, Wellington 6001	973 1500
	Peter Wrigley	42 Judd Crescent, Naenae, Lower Hutt 6009	
	John Hammond	148 Wellington Road, Paekakariki, Kapiti 6010	04 292 8030
	Kathryn Fraser	49 Dress Circle, Newlands, Wellington 6004	477 4914
	Michael Browne	85 Owen Street, Newtown, Wellington 6002	973 7404
	Laurence Voight	17 Tarras Grove, Kelson, Lower Hutt 6009	565 0718
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EDITOR:	John Palmer	122 Onslow Road, Khandallah, Wellington 6004	479 2130
MASTERS RECORDS:	Michael Clark	12B City View Grove, Lower Hutt 6009	566 8755

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## **CLUB CO-ORDINATORS**

CAPITAL RUNNERS:	Ray Marten	68 Donald Street, Karori, Wellington 6005	476 8292
H V HARRIERS:	Ian Blyth	3 Chilton Grove, Lower Hutt, 6009	934 9350
H V MARATHON:	Trevor Knowles	105 Major Drive, Lower Hutt, 6009	565 0294
KAPITI:	John Hammond	148 Wellington Road, Paekakariki, Kapiti 6010	04 292 8030
KIWI:	Vic Marks	6 Blucher Avenue, Newtown, Wellington 6001	389 9993
OLYMPIC:	Brian Watson	58 Bannister Avenue, Johnsonville, Wellington 6004	478 6232
RIMUTAKA:	Mike Clark	12B City View Grove, Lower Hutt 6009	566 8755
TRENTAM UNITED:	Diane Rogers	42 Elmslie Road, Pinehaven, Upper Hutt 6007	528 2316
SCOTTISH:	John Hines	Flat 88, Central Park Flats, 20 Nairn St, Wellington 6001	384 3231
UNIVERSITY:	Colin Sasse	42 Naenae Road, Naenae, Lower Hutt 6009	567 9516
VALLEYS UNITED:	Don Brodie	30 Sunshine Crescent, Kelson, Lower Hutt 6009	565 0705
WAIRARAPA:	John Eccles	30 Cole Street, Masterton 5901	06 377 3479
WGTM HARRIERS:	Neil Price	11 Hurman Street, Karori, Wellington 6005	476 6956
WGTM MARATHON:	Bruce Perry	61A Clifford Road, Johnsonville, Wellington 6004	478 3641
WGTM MASTERS:	Colleena Blair	43 Elmslie Road, Pinehaven, Upper Hutt 6007	528 2992

COMMITTEE MEETINGS 2nd MONDAY OF MONTH AT SCOTTISH HARRIERS CLUBROOMS, PRINCE  
OF WALES PARK COMMENCING AT 5:30pm.

CLUB REPRESENTATIVES AND MEMBERS ARE ALWAYS WELCOME

## **EDITORIAL**

Well, daylight savings has now ended and the mornings are a bit lighter while the evenings seem to grow shorter and one has the dilemma of when to go out for the daily training run – morning or evening? But being focused Masters, with a goal firmly in our sights, this shouldn't be a problem, even with the weather sometimes being somewhat inclement. Funnily enough, I managed to experience one o'clock twice on the weekend of the changeover back from daylight savings to standard time. Again, I was in a team taking part in the Cancer Society 24-hour Relay for Life and having past the bewitching hour of one o'clock, we were informed at the appropriate time to turn back our watches one hour, thus experiencing one o'clock again. Makes for a long night!

Once again the Harrier season is upon us and many masters members who are involved in Harriers would have experienced the usual Saturday pack runs over every hill and track imaginable around the Wellington region. Some of us have even taken part in Interclub races as well – didn't seem that long ago that we were struggling around Battle Hill in 2004.

The Masters Classic Relay, held at Trentham Memorial Park on Sunday 1 May, attracted 29 teams made up of 19 running teams and 10 walking teams. Congratulations to the winning teams: Scottish for the Open Men, Women and Walk; Valleys United the 250+ and 300+; and Kapiti the Mixed. Fastest laps were recorded by Grant McLean (Scottish) 13:42 and Suzi Richards (Kapiti) 15:33 and in the walk, Peter Baillie (Scottish) 23:08 and Barbara Prosser (Olympic) 29:53. Special thanks to all those persons who acted as marshals, timekeepers, recorders etc and to Trentham United Harriers for supplying the venue, providing the food, and setting up the course. A complete set of results is listed elsewhere in this newsletter.

The next Masters event is the Johnsonville 8km Road Race and Walk to be held on Sunday 7th August. The Olympic Harrier clubrooms in Bannister Avenue, Johnsonville will be the race headquarters. As this year is the twenty-first running of this event the committee is looking at trying to organise something special to mark this auspicious occasion.

On Sunday 26<sup>th</sup> June, the Wellington Marathon Clinic is organising the running of the 20<sup>th</sup> Harbour Capital Half Marathon. Last year this event, with the addition of a 10km option, attracted 2000 participants. This year the Marathon Clinic has added the full marathon option for those runners and walkers game enough to take on the longer distance. The marathon option is probably welcomed in some quarters as there hasn't been a marathon right at our back door for some years now, but on previous year's experience with the weather, one can't hold out much hope for the conditions being extremely favourable for marathon running. Well done to the Marathon Clinic for having the vision by adding the marathon option and trying to cater for everyone. It certainly worked well last year with the added 10km option.

To date our current membership is 132. This figures compares favourably with last year where our membership at this stage was 120. What is pleasing to see is the number of new, younger persons joining Wellington Masters - I don't know if this is a New Zealand wide trend or not. Several of the club coordinators have said that they are getting a lot of questions asked about the Masters organization and what we provide for members.

The dates have now been confirmed for the North Island Masters Track and Field Championships at Newtown Park on December 2 to 4 and planning for this event is already underway. The committee is hoping that a large number of Wellington members will take the opportunity to compete at this championship with it being held in our own city. A good turnout of members will show the other centres how strong and dedicated Masters are in the capital.

Finally, on Tuesday 10 May, Mick Rice had an operation on his back to alleviate the problem he was having. The operation was successful and he is now at home recuperating and looking forward to getting back out walking in the not too distance future.

John Palmer  
Editor

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# *BITS and PIECES*

## EVENTS CALENDAR

### Confirmed:

North Island Track & Field Championships at Newtown Park, Wellington  
2nd to 4th December 2005

### Coming Events:

Oceania Masters Track & Field Championships at Christchurch  
14th to 21st January 2006

Dunedin Masters Games  
4th to 12th February 2006

South Pacific Games at Hamilton  
11th to 19th February 2006

\* \* \* \* \*

## Newtown Park Pedestrian Gate

Advising that the key will change of the 1st April and a new key can be purchased from the Wellington Service Centre Wakefield Street or the Newtown Library for \$20.00

Clare London  
Customer Services Officer  
Parks and Gardens Business Unit  
Tel: (04) 389 0258  
Fax: (04) 389 0259  
Email: [clare.london@wcc.govt.nz](mailto:clare.london@wcc.govt.nz)

\* \* \* \* \*

## How to tell when Running is Running your life:

1. You personally resent any car that uses the same street that you do.
2. Your wife (husband) says would you mind running this package over to the Post Office and you never consider taking the car.
3. Your idea of formal wear is white shorts, a mesh singlet and black headband.
4. You miss a day's training and it causes you more grief than missing your Mother's birthday.
5. The manager at your bank gives you an ultimatum, "Stop doing stretching exercises while you're waiting in line, or we'll start bouncing your cheques."

And remember you've probably done too much when you can detect an uphill grade so insignificant that most surveyors would miss it.

## MEMBERSHIP

At the time of going to print our membership for the current financial year stands at 132. Welcome to new members Colleen Singleton (Olympic), Ian Purvis (Valleys), Murray Robb (Capital), Bruce McCallum (Scottish) and Anne Hare (WHAC).

\* \* \* \* \*

## The Missing Dollar

Three friends have a room booked at a hotel.  
The room costs \$30.

They each pay \$10 to the clerk and go to their room.

The clerk realizes that the room is in fact only \$25 and she asks the bellboy to take the \$5 change to their room.

On his way to the room the bellboy thinks that he cannot split \$5 between three people, so he decides to give them \$1 each back and keep \$2 for himself.

So the three friends have now only paid \$9 each for the room and the bellboy has a \$2 tip.

If  $3 \times \$9 = \$27$ , plus the \$2 the bellboy pocketed, adds up to \$29 ...

... who's got that other dollar?

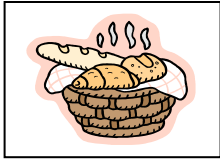
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## CONGRATULATIONS



A national title to Amelia De Lorenzo and a bronze medal to Peter Baillie in the 20km Walk at the Union ANZ Track & Field Championships held at Wanganui, 11-13 March.

Amelia De Lorenzo (shown left with Peter Baillie) was 3rd in the 3000m Walk (15:36) and 2nd in the 20k Road Walk (1:55:30) (winning gold for the first New Zealander). In the men's walk, Peter Baillie was 6th in the 3000m Walk (15:35) and 3rd in the 20k Road Walk (1:57:08).



## RECIPE

### THAI-DRESSED LAMB CUTLETS

#### **Ingredients:**

- 16 lamb cutlets
- 2 Tbsp lemon juice
- Salt and fresh ground black pepper
- 3-4 cups assorted crisp salad greens
- 4 sprigs mint, chopped
- 2 shallots, diced
- 1 red chilli, seeded and diced
- 1 small red pepper, seeded and thinly sliced

#### **Thai Dressing**

- ¼ cup lime or lemon juice
- 2 cloves of garlic, crushed
- 2 Tbsp chopped coriander
- Freshly ground black pepper
- 2 Tbsp fish sauce
- 2 Tbsp sugar

#### **Method:**

Brush the lamb with the lemon juice and sprinkle well with salt and pepper. Cook under a pre-heated hot grill for about 2 minutes each side or until cooked to taste. Meanwhile pile the salad greens on four serving plates. Mix together the mint, shallots, chilli and red pepper. In a separate bowl, combine the Thai dressing ingredients.

To serve, place the lamb cutlets on the salad greens. Sprinkle with the mint, shallots, chilli and pepper, and drizzle with the Thai dressing.

Serves 4.

### Letter to the Editor

On 14/4/05 a letter appeared in the Dominion Post regarding "Waterfront Recreation". I thought that the final three paragraphs of the letter were interesting. I have not included the first part of the letter which related to the new Waitangi Park currently under construction. The last paragraphs read:

"On the subject of recreational facilities, V Marks (letter 11<sup>th</sup> April) wanted an update on council plans for extensions to Newtown Park grandstand seating.

"We plan to spend \$7 million over the next 10 years on redeveloping Newtown Park. This includes extending the existing grandstand from 700-800 to 1000 seats, and building a separate seating area with a further 1000 seats.

"In 2005-2006, the council proposes to install floodlighting and upgrade the No. 2 field, the changing rooms, first-aid room, media and function space, public toilets and put in a drug-testing room."

## CANCER SOCIETY 24-HOUR RELAY FOR LIFE

As in the past two years I was again a member of a team participating in this year's Cancer Society 24-hour Relay for Life held over the weekend 19-20th March at Frank Kitts Park.

Our team consisted of 14 persons (both runners and walkers) and we managed to finish in 13<sup>th</sup> place out of the 85 teams taking part, completing 392 laps of a 530-metre course which equates to 207.76 kms over the 24-hour period. I was scheduled on for 5 half hour periods over the 24 hours and managed to complete a total of 55 laps.

The rain forecast for the Saturday morning held off and didn't arrive until about 11pm on the Saturday night and it was a continual light misty drizzle all through the night until about 9am on Sunday when it cleared and the conditions became perfect for the final 3 hours of the relay. The wet conditions certainly put a damper on the candle-lighting ceremony, with a large majority of the bags that housed the candles, extinguished well before the morning.

The Wellington Division of the Cancer Society had set a target of raising \$300,000 and at the closing ceremony it was announced that this target had been surpassed and a total of \$320,000 had been raised.

As part of a team each member was asked to try and obtain sponsorship/donations for the Cancer Society and our team managed to raise \$3,196.60 towards the fight on cancer. Top contributors were Datamail and Hutt International Boy's School who both raised \$22,000 followed by Leaders Re-Max who raised \$20,000.

Most of the members in our team are keen to be involved again next year and one or two supporters and friends who came down and did a few laps with us are also keen to come aboard.

John Palmer

### **Remember you're out of shape when –**

You ran for the bus this morning and would have missed it if the lady expecting twins hadn't dashed ahead and held it for you!

You can't move fast enough to keep your pet turtle from running away!

When an undertaker sees you shuffling out to the mailbox he gets out of his hearse and gives you a business card!

Your girlfriend gets a snag in her pantyhose, and you realise that the run on her leg is moving faster than you can!

## FOR THOSE BORN BEFORE 1986

According to today's regulators and bureaucrats, those of us who were kids in the 60's, 70's and early 80's probably shouldn't have survived, because our baby cots were covered with brightly coloured lead-based paint which was promptly chewed and licked.

We had no childproof lids on medicine bottles, or latches on doors or cabinets and it was fine to play with pans.

When we rode our bikes, we wore no helmets, just flip-flops and fluorescent 'spokey dokey's' on our wheels.

As children, we would ride in cars with no seat belts or airbags riding in the passenger seat was a treat.

We drank water from the garden hose and not from a bottle and it tasted the same.

We ate chips, bread and butter pudding and drank fizzy juice with sugar in it, but we were never overweight because we were always outside playing.

We shared one drink with four friends, from one bottle or can and no one actually died from this.

We would spend hours building go-carts out of scraps and then went top speed down the hill, only to find out we forgot the brakes.

After running into stinging nettles a few times, we learned to solve the problem.

We would leave home in the morning and could play all day, as long as we were back before it got dark. No one was able to reach us and no one minded.

We did not have Play stations or X-Boxes, no video games at all.

No 99 channels on TV, no videotape movies, no surround sound, no mobile phones, no personal computers, no DVDs, no Internet chat rooms.

We had friends - we went outside and found them. We played elastics and rounders, and sometimes that ball really hurt!

We fell out of trees, got cut, and broke bones but there were no lawsuits. We had full on fistfights but no prosecution followed from other parents.

We played knock-the-door-run-away and were actually afraid of the owners catching us. We walked to friends' homes.

We also, believe it or not, WALKED to school; we didn't rely on mummy or daddy to drive us to school, which was just round the corner.

We made up games with sticks and tennis balls.

We rode bikes in packs of 7 and wore our coats by only the hood.

The idea of a parent bailing us out if we broke a law was unheard of...they actually sided with the law.

This generation has produced some of the best risk-takers and problem solvers and inventors, ever.

The past 50 years have been an explosion of innovation and new ideas.

We had freedom, failure, success and responsibility, and we learned how to deal with it all. And you're one of them. Congratulations!

For those of you who aren't old enough, thought you might like to read about us. This my friends, is surprisingly frightening ... and it might put a smile on your face:

The majority of students in universities today were born in 1986 ..... they are called youth. They have never heard of We are the World,

We are the children, and the Uptown Girl they know is by Westlife not Billy Joel.

They have never heard of Rick Astley, Bananarama, Nena Cherry or Belinda Carlisle.

For them, there has always been only one Germany and one Vietnam.

AIDS has existed since they were born. CD's have existed since they were born.

Michael Jackson has always been white.

To them John Travolta has always been round in shape and they can't imagine how this fat guy could be a god of dance.

They believe that Charlie's Angels and Mission Impossible are films from last year.

They can never imagine life before computers.

They'll never have pretended to be the A-Team, Red Hand Gang or the Famous Five.

They'll never have applied to be on Jim'll Fix It or Why Don't You?

They can't believe a black and white television ever existed. And they will never understand how we could leave the house without a mobile phone.

Now let's check if we're getting old

1. You understand what was written above and you smile.
  2. You need to sleep more, usually until the afternoon, after a night out.
  3. Your friends are getting married/already married.
  4. You are always surprised to see small children playing comfortably with computers.
  5. When you see teenagers with mobile phones, you shake your head.
  6. You remember watching Dirty Den in EastEnders the first time around.
  7. You meet your friends from time to time, talking about the Good Old Days, repeating again all the funny things you have experienced together.
- Having read this mail, you are thinking of forwarding it to some other friends because you think they will like it too... Yes, you're getting old!!

**Proposed programme for the North Island Masters Track & Field Championships 2005**

**Friday Evening**

Track			Field		
Time	Event	Grade	Time	Event	Grade
6:00pm	5000m	W	6:00pm	Pole Vault	M/W
6:30pm	5000m	M	6:00pm	Hammer	M/W

**Saturday**

Track			Field		
Time	Event	Grade	Time	Event	Grade
9:00am	100m	M/W	9:30am	Triple Jump	M/W
10:00am	2000m Steeplechase	M/W	9:30am	Javelin	M
10:30am	3000m Steeplechase	M/W	9:30am	Shot Put	W
11:00am	400m	M/W	11:00am	Long Jump	M/W
11:45am	3000m Walk	M/W	11:30am	Javelin	W
12:15pm	Sprint Hurdles	M/W	11:30am	Shot Put	M

**LUNCH**

1:00pm  
1:15pm  
3:45pm  
4:15pm

**OFFICIAL OPENING**

1:15pm	High Jump	M
1:15pm	Discus	W
2:15pm	High Jump	W
2:15pm	Discus	M
3:15pm	Weight Throw	M/W

**Sunday Morning**

Track			Field		
Time	Event	Grade	Time	Event	Grade
8:30am	10km Road Walk	M/W	9:00am	Weight Pentathlon	M/W
9:00am	200m	W			
9:30am	300m/400m Hurdles	M/W			
10:00am	10km Road Run	M/W			
10:00am	800m	M/W			
10:30am	Pentathlon	M/W			

*Start times will be staggered across age groups*

**Random acts of lunacy**

A man who shovelled snow for an hour to clear a space for his car during a blizzard in Chicago returned with his vehicle to find a woman had taken the space. Understandably, he shot her.

\* \* \* \* \*

After stopping for drinks at an illegal bar, a Zimbabwean bus driver found that the 20 mental patients he was supposed to be transporting from Harare to Bulawayo had escaped. Not wanting to admit his incompetence, the driver went to a nearby bus stop and offered everyone waiting there a free ride. He then delivered the passengers to the mental hospital, telling the staff that the patients were very excitable and prone to bizarre fantasies. The deception wasn't discovered for 3 days.

\* \* \* \* \*

An American teenager was in the hospital yesterday recovering from serious head wounds received from an oncoming train. When asked how he received the injuries, the lad told police that he was simply trying to see how close he could get his head to a moving train before he was hit.

# 2005 DOPING CONTROL IN SPORT

## Summary Guide for Athletes

**2005 Doping Control in Sport** - Valid from 1 January 2005 to 31 December 2005. Note: This information is intended to be a quick guide to assist athletes in treating non-serious conditions. Always advise your doctor or chemist that you are an athlete subject to sports drug testing and ask that they refer to the New Ethicals Catalogue to clarify status of substances.

### TREATMENT GUIDELINES

(Examples only)

**ASTHMA:** For more information contact NZSDA  
PERMITTED: Intal, Vicrom.

PERMITTED: only with an abbreviated TUE; all corticosteroid inhalers (eg Beclazone, Flixotide, Pulmicort, Respocort, Symbicort) Beta 2 inhalers – Salbutamol, terbutaline, salmeterol, formoterol (eg Ventolin, Bricanyl, Foradil, Oxis, Serevent, Symbicort).

PROHIBITED: Other beta 2 inhalers and all oral/systemic beta 2 agonists eg Bambec, oral Ventolin.  
Systemic corticosteroids eg prednisone.

**COUGH, COLD, FLU:** Pseudoephedrine is now permitted.

PERMITTED: All antibiotics. Coldral, Coldrex, Sudafed, etc. – all products previously prohibited due to pseudoephedrine.

### DIARRHOEA

PERMITTED: Diastop, Imodium, Lomotil, Motilium.

PROHIBITED: Products containing morphine.

### HAY FEVER

PERMITTED: Antihistamines eg Claratyne, Drixine, Otrivine, Phenergan, Polaramine, Telfast, Zyrtec.

PERMITTED: only with an abbreviated TUE; Corticosteroid sprays eg Alanase, Atomase, Beconase, Flixonase.

### PAIN/INFLAMMATION

PERMITTED: All non-steroidal anti-inflammatories. Aspro, Cataflam, Digesic, Disprin, Nurofen, Paracetamol, Panadeine, Ponstan, Tilcotil, Voltaren.

PERMITTED: only with an abbreviated "TUE" – hydrocortisone local injections.

PROHIBITED: Oral corticosteroids, eg Medrol, Prednisone.  
Products containing morphine.

### SORE THROAT

PERMITTED: Soluble aspirin or paracetamol gargle, Difflam.

### VOMITTING

PERMITTED: Gastrolyte, Maxolon, Stemetil, Sea legs.

### CONTRACEPTION

PERMITTED: No oral contraceptives currently available are banned.

### SKIN CONDITIONS

PERMITTED: Corticosteroid preparations eg Beta Cream/ointment (formerly Betnovate), DP Lotion/Cream,

Derm-Aid, Egocort, Hydrocortisone Cream, Locoid, Skincalm.

### THERAPEUTIC USE EXEMPTIONS ("TUE's")

There are 2 types:

**Abbreviated** for most inhaled asthma treatments and for non-systemic corticosteroids (excludes skin creams – see below\*).

**Standard** for use of all other prohibited substances including insulin, prednisone and ritalin. Please check the Agency website to ensure that any applications are completed fully and correctly.

### POINTS TO NOTE FOR 2005

- Important change\* - Skin creams/lotions containing corticosteroids are now permitted without restriction.
- Propecia, used to combat hair loss, contains Finasteride a substance which is now banned as a masking agent.
- Pseudoephedrine and caffeine are permitted (as in 2004).
- Marijuana is a prohibited substance in competition and evidence of use may be apparent for weeks.
- Insulin – a Standard TUE is required (contact the Agency).
- Asthma – beta 2 agonists (eg ventolin) are now prohibited out of competition – an abbreviated "TUE" is required.
- Over the counter products to treat hay fever may contain corticosteroids and medical notification from your doctor is necessary before they can be used.

### RECOMMENDED PRECAUTIONS

- Do not take any medications given to you by others (athletes, coach, etc) without checking them first.
- Asthmatics – get a copy of the NZSDA Asthma Information Sheet at [www.nzstda.org](http://www.nzstda.org)
- Vitamin, herbal and nutritional supplements may contain banned substances not listed on the label. Use of these products is at the athlete's own risk.

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## OLD RUNNERS PICK UP SPEED

It's never too late to put yourself through the paces

If you've been falling back on your age to avoid taking up serious exercise, such as marathon running, you will need to find another excuse. Scientists at Yale University have found runners over 50, particularly women, actually improve their performance at a greater rate than younger ones.

The team looked at the results for competitors in the New York Marathon over 16 years and found that women runners aged between 50 to 59 shaved an average of 2.08 minutes off their times each year.

By comparison, the men improved only eight seconds a year, though they showed gains up to the age of 79. Yet men and women aged from 20 to 30 did not generally improve at all.

"These results reflect a potential for improvement in the general health of our aging population," says study co-author Professor Peter Jokl.



# SMOKEFREE LAW

The recent amendments to the Smokefree Environments Act 1990 have generated a lot of interest in the media over the past few weeks. Although the impression sometimes conveyed by the media is that a new law had come into effect, the amendments to the 1990 Act were actually passed at the end of 2003 and provided for progressive changes over a two-year period.

The most significant are as follows:

- Imposition of a ban on access to smoking products for those under 18 years of age effective from 10 December 2003.
- Buildings and grounds of schools and early childhood centres became smokefree with effect from 1 January 2004
- Licensed premises (including bars, restaurants, cafes, sports clubs and casinos) became smokefree indoors from 10 December 2004.
- All other work places became smokefree indoors from 10 December 2004.
- Restrictions on the display of tobacco products in retail outlets apply from 10 December 2004.

## Retailers

There are a number of restrictions on retailers who sell tobacco products. These include:

- A prohibition on the promotion of the sale of tobacco products with other products.
- A prohibition on promotional schemes for the sale of tobacco products
- Restrictions as to the manner in which tobacco products can be displayed.
- Appropriate signage warning of the dangers of tobacco use which must be displayed where tobacco products are sold within 200 metres of the point of sale.
- Strict marketing directives aimed at enforcing the prohibition on the sale of tobacco or herbal products to persons under the age of 18 years.

## Sports Clubs

All clubs or sporting organisations which are licensed for the sale of alcohol must comply with the new smokefree law. In particular, such organizations should be aware of the following:

- The fact that the premises are not open to the general public does not mean that compliance with the Act is not required.
- A club must take "reasonably practical steps" to ensure that it complies with the Act. Failure to do so could result in a fine.

Although the Act does not define what "reasonably practical steps" are, the Ministry of Health has issued guidelines which include the formulation of smokefree policies, displaying appropriate signage and prohibiting the sale of tobacco products on the club's premises. Further information can be obtained from the Ministry of Health.

The underlying objective in making these changes is to protect the public from the harmful effects of smoking and to further promote a smokefree lifestyle as the norm.

The changes to the law have not been welcomed by everybody, particularly some hotels and bars where employers and customers have voiced resentment at what they perceive as undue Government interference.

There are significant penalties whereby failure to comply can result in fines of up to \$4,000 in respect of each offence for companies and up to \$400 for each offence in respect of individuals. As some licensees of licensed premises (particularly hotels) have stated their intention to flout the law by continuing to allow smoking on their premises, presumably it will not be long until we have an indication as to the penalties likely to be imposed by the Courts in practice.

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## **BEREAVEMENT**

Today we mourn the passing of a beloved old friend, Common Sense, who has been with us for many years. No one knows for sure how old he was since his birth records were long ago lost in bureaucratic red tape.

He will be remembered as having cultivated such valuable lessons as knowing when to come in out of the rain, why the early bird gets the worm and that life isn't always fair.

Common Sense lived by simple, sound financial policies (don't spend more than you earn) and reliable parenting strategies (adults, not children, are in charge).

His health began to deteriorate rapidly when well intentioned but overbearing regulations were set in place.

Reports of a six-year-old boy charged with sexual harassment for kissing a classmate; teens suspended from school for using mouthwash after lunch; and a teacher fired for reprimanding an unruly student, only worsened his condition.

It declined even further when schools were required to get parental consent to administer Panadol to a student; but, could not inform the parents when a student became pregnant and wanted to have an abortion.

Finally, Common Sense lost the will to live as the Ten Commandments became contraband; churches became businesses; and criminals received better treatment than their victims.

Common Sense finally gave up the ghost after a woman failed to realise that a steaming cup of coffee was hot. She spilled a little in her lap, and was promptly awarded a huge settlement.

Common Sense was preceded in death by his parents, Truth and Trust, his wife, Discretion; his daughter, Responsibility; and his son, Reason. He is survived by three stepbrothers; I Know My Rights, I'm A Whinger and I'm A Victim.

Not many attended his funeral because so few realised he was gone.

## WELLINGTON RESULTS MASTERS NATIONAL T & F CHAMPIONSHIPS

**Dunedin 4 - 7 March 2005**

Name	Place	Event	Result
<b>Men:</b>			
<b>M35</b>			
Ian Purvis	2	800m	2.07.41
	2	1500m	4.21.52
<b>M40</b>			
Mark Macfarlane	2	100m	12.40
	2	200m	25.10
	2	400m	55.78
	2	High Jump	1.50m
	2	Long Jump	5.65m
	1	Triple Jump	10.77m
<b>M45</b>			
Gary Rawson	1	100m	12.07
	1	200m	25.37
	1	110 Hurdles	19.97
	2	Long Jump	5.35m
	3	Triple Jump	11.02m
<b>M55</b>			
Rob James	4	200m	28.18
	3	400m	61.70
	7	Shot Put	8.20m
	2	Javelin	29.81m
<b>Francis Campkin</b>			
	1	100m Hurdles	23.09
	2	400m Hurdles	1.20.58
	2	3000m S/Chase	12.55.48
<b>M70</b>			
Jim Blair	1	High Jump	1.19m
	2	Discus	28.36m
	2	Javelin	28.34m
<b>Women:</b>			
<b>W55</b>			
Veronica Gould	1	100m	14.18**
	1	200m	30.29*
	1	Long Jump	4.19m*
	1	Triple Jump	8.13m
	2	Shot Put	7.36m
	1	Hammer	22.12m
	1	Weight Throw	9.24m
<b>W70</b>			
Colleena Blair	1	Long Jump	2.62m
	3	Shot Put	5.98m
	2	Discus	13.40m
	2	Javelin	14.09m
	1	Weight Throw	9.26m
	2	Weight Pent	2955pts

\* Wellington Record

\*\* Wellington & Championship Record

## **NELSON HALF MARATHON & 10km RUN & WALK**

**Sunday 1<sup>st</sup> May**

**Half Marathon Walk:**

Amelia De Lorenzo 1<sup>st</sup> 2:13:08 (record)

**10km Run:**

John Palmer 52:55

Maryanne Palmer 59:27

## **ANZAC DAY ROAD RACES**

**Monday 25th April, Carterton**

The course was around country roads, starting and finishing at Dalefield Hall. The races were plagued by "four seasons in one day" with rain, hail, sun and a chilly wind. Bernie Portenski set a NZ best for Women 55-59 age group in the 10km race.

**10km Open Women:**

1 Gabrielle O'Rourke WHAC 37.46

**10km Men 40-49:**

1	Peter Wrigley	Scottish	37.03
2	Des Young	Scottish	37.08
4	Paul Homan	Trentham	39.19
6	Kevin Burney	Trentham	41.14

**10km Women 40-49:**

2 Brenda Burke Scottish 50.41

**10km Men 50+:**

1	Richard Brent	Scottish	36.08
5	Paul Rodway	Scottish	47.31

**10km Women 50+:**

1	Bernie Portenski	Scottish	38.50
2	Diane Rogers	Trentham	49.14

## ROTORUA MARATHON

**Saturday 7<sup>th</sup> May 2005**

**Marathon:**

Runners:

Bernie Portenski	F55-59	3:06.46
Michele Allison	F45-49	3:08.41
Kathy Young	F50-54	3:39.22
Ann Bould	F60-64	4:27:10

Gordon Clarke	M40-44	3:01.41
Des Young	M45-49	3:14.23
Kelvin Moffatt	M45-49	3:17.57
Hank Leech	M55-59	3:21:04
George Preddy	M60-64	3:31:46
John Hammond	M65-69	3:52:55
John Gallagher	M50-54	4:34:40
Peter Wrigley	M40-44	4:44:56

Walkers:

Peter Baillie	M55-59	4:38.04
Bart Jones	M60-64	5:27.43

**10km:**

Runners:

Richard Brent	M50-54	34:30
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### **Defiant runners**

Pakistani police detained about 30 people on Saturday for defying a ban on women running in a road race through Lahore. Authorities banned women from competing after Islamic hardliners - who regard women's participation as against Islam - attacked runners at a similar event in Punjab province last month.

- Dominion Post Monday 16<sup>th</sup> May

**MASTERS CLASSIC RELAY**  
**Sunday May 1<sup>st</sup> 2005**  
**Trentham Memorial Park**

**250+**

**Valleys United C**

Lap Name	Time
1 Brian de Montalk	16:25
2 Paul Coles	15:33
3 Carl Humphries	16:53
4 Mike Lynskey	16:17
5 John Houghton	14:39
1:19.47	1/3

**Valleys United E**

1 D Moore	22:45
2 B Trewoon	16:16
3 R Hannan	20:14
4 Michael Clark	22:16
5 M McPherson	23:48
1:45:19	2/3

**Olympic B**

1 Dave McIlraith	17:53
2 Terry Kunukaanga	23:06
3 Peter Hanson	25:31
4 Ken Ritchie	20:21
5 Harold Alcock	21:41
1:48:32	3/3

**300+**

**Valleys United F**

1 John Wood	16:13
2 Albert van Veen	19:58
3 Don Brodie	20:00
4 Ian Blyth	17:47
5 Bernie Ryan	17:43
1:31:41	1/4

**Kapiti**

1 John Hammond	20:06
2 Sally Ashley	22:23
3 Peter Ellis	18:03
4 Roger Childs	18:17
5 Maurice Piper	16:25
1:35:14	2/4

**Scottish D**

1 Dave McAllister	19:24
2 Paul Rodway	18:45
3 Ken Howell	17:52
4 Bruce McCallum	18:37
5 Michael Browne	22:18
1:36:56	3/4

**Trentham United B**

1 Robin Curry	17:11
2 Diane Rogers	20:42
3 Roy Rogers	21:41
4 Peter Thomas	21:55
5 Terry Bedlington	18:05
1:39:34	4/4

**Men: Scottish A**

Lap Name	Time
1 Richard Brent	14:58
2 Grant McLean	13:42
3 Angus Napier	14:43
4 Dean Madsen	15:08
5 Todd Stevens	14:28
1:12:59	1/8

**Valleys United A**

1 Andrew Brown	14:49
2 Bill Trompetter	15:22
3 Steve Malanchak	15:02
4 Paul Richardson	15:19
5 Vaughan New	14:25
1:14:57	2/8

**Kapiti**

1 Paul Forster	13:59
2 Steve McDonald	15:45
3 Kevin Jones	16:49
4 Paul Binkhorst	15:52
5 Greg Fraine	14:07
1:16:32	3/8

**Olympic A**

1 Chris Speakman	14:55
2 Ged Brent	14:36
3 Bruce Jeffery	15:45
4 Steve Bligh	17:28
5 Mike Rodden	16:38
1:19:22	4/8

**Scottish B**

1 Chris Harp	15:33
2 Andrew Bates	14:54
3 Paul Brydges	17:27
4 Martyn Reynolds	16:39
5 Des Young	15:44
1:20:17	5/8

**Valleys United B**

1 Murray Corles	16:27
2 Sean McCarthy	17:44
3 Tony McKone	17:35
4 Barry Howard	17:38
5 Stuart McKenzie	18:26
1:27:50	6/8

**Valleys United D**

1 Stephen Cummings	17:39
2 Simon Barrow	20:08
3 Steve Shallard	18:48
4 Glen Perkinson	19:22
5 Steve Robertson	17:20
1:33:17	7/8

**Scottish C**

1 Jim Kerr	16:17
2 Adrian Shields	18:25
3 Mike Wells	22:36
4 Jeff Galt	18:21
5 Ross Lake	18:23
1:34:02	8/8

**Mixed:**

**Kapiti A**

Lap Name	Time
1 Bryn Kempthorne	19:13
2 Diana Borman	18:15
3 Gary Donnison	17:05
4 Suzi Richards	15:33
5 Michelle Laurenson	17:19
1:27:25	1/3

**Trentham United A**

1 Jason Fraser	16:29
2 Jake Jacobsen	17:02
3 Helen Bassett	20:50
4 Christine Taylor	21:33
5 Paul Homan	15:50
1:31:44	2/3

**Kapiti B**

1 Penny Barrett	20:41
2 Ann Bould	18:56
3 Bronwyn Kettle	19:56
4 Bernard McManus	21:38
5 Petra Donnison	22:02
1:43:13	3/3

**Women: Scottish A**

1 Brenda Burke	20:29
2 Andrena Patterson	20:14
3 Diane Morgan	21:22
4 Loretta DeSourdy	20:30
5 Clare Hunt	21:24
1:43:59	1/1

**Walkers:**

**Scottish A**

1 Peter Baillie	23:08
2 John Hines	27:08
3 Rupert Watson	26:14
1:16:30	1/9

**Walk for Health**

1 Tim Dutton	25:22
2 Geoff Iremonger	28:22
3 Bart Jones	26:16
1:20:00	2/9

**Rimutaka**

1 John Tavendale	31:22
2 Ben Bowles	30:43
3 Clive McGovern	27:31
1:29:36	3/9

**Olympic A**

1 Lyn Broad	30:09
2 Barbara Prosser	29:53
3 Ann White	31:18
1:31:20	4/9

**Scottish B**

1 Murray Gowans	30:11
2 Margaret Bray	32:22
3 Peter Tearle	32:59
1:35:32	5/9

## Results – continued

### MASTERS CLASSIC RELAY

#### Walk for Health

1 Daphne Jones	31:36
2 Robyn Iremonger	34:15
3 Bridger Hesketh	30:10
1:36:01	6/9

#### Rimutaka B

1 Linda Tooley	33:08
2 Bernadette Azzato	32:52
3 Anne Bowles	31:56
1:37:56	7/9

#### Trentham United A

1 Clive Keating	30:36
2 Keith Stewart	36:00
3 Terry Piper	33:17
1:39:53	8/9

#### Olympic B

1 Megan Barber	37:19
2 Colleen Singleton	34:19
3 Brian Watson	31:32
1:43:10	9/9

#### Scottish C

1 Andrew Bell	28:40
2 Peter Baillie	24:04
3 Peter Baillie	24:36
1:17:20	Unplaced

## **RUNNING ISN'T FOR EVERYONE:**

In a book entitled “The Runner’s Handbook” and subtitled “A Hilarious Guide to Self-Abuse” the following was noted:

Before you go out and spend money on running equipment you may never use more than once, you would be advised to answer honestly the following YES/NO questions:

Can you sweat without making a noise?

Do you have a *high* pain threshold?

Are you strong enough emotionally to whimper in public?

Can you talk to yourself while running, even though you know what an incredible bore you really are?

Can you place one foot in front of the other without consulting *The Arthur Murray Dance Book*?

Can you handle the indignity of having your neighbours saluting you as you run past by holding up their middle finger?

Are you aware that four out of five motorists actually believe they’ll collect a bounty if they run you down?

Could you learn to limp with pride?

If you answered “yes” to any of the above questions - congratulations! You are a definite candidate for running!

## **Simple Workouts that can help you run or walk faster**

On each of these, run or walk for 10-15 min as a warm up. Reverse this for the warm down.

\* Strength workout — do your warm up and finish at the bottom of a hill, overpass or other incline. Count off 50-300 steps (50 for beginners and more if you have done speed-work before – these steps equate to metres). Run or walk up the hill slightly faster than you usually do, but not all out, turn and run or walk back easily to your start. First workout run or walk 2-3 of these, and add 1-2 more on this weekly hill workout. The incline of the hill should be gradual, not steep, and you should stop your repetitions if you cannot maintain or slightly increase your upward speed.

\* Speed — once a week run or walk to a measured repetition - a standard track or a repetition of road or trail that you have measured at about 400 metres. Run or walk each of these repetitions at a pace that is 5-7 seconds faster than you want to run or walk the same distance in your goal 5K or 10K. For half marathons, use half km repetitions and for marathons, use the one km repetition. Start with 2-3 repetitions, and increase by 1-2 each week until you reach 12-20 for the 5K or 10K program. Half marathon or marathon speed work should be done on non-long-run weekends — every second or third weekend — starting with 2-3 and increasing to 11-14 repetitions. Run or walk for one third to one half of the distance of the repetition as recovery.

NB: In all strength or speed sessions, if pace slows during the repetition, then increase the recovery time between repetitions or cease doing them altogether and just cool down.

### **Runners only:**

\* Better form — during a short run, after your 5-10 min warm up, take out your watch and time yourself for 30 seconds. Don’t change anything about the way you run during this half minute, but count the number of times your left foot touches, and remember the count. After jogging for another minute or so, count your cadence for 30 seconds again and try to increase the count by 1 or 2. Repeat this 2-6 more times, attempting to increase the count of each one by 1 or 2. If you do this once a week, your body will find ways of touching lighter, aligning more efficiently, and moving with less effort.

# **FOODS THAT SHED KILOS**

## **Meals that can Change Your Life**

Expecting food to change your life may seem like a big ask. But have you considered that eating the right food at the right time will increase your energy, help you manage your weight and ward off illness? Studies show that people who lose as little as five kilos reap all these rewards.

The meals that follow are based on ChangeOne, the exclusive weight-loss plan from Reader's Digest. ChangeOne has helped millions lose weight one meal at a time, one week at a time. So here's your opportunity to farewell those unattainable slim-down resolutions which many wrestle with year after year. Derived from the latest research, ChangeOne meals deliver specific nutrients to help you fight disease and shed kilos. Not weight conscious? You can still benefit; just allow yourself more generous portions.

### **Protein Power**

One good idea emerged from all the controversy surrounding high-protein diets: researchers have found that eating a meal with plenty of protein leaves you feeling more satisfied for longer when compared to a meal loaded with low-quality carbohydrates. Your body takes longer to digest protein, leading to a gradual increase in blood sugar. Many high-carb meals are absorbed quickly and send blood sugar on a roller coaster ride, taking your appetite with it and depleting your energy.

The high-protein breakfast will carry you through the morning and, importantly, through your coffee break.

### **Protein Power**

Scrambled eggs (1 whole egg and 2 egg whites)  
1 cup skim or low-fat milk  
½ grapefruit  
1 slice wheat toast.

Kilojoules 1260, fat 7 g (saturated 2 g), cholesterol 215 g, sodium 440 mg, carbohydrate 35 g, fibre 4 g, protein 24 g, calcium 340 mg.

- **More Protein Options**
- Cottage cheese
- Smoked fish
- Yoghurt

### **Disease-Fighting at Lunch**

Many foods contain antioxidants, but fruits and vegetables may be the richest source. Behaving like chemical warriors, antioxidants neutralise molecules known as free radicals before arteries and other cells can be harmed. This protects you from heart disease, high blood pressure, cancer and diabetes, which is why antioxidant foods figure so prominently in ChangeOne.

Forget pills: antioxidants work best when consumed in foods. The ChangeOne plan recommends a daily intake of seven serves of fruit and vegetables. It's less daunting than it sounds: a serving equals a piece of fruit, a half-cup of cut vegetables, a cup of lettuce, or a small glass of juice. The typical salad delivers two to three servings. This tasty lunch dishes up at least four antioxidant-rich servings of vegetables.

### **Disease-Fighting at Lunch**

1 cup chunky homemade or canned vegetable soup  
Large salad, made with 2 cups mixed lettuce greens  
¼ cup each grated carrot, broccoli florets and chopped tomato  
Top with 60 g grilled chicken breast fillet and 1 tablespoon reduced fat dressing  
3 small sesame breadsticks

Kilojoules 1380, fat 10 g (saturated 2 g), cholesterol 80 mg, sodium 1130 mg, carbohydrate 29 g, fibre 5 g, protein 33 g, calcium 120 mg.

- **More Disease-Fighters**
- Leafy greens
- Berries
- Citrus fruit
- Rock melon
- Purple grape juice

### **Fat-Burning at Dinner**

The mineral calcium is the latest weight-loss star, and ChangeOne is one of the first weight-loss plans to capitalise on its power. US scientists stumbled on calcium's magic by accident. In a study of blood pressure in obese African-Americans, people who added two cups of yoghurt a day to their diet lost an average of five kilos of body fat in one year, even though they didn't eat less. A follow-up study found that people on a high-calcium diet, the equivalent of over three daily servings of dairy, lost more weight and fat than did people on a low-calcium diet. Both groups ate the same number of kilojoules. Researchers believe calcium works by encouraging fat cells to stop, well, getting fatter. Instead, the cells burn extra fat without your having to go anywhere near a treadmill.

This dinner features tofu, so it's calcium-rich and it helps lower blood cholesterol.

### **Fat-Burning at Dinner**

#### **Sweet-and-Sour Tofu with Vegetables**

Serves 4

2 tbsp soy sauce  
2 tbsp fresh lime juice  
60ml hot water  
2 tsp sugar  
4 spring onions, thinly sliced  
225g cabbage, coarsely chopped  
1 zucchini, halved lengthways and cut across into 1/2 cm slices  
1 red capsicum, cored, seeded and diced  
1 440g tin pineapple pieces  
350g tofu, cut into 2cm squares  
1 tbspn finely chopped fresh ginger  
1/4 tspn salt  
1/8 tspn cayenne pepper

Combine soy sauce, lime juice, hot water and sugar in a large saucepan. Bring to the boil over medium-high heat. Add spring onions, cabbage, zucchini and capsicum. Reduce heat and simmer, covered for 4 minutes.

Add pineapple, tofu, ginger, salt and cayenne pepper. Cover and simmer, stirring occasionally, until heated through, about 3 minutes. Serve with cooked rice and orange wedges to garnish.

Kilojoules 1890, fat 6 g (saturated 1 g), cholesterol 0 mg, sodium 680 mg, carbohydrate 88 g, fibre 11 g, protein 17 g, calcium 275 mg.

- **More Fat-burners**
- Milk
- Cheese
- Calcium-fortified juice
- Yoghurt
- Canned fish

### **Mediterranean Snack**

The traditional Mediterranean diet offers an abundance of fruits and vegetables, legumes, cheese and yoghurt, fish, whole grains, wine, and healthy fats from nuts, olives and olive oil. The fish and nuts provide filling and healthy protein and the fresh produce delivers loads of antioxidants.

Researchers studying thousands of Greek adults found that those who most closely ate a Mediterranean diet were least likely to die from heart disease or cancer.

## Mediterranean Snack

### Roasted Pepper Pinwheels

Makes 8 pieces

1 red capsicum, cut lengthwise into flat panels (about 4, depending on shape of pepper)  
1/2 cup canned chickpeas, rinsed and drained  
1 tbspn plain low-fat yoghurt  
1/2 tspn dark sesame oil  
1/2 tspn grated lemon zest  
2 tspns fresh lemon juice  
2 tspns water  
pinch salt  
1 spinach-flavoured flour tortilla, about 20 cm  
1 cup mixed salad greens

Preheat griller. Grill capsicum pieces, 10cm from heat, until charred, about 10 minutes. Transfer to a plate. When cool enough to handle, peel and cut into 1cm strips.

Combine chickpeas, yoghurt, sesame oil, lemon zest, lemon juice, water and salt in food processor and puree until smooth.

Spread mixture evenly over one side of the tortilla, leaving a 1cm border. Top with salad greens and roasted peppers. Roll up.

Wrap tightly in foil or plastic wrap and refrigerate for at least 1 hour and no more than 4 hours. The roll will get softer and easier to slice as it sits in the fridge before serving. Unwrap and slice crosswise into 8 pieces 2.5cm wide before serving. A serving is two pieces.

Send leftovers home with friends to eat that day – these do not keep well.

Kilojoules 380, fat 2 g (saturated 0 g), cholesterol 0 mg, sodium 150 mg, carbohydrate 17 g, fibre 3 g, protein 3 g, calcium 45 mg.

- **More Mediterranean Options**
- Nuts
- Fish
- Burghul wheat
- Olives
- Beans

### Eat More, Lose Weight

Yes, you can and no, this isn't a scam. Just pick foods rich in fibre. High-fibre foods have what's officially called low-energy density: that translates to few kilojoules relative to weight, which means you can pile your plate high with these foods without fear of kilojoule overload.

Fibre also aids weight loss because it's filling. Most high-fibre foods take a lot of chewing, triggering your body's fullness sensors. Plus, you absorb the food more slowly so you feel full longer and are less susceptible to the hunger-inducing quick rise and fall of blood sugar.

### Eat More, Lose Weight

#### Kitchen Sink Stew

You can put everything but the kitchen sink into this tasty stew.

Serves 4

1 large can (825 g) tomatoes  
2 cans (310 g) chickpeas, or other beans, drained and rinsed  
2 cups frozen mixed vegetables  
1 cup dry pasta (elbow macaroni or other small shells)  
1 tspn dried mixed herb mix, or 1/2 tspn dried oregano plus 1/2 tspn dried basil  
2 cups water, or more if needed

Combine all ingredients in a medium pot. Place on the stove on medium-high heat and bring to the boil. Reduce heat to low and simmer until pasta is cooked, about 20 to 30 minutes, depending on pasta size.

#### Serve:

2 cups kitchen sink stew  
1 slice garlic bread made with:  
½ teaspoon minced garlic  
½ teaspoon olive oil,  
1 teaspoon grated Parmesan cheese

Kilojoules 1760, fat 5 g (saturated 1 g), cholesterol 1 mg, sodium 1180 mg, carbohydrate 81 g, fibre 14 g, protein 16 g, calcium 140 mg.

- **More Fibre Options**
- Legumes
- Fruit, vegetables
- Bran cereals
- Wholemeal breads

## Hot Tomato

Here's a finding any man could love: Harvard University scientists discovered that eating plenty of pizza seems to lower the risk of prostate cancer. The protective ingredient is tomato sauce or, more specifically, the plant pigment lycopene in tomato sauce. The substance is most concentrated in cooked tomato products like tomato soups and sauces. And cooking also makes it easier for the body to absorb. Preliminary research on women suggests a diet rich in lycopene and tomato sauce may lower a woman's risk for breast cancer and other cancers, as well as heart disease.

## Hot Tomato

### Heartland Meat Loaf

Serves 8

2 large onions, chopped  
2 large celery sticks, chopped  
1 large green capsicum, chopped  
3 garlic cloves  
1 kg lean beef mince  
1 cup wholemeal bread crumbs (about two slices)  
1 egg  
1/2 tspn fresh ground black pepper  
2 cups chopped canned tomatoes in puree  
1/4 cup tomato sauce

Preheat oven to 180 C. Lightly coat large baking dish and fry pan with cooking spray. Sauté onions, celery, capsicum and garlic until soft, about 5 minutes. Transfer vegetables to large bowl.

Add beef, bread crumbs, egg and pepper to vegetables and mix with your hands. Combine tomatoes and tomato sauce in small bowl. Add half to meat loaf mixture and mix again.

Transfer meat loaf to large baking dish and shape into a loaf, mounding slightly in centre. Make a groove lengthwise down centre, pour in remaining tomato sauce mixture into groove. Bake meat loaf about 75 minutes until cooked through. Let stand 10 minutes before slicing into eight equal pieces.

Cover and refrigerate leftovers for tomorrow's dinner, or wrap in foil and freeze for up to a month.

1 slice Heartland Meat Loaf with tomatoes, 2.5 cm thick  
2/3 cup egg noodles tossed with chopped parsley  
Steamed baby zucchini, unlimited, drizzled with one teaspoon olive oil.

Kilojoules 1630, fat 10 g, saturated 3 g, cholesterol 120 mg, sodium 560 mg, carbohydrate 45 g, fibre 6 g, protein 32 g, calcium 55 mg.

- **More Lycopene**
- Pink grapefruit
- Watermelon

## Smart Food

Studies abound on the health benefits of eating fish: a lower risk of stroke in men eating fish at least once a month, a reduced risk of Alzheimer's among people eating fish at least once a week, and heart health from two weekly servings of fatty fish (salmon, tuna, sardines). Though there are concerns about mercury levels in fish, only a few are worrisome. Most people can safely eat a few servings a week.

### Smart Food

100g piece grilled or blackened salmon

1 grilled Portobello mushroom cap  
Green salad with 1 tablespoon reduced-fat or fat-free dressing  
½ cup sautéed spinach  
2/3 cup white rice

Kilojoules 1800, fat 16 g (saturated 3 g), cholesterol 55 mg, sodium 570 mg, carbohydrate 44 g, fibre 6 g, protein 28 g, calcium 150 mg.

#### ▪ More Good Fatty Fish Options

- Trout
- Blue Cod
- Snapper
- Orange Roughy

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# GOLD MEDAL FOR 82-YEAR-OLD

## by Randall Walker

Bill Nicholson reckons the council should threaten to build houses all over Waikanae Park to flush out some more activity from the town's residents.

The 82-year-old could not believe he had the park almost entirely to himself each day as he trained.

He had a vested interest in getting more of Waikanae's residents out to the park he was running out of competition at his athletics meets.

Nicholson won gold and set a record in the 80 to 84-year-old heptathlon in last week's New Zealand Combined Events Championships in Wellington. "I couldn't lose, I was the only one in it," he said on Thursday.

Many in his age group had died in recent years and while he said veterans athletics was not that competitive, he would still love a few others to spar against. "I just do it because I enjoy it and I wish there were more people doing it. Vets don't want to beat each other, they do in fun, but they really want to beat their own times."



Bill Nicholson's neighbours call him the man with the television aerial

Paekakariki's Judy Hammond, 67, also competed at the event, winning her 65 to 69 age grade in the heptathlon, by virtue of being the only one in her age grade.

A regular competitor, she too wished there were more competing in her age grade.

The heptathlon comprised 10 events and the decathlon seven, with points allocated for each event.

Not having a chance to practice the pole vault, Nicholson missed out the pole vault and pulled out of the hurdles before the finish, but completed everything else. "The 1500 [metres] phew at the end of it you just drag your feet along."

Not surprisingly he was collecting records almost as fast as medals these days, though he did not take it too seriously. "I got [the 2004 high jump record] because I did it, but I'm not built for the high jump, there are people out there who can come along and do better."

Prior to taking up athletics the Englishman played soccer right up until he was 69 playing for Brooklyn throughout his years in Wellington. "I used to play the first game and referee the second game".

So what made him take up athletics in his mid-sixties? "I went to Newtown Park and I saw Bernie Kaiser [a former champion veteran who competed into his nineties]. He was a good sprinter, one of the best. He was a bit older than me but I thought I can run as good as that."

He was due to have competed in the Wellington Athletics Championships pentathlon on Sunday and was a safe bet to take out another gold medal.

Outside athletics, his "great love" was the piano and he regularly played for old folks homes from Horowhenua to Wellington.

**Editor's Note:** Bills score of 3453 points at the Combined Events Championships was a NZ and Wellington record.

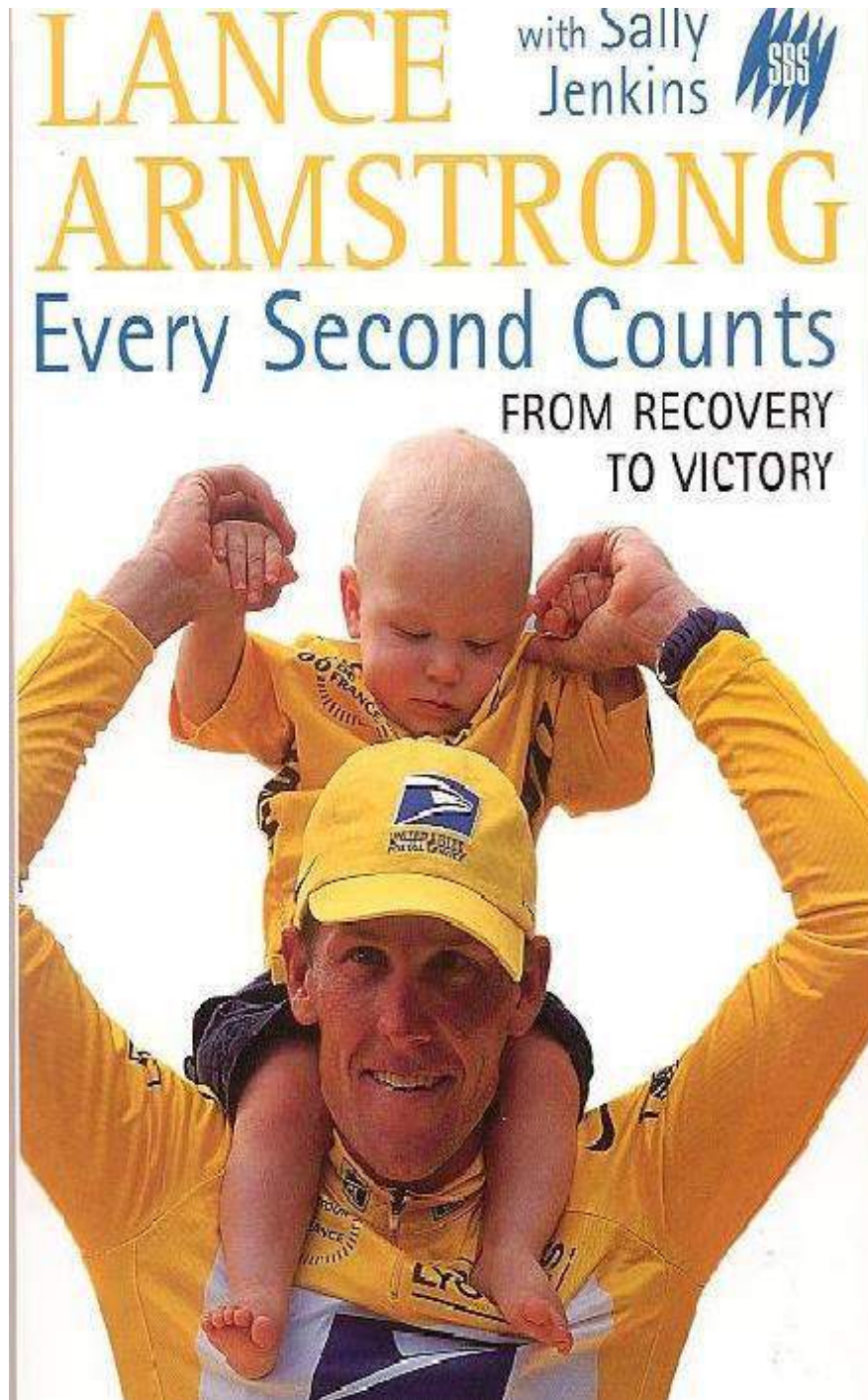
(This article and photo appeared in the Kapiti Observer on 24/2/05 and has been reproduced with the permission of the Kapiti Observer)

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## Remember –

**Don't be envious of athletes who have natural talent. Be grateful for the things they have but you don't: tendonitis, heel spurs, stress fractures and groin pulls !!!**

## \*BOOK REVIEW \*



In this follow-up book, Lance Armstrong shares more details of his remarkable life story. Here he offers us his life philosophy - his thoughts on training, competing, winning and failure.

With the Tour de France on again in July this is a good opportunity to learn what inspires this great champion.

246 pages containing 7 chapters - Published in 2003 by Bantam.



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

**WELLINGTON MASTERS ATHLETICS INC.**

**SUBSCRIPTION FOR THE 2004/2005 YEAR**

**(1 September 2004 to 31 August 2005)**

**\$30 = NZMA**

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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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**WELLINGTON MASTERS ATHLETICS**  
**If unclaimed please return to:-**  
**122 Onslow Road, Khandallah, Wellington 6004**

# COMING EVENTS

## 2005

### **May**

1	<b>Masters Classic Relay</b>	Trentham Memorial Park
1	Nelson Half Marathon	Nelson
7	Fletcher Challenge Forests Marathon	Rotorua
15	NZ Mountain Running Championships	Mt Victoria
21	Great Wall Marathon	China
22	Huntly Half Marathon (NZ Champs)	Huntly

### **June**

5	Aurora Handicap Marathon	Upper Hutt
5	BOP Finance Half Marathon & 10km	Mt Maunganui
26	Harbour Capital Half & Full Marathon & 10km	Westpac Stadium

### **July**

2	North Island Cross Country Championships	Taupo
3	Gold Coast Full & Half Marathon	Queensland
16	Wellington Cross Country Championships	Waikanae
7-17	World Masters T & F Championships	San Sebastian, Spain

### **Aug**

7	<b>Masters 8km Road Race &amp; Walk</b>	Johnsonville
7	Levene Half Marathon	Taupo
14	Manawatu Half Marathon	Palmerston North

### **Sept**

25	World Mountain Running Championships	Mt Victoria
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### **Nov**

6	<b>Masters 10km Road Race &amp; Walk</b>	Lower Hutt
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### **Dec**

2-4	North Island Track & Field Championships	Newtown Park
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## **2006**

### **Jan**

14-21	Oceania Masters T & F Championships	Christchurch
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### **March**

15-26	Commonwealth Games	Melbourne
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**Note:** While every attempt is made to provide correct dates of events, intended dates and venues can change. It is advisable to check the information from official entry forms, websites or event organisers.

## UNIFORMS

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

## 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.