

THE

MASTER

COPY

Newsletter of the Wellington Masters Athletics Inc.

Volume 4 Issue 3

August 2005



Masters President John Palmer presenting a Certificate of Appreciation to Brian Watson at the Johnsonville 8km Road Race in recognition of organization of the race for the past 21 years

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
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	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
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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

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 Naim 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
WGTN HARRIERS:	Neil Price	11 Hurman Street, Karori, Wellington 6005	476 6956
WGTN MARATHON:	Bruce Perry	61A Clifford Road, Johnsonville, Wellington 6004	478 3641
WGTN 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

Has Race Run its Course?

As this year was to mark the 21st anniversary of the Johnsonville 8km road race, the committee in their wisdom, decided to try and make the occasion something special for the competitors. A figure of a runner was chosen as a memento to be handed to all finishers, we would recognise the oldest and youngest competitors and the fastest male and female in both the running and walking sections would be recognised. Organiser Brian Watson thought that a cake to mark the occasion would also be appropriate. Along with these extra awards a few more spot prizes would be presented along with the usual performance prizes.

After contacting Kathryn Fraser the race registrar mid-week before the Sunday of race day, it was somewhat disappointing to see that we only had 16 entries. As in past years a good number of athletes register on the morning of the event. With the low number of entries I thought that perhaps I would enter to help boost numbers, so on the Saturday morning, after a couple of reasonable runs during the week, headed out around the bays to see how the body would hold out. After struggling for 6km around the bays I realised that there was no way that I could manage the 8km the following day. The osteitis pubis (which is causing a degeneration in the pelvic region through age and impacting over the years from running) has certainly hampered my running over the recent 12 months or so hence the struggle around the bays on the flat.

I even tried to drum up some interest on the Thursday night with one of the women's running groups, but once the interested party asked someone who had previously ran the course what it was like, then discovered there was a hill and you had to run over it 5 times, they soon lost interest. Even the lure of the good spot prizes and finishers give-away couldn't change their mind.

On the morning of the race the usual faces turned up, most had pre-entered by post so it looked like we were in for a low turnout. An apology had been received from one competitor who wanted to watch the replay of the All Blacks vs South Africa rugby game at 9am. Not a very good excuse I thought as the game was being played at 3.30pm on TV3 that day.

The total field for this years event was 4 walkers and 20 runners, of which one runner developed an achilles problem on the third lap which necessitated him retiring from the race. A big disappointment as the past three years has seen the numbers increase from 28 entrants in 2002 to 34 in 2003 and finally 38 in 2004. At the time of choosing the date for the event there was the usual dilemma of a clash with other events on the calendar. The committee ended up choosing the date near an event on that weekend we thought a large number masters would not compete at. We did not have notice at the time of setting the date of the Taupo Half Marathon which has obviously attracted some members who otherwise might have run or walked at the Johnsonville event.

The question one must now ask, and this is something the committee will have to look at for next year, has this event now reached it age of maturity and run its course. Should we be looking at having a change of course – as this course seems to put some people off and some that have done it many time before need a new challenge? Do we need to look at another time of year to hold the event? Though I think we would still have the same problem with a clash of other events no matter what time of the year we picked. Is the start time of the event too late in the morning for some people? Do we need to start earlier and have a new format?

These are just some of the things that spring to mind and I am sure that there are more that members could come up with. Out of a membership of 132 members I thought that we would have been able to attract more than 24 starters for a race. Don't forget that not all of the starters this year were masters members – some were non-members who paid the one-off entry fee. The entry forms for all our events always welcome entries from pre-masters but as in the past the number that take up this offer are few in number.

I, along with the committee, would be interested in any comments that members have to improve or encourage other members to participate to get this event that has been around for 21 years back on track so that it can carry on for many more years.

Finally, I would like to offer a special thanks to all those members who turn up year after year to compete in this event and also to all the officials and helpers who have assisted to make the event the success that it has been in the past.

John Palmer,
Editor

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BITS and PIECES

Oops – Not Again

I have once again omitted a members name and results from the Rotorua Marathon list as published in the last issue of The Master Copy. Judy Hammond ran 5:06:29 for 3rd place in W65-69 age group. Congratulations Judy on a great effort and my sincerest apologies for the omission.

* * * * *

Update on Members

Mick Rice is making good progress after the operation on his back and in Mick's words "apart from some residual numbness under the toes of my right foot, I am virtually back to normal". Mick is off to Canada for a holiday and hopes to resume his race walking career after his return on 13 September.

On Tuesday 13 June, Judy Hammond had a hip replacement and was told that she would be able to run again in 6 weeks after the operation. At the last update, we were told Judy was making good, steady progress.

Don Melrose and John Weatherley have both been diagnosed with cancer and are both receiving various forms of treatment.

Robert Bennett has recently been in hospital with Pancreatitis.

Finally, Peter Baillie's father passed away recently and Peter had to make the long trip to Keri Keri to attend the funeral.

On 18 July I was notified that Steve Plowman was having some blood tests and could be admitted to hospital after developing a serious kidney infection. His temperature has been up around 105°F so the doctors were showing some concern.

The Committee's thoughts are with all those mentioned above, their partners and families, and also anyone else who we are not aware of that has been suffering from an illness, has been hospitalised, or suffered the loss of a family member or friend.

* * * * *

Trip to London

At the recent Harbour Capital Half and Full Marathon one of the major spot prizes was a trip to London to compete in the famous London Marathon in 2006. One of our members, Mike Winsborough was the lucky recipient of this marvelous spot prize – congratulations Mike!!

Membership

Since the last newsletter there has been no movement in our membership and the number of current financial members stands at 132.

* * * * *

Thought for the Day

The 50-50-90 rule: Anytime you have a 50-50 chance of getting something right, there's a 90% probability you'll get it wrong - *Andy Rooney*

* * * * *

SHOE CLINIC HARBOUR CAPITAL

Half Marathon/Marathon/10km

This year the event experienced record numbers in spite of the worst weather possible. The combined event attracted over 3,600 entrants of which only a few didn't turn up on the day. The almost 90% increase in event entrants, poor weather and work going on along the harbour side route caused some logistical problems - but overall the feedback has been very positive, with many commenting on the friendliness of the participants.

Improvements to next year are already planned are: a shorter prize giving; extra car parking; more visible signage for bag storage/showers/spot prize lists; more major spot prizes; additional distance markers for the marathon; and better weather.

Congratulations to the Wellington Marathon Clinic, and all its members and helpers for putting on a well organised event.

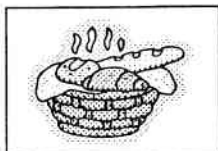
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Thanks

To Bill Nicholson for supplying some material for use in "The Master Copy". It was very much appreciated as it is often difficult to find suitable articles for the newsletter – Editor.

* * * * *

People are like teabags – you never know how strong they are until they are in hot water!



RECIPE

CHARGRILLED NZ VENISON STEAKS WITH SUMMER VEGETABLES

Ingredients:

4 New Zealand Venison steaks or medallions (allow approx 4oz (125g) per serving)

A selection of seasonal vegetables of your choice -

Aubergines (small courgettes)

Peppers (or scallopini)

Cocktail tomatoes

Mushrooms

Spring onions

1-2 tbsp olive oil

½ tsp freshly ground black pepper

1 clove garlic, crushed (optional)

1-2 tbsp marjoram, oregano, rosemary, basil or chives finely chopped

Juice 1-2 lemons

Method:

Brush steaks lightly with oil and dust with black pepper, leave for 30 minutes at room temperature. Prepare vegetables. Slice aubergines, cut courgettes in half lengthways, halve peppers, remove core and seeds, halve tomatoes, trim stalks from mushrooms. Toss vegetables in oil, garlic and black pepper. Preheat grill or heavy based fry pan. Grill or pan fry New Zealand Venison steaks over a high heat approximately 1½ - 2 minutes each side. Remove from heat while still rare and let rest about 4 minutes, covered with foil. Grill vegetables, adding spring onions, tomatoes and mushrooms last. Pour lemon juice over vegetables, sprinkle with chopped herbs and serve with New Zealand Venison steaks.

To Barbecue:

Heat grill plate thoroughly, brush with oil to prevent steaks sticking. Cook New Zealand Venison steaks quickly, move to side of barbecue away from heat to complete cooking process. Brush vegetables with marinade while cooking. Cocktail tomatoes can be substituted with peeled half tomatoes.

Plea Deal in Drugs Scandal

LEADERS in the fight against dope cheats in sport were disappointed at the relative wrist-slap given the masterminds of the Balco steroids conspiracy, the greatest sport doping scandal in American history.

Balco Laboratories founder Victor Conte, vice-president Lames Valente and trainer Greg Anderson pleaded guilty to anabolic steroid charges in the federal court in San Francisco.

Sentencing will be decided in October but government sentence recommendations in the deals would see Conte serve only four months in jail and four months of home

detention. Valente would have probation and Anderson up to six months in jail.

That is less than the two-year ban athletes receive after testing positive for steroids.

The pleas scuttled a trial that was set for September where evidence could have revealed whether or not several sports stars were dope cheats.

"Sadly, we will be left with speculation and innuendo about the legitimacy of so many superstars," said Gary Wadler, a professor who works with the US Anti-Doping Agency.

In addition, Conte would not have to co-operate in other investigations of athletes by federal agents or anti-doping groups.

That gift from prosecutors drew stern words from World Anti-Doping Agency chairman Dick Pound.

"If we don't get a chance to pursue other allegations with his full co-operation, it's a cop-out on a cosmic scale," Pound said.

Prosecutors dropped dozens of charges against the trio to ensure a conviction from their three-year investigation and said from the outset that they were concerned about the conspiracy more than revelations about athletes.

But stars such as runners Tim Montgomery, Kelli White and Marion Jones and baseball players Barry Bonds and Jason Giambi have deep Balco links, with outright admissions of substance taking in some cases.

Montgomery, once the 100m world-record holder, faces a life ban in a case under appeal to the Court of Arbitration for Sport.

Jones has denied any wrongdoing and filed a US\$25 million (NZ\$37.44 million) defamation lawsuit against Conte, who claimed in a television interview he watched Jones inject herself with human growth hormone and provided her doping materials before her five-medal performance at the 2000 Sydney Olympics.

Bonds has denied knowingly taking any illegal performance-enhancing drugs.

Dominion Post, Monday 18 July

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STOP PRESS!!

Did you know that Masters are the leading carriers of AIDS?

HEARING	AIDS
BAND	AIDS
ROLL	AIDS
WALKING	AIDS
GOVERNMENT	AIDS
MEDICAL	AIDS

and most of all monetary AID to their kids!!

TO ALL THE KIDS WHO SURVIVED the 1930's 40's, 50's, 60's and 70's!!

First, we survived being born to mothers who smoked and/or drank while they carried us.

They took aspirin, ate blue cheese dressing, tuna from a can, and didn't get tested for diabetes.

Then after that trauma, our baby cribs were covered with bright coloured lead-based paints.

We had no childproof lids on medicine bottles, doors or cabinets and when we rode our bikes, we had no helmets, not to mention, the risks we took hitchhiking.

As children, we would ride in cars with no seat belts or air bags.

Riding in the back of a pick up on a warm day was always a special treat.

We drank water from the garden hose and NOT from a bottle.

We shared one soft drink with four friends, from one bottle and NO ONE actually died from this.

We ate cupcakes, white bread and real butter and drank soda pop with sugar in it, but we weren't overweight because WE WERE ALWAYS OUTSIDE PLAYING!

We would leave home in the morning and play all day, as long as we were back when the streetlights came on.

No one was able to reach us all day. And we were O.K.

We would spend hours building our go-carts out of scraps and then ride down the hill, only to find out we forgot the brakes. After running into the bushes a few times, we learned to solve the problem.

We did not have Play Stations, Nintendo's, X-boxes, no video games at all, no 99 channels on cable, no video tape movies, no surround sound, no cell phones, no personal computers, no Internet or Internet chat rooms WE HAD FRIENDS and we went outside and found them!

We fell out of trees, got cut, broke bones and teeth and there were no lawsuits from these accidents.

We ate worms and mud pies made from dirt, and the worms did not live in us forever.

We were given BB guns for our 10th birthdays, we made up games with sticks and tennis balls and although we were told it would happen, we did not put out very many eyes.

We rode bikes or walked to a friend's house and knocked on the door or rang the bell, or just walked in and talked to them!

Little League had tryouts and not everyone made the team. Those who didn't had to learn to deal with disappointment. Imagine that!!

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

This generation has produced some of the best risk-takers, 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 are one of them! CONGRATULATIONS!

You might want to share this with others who have had the luck to grow up as kids, before the lawyers and the government regulated our lives for our own good and while you are at it, forward it to your kids so they will know how brave their parents were.

If you're a Master athlete 30 years and over you're invited to the

2006

OCEANIA MASTERS ATHLETIC CHAMPIONSHIPS Christchurch, New Zealand

- Full track & field programme
- Half marathon
- Cross country
- Road walking

**Saturday 14th January to
Saturday 21st January 2006**

Entry forms are available

For further information contact:-
Canterbury Masters Athletics Inc.
PO Box 12256, Beckenham,
Christchurch
Telephone 03 980 2457
Email: bkjago@paradise.net.nz
www.omac2006.org.nz

When the British and Irish Lions rugby test team were due to have their training run at the Basin Reserve on their recent tour, the training session was delayed for nearly two hours. One of the players, while on his way back to the dressing room happened to look down and notice a suspicious looking, unknown white powdery substance at the end of the field. Coach Clive Woodward immediately suspended practice while the Police were called in to investigate. After a complete field analysis, the Police determined that the white substance, unknown to the players, was the try line. Practice was resumed when the officials decided that it was unlikely that the team would encounter the substance again.

WELLINGTON MASTERS ATHLETICS

ANNUAL GENERAL MEETING

**MONDAY 19 SEPTEMBER
6:00PM**

Wellington Scottish Clubrooms

Notice is hereby given that the Annual General Meeting of Wellington Masters Athletics will be held at the clubrooms of Wellington Scottish, Salisbury St, Wellington at 6pm on Monday 19 September 2005.

Nominations are called for the following positions:

President
Vice President
Secretary
Treasurer

and are to be in the hands of the Secretary not later than 5pm on Monday 5 September 2005.

All matters for consideration must be advised to the Secretary in the form of remits not later than 5pm on Monday 5 September 2005.

Only business of which notice has been given may be discussed at the meeting.

Nominations and remits may be submitted by mail to:

The Secretary
95A Ellice St
Mt Victoria
Wellington

Or by email to: gvgould@ihug.co.nz

Veronica Gould
Secretary
Wellington Masters Athletics Inc
95a Ellice St
Mt Victoria
Wellington

email: gvgould@ihug.co.nz

2006 COMMONWEALTH GAMES

15-26 March, Melbourne, Australia

In about 250 days the Southern Hemisphere will host one of the biggest sporting extravaganzas – the 2006 Commonwealth Games.

With the action taking place on our back doorstep, these Games promise to be an event New Zealanders shouldn't miss.

Over 12 days next March, Melbourne will play host to 4500 elite athletes representing 71 Commonwealth nations.

Tens of thousands of local and international visitors are expected and up to 15,000 volunteers will help people find their way around the city and the Games. About 1500 officials will be there to ensure everything runs smoothly and 3000 media will descend on the city to beam coverage around the world.

Sixteen sports encompassing 24 disciplines will be on show including Swimming, Cycling, Gymnastics and Athletics. For added interest Basketball, Synchronised Diving have been added to the Games menu.

There are 11 free events that people can watch including the Road Cycling, Walks, Triathlon and Marathon. These play themselves out on Melbourne streets, the St Kilda beachfront and through inner-city parklands.

The epicenter of the Games is the famous Melbourne Cricket Ground, currently undergoing a \$430 million dollar redevelopment of the northern stand. The MCG is only a short stroll from the centre of Melbourne.

The Docklands Precinct by the Yarra River will provide the backdrop to the Walks. Located on the south bank beside the Crown Casino is the Melbourne Exhibition Centre which will host the Badminton, Boxing and Weightlifting.

Where the action will be taking place:

The MCG

The Melbourne Cricket Ground will host the Opening and Closing Ceremonies as well as the track and field events and the start and finish of the marathon.

Docklands Precinct

Will host the Walks events and parts of the marathon.

Melbourne Exhibition Centre

On the south bank of the Yarra River beside the Crown Casino, this 30,000 square metre space will be the home for Badminton, Boxing, Weightlifting and will also house the Main Press Centre.

Melbourne Park

Will be the location for both Basketball and Netball finals and the Track Cycling.

Melbourne Sports and Aquatic Centre

This modern, international sporting venue is the largest integrated sports complex in Australia. Here you will find

the Aquatics programme of Diving, Swimming, and Synchronised Swimming plus Table Tennis and Squash.

Melbourne Gun Club

Will host the Clay Target Shooting. The Gun Club is set in the picturesque foothills of the Yarra Valley Wine Region, about 45 minutes from Melbourne.

Melbourne International Shooting Club

At Port Melbourne, 15 minutes from the city, is the venue for Small Bore and Pistol Shooting

Regional Venues

The preliminary Basketball competition will be played at a number of regional centres all within two hours of Melbourne

Rod Laver Arena (Melbourne Park)

The home of Australian Open tennis with its retractable roof will be the venue for the Gymnastics – just a 10-minute walk from the city centre.

Royal Botanic Gardens

Close to the heart of the city will form the backdrop for the Cycling road race which will take part along its meandering paths.

State Netball Hockey Centre

This new complex has two new synthetic, water-based pitches for Hockey and five-court indoor stadium for the Netball preliminaries.

State Lawn Bowls Centre

New facility which comprises four indoor international standard greens. Located 30 minutes from the city centre.

State Mountain Bike Course (Lysterfield Park)

Located at the foothills of the Dandenong Ranges. This venue will include almost 10km of trails, including a six-kilometre elite competition course.

St Kilda Foreshore

St Kilda will be the central point for both the men's and women's Triathlon events. A challenging yet spectator-friendly course through this popular part of the city.

Telstra Dome

Will host the Rugby Sevens.

The streets of Melbourne

Starting and finishing at the MCG, the Marathon course will wind its way around the streets of Melbourne.

Wellsford Rifle Range

Set in the historic town of Bendigo, the Full Bore Shooting range is two hours drive from Melbourne. Substantially upgraded for the 2006 Commonwealth Games.

For more information go to:

www.visitmelbourne.com/nz

or for package deals:

mail@premierevents.co.nz

ROADWAY FUMES - 'A Threat' to Exercisers

PEOPLE who exercise along busy roadways may be increasing their risk of cardiovascular and respiratory disease, an expert says.

James Sharman, of the University of Queensland, said though regular physical activity undoubtedly benefited health and longevity, overexposure to car fumes was harmful.

"The physiological changes that occur during exercise probably act to compound the toxic effects of environmental air pollution," Dr Sharman wrote in the *Medical Journal of Australia*.

"People should not be deterred from regular exercise, as it is of known benefit, but when prescribing exercise, clinicians should extend appropriate advice to patients to avoid areas with high pollutant concentrations."

Dr Sharman, a postdoctoral research fellow at the university's medicine department and school of human movement studies, said certain people may be particularly vulnerable, including children, asthmatics, diabetics and those with pre-existing heart and lung conditions.

He said the fuel combustion process released thousands of chemicals and particles of varying sizes into the air.

"Epidemiological data have identified individual components of air pollution, or pollution collectively, as promoters of cardiovascular and respiratory disease," Dr Sharman wrote in a journal editorial.

"Some components are also known or suspected carcinogens."

Harmful effects on the body may result from exposure to pollutants at concentrations that are lower than recommended air quality standards, Dr Sharman said.

Research had so far failed to determine a limit for which there was no adverse health effects.

"In general, most large-scale time series analyses of the physiological effects of air pollution find an exposure-dependent relationship that crosses socio-economic boundaries and poses a significant threat to everyone's health," he said.

The effects are compounded with exercise, Dr Sharman says.

Amounts of particle matter deposited in the respiratory tract during moderate exercise was about five times that at rest, he said.

"Thus, habitual exercise in highly polluted localities, such as alongside busy roadways, may increase the overall intensity, duration and frequency of exposure, all of which are relevant to the evaluation of an individual's risk profile for disease," Dr Sharman said.

He said he was not advocating for people living in cities to stop exercising.

But they should try to exercise on quiet roads or in parks and recreation areas early in the morning, before the build-up of traffic.

Dominion Post - Monday 20 June 2005

LIONS FUNNIES

The Lions coach takes the Team out for a training run and first up he tells everyone to assume their normal position.

So they all go and stand behind the goalposts and wait for the conversion.

The Lions are making available a help-line for fans who are disappointed with their team's recent performance.

The help-line number is: 0800 10 10 10.

That's 0800 won nothing won nothing won nothing!!

What is your wife trying to tell you if she's wearing a Lions shirt in bed?

You ain't gonna a score - ever.

There are only 2 man-made things that can be seen with the naked eye from space:

The first one is the Great Wall of China, and right on its heels is the ... GAP IN THE LIONS DEFENCE.

What is the difference between the Lions and an arsonist?

An arsonist wouldn't waste that many matches.

and finally

The AB's were leading the Lions 50 points to nil at half time in the 3rd test. They felt that this was too easy so they left Tana to play the second half and all headed off to the pub down the road. At the end of the match Tana went down to the pub and was instantly asked what was the final score? "96 to 3" replied Tana. "What", said Ali Williams "you let them score 3 points". I couldn't help it said Tana "I was sent off for the last 10 minutes of the game".

MASTERS 21st JOHNSONVILLE 8km ROAD **RACE & RACE WALK**

Sunday 7th August 2005

Glorious spring-like conditions for running the coming-of-age version of this event around the Johnsonville road mile brought out a modest number of walkers and runners. Diane Isherwood (Wainuiomata) won the walk. In the run, Dave Murgatroyd and Ged Brent (both Olympic) were first and second, ahead of Peter Wrigley (Scottish). Scottish won the mixed-gender team race (Peter Wriggley, Chris Harp, Richard Sweetman and Maryanne Palmer). All finishers were presented with a memorial maquette to celebrate the 21st running of this event.

Fastest woman was Trentham United's Diane Rogers. Peter Thomas (also Trentham) again won the Jim Lockhart and Mariette Hewitson Memorial Baton for being the closest to breaking an age record in the run.

After the races, as is the custom, runners and walkers were treated to a hot lunch in the Olympic Harriers' clubrooms. Brian Watson of Olympic Harriers has been organising these races for 21 years and was presented with a memorial certificate by WMA President John Palmer (John remarked: "There can't be many races around the country that have been going for 21 years with the same organiser!").

Steve Hunt (at age 40) of Scottish set the men's race record with a time of 26:15 in 1994, while Judith Stewart, also from Scottish, set the women's record of 31:56 in 1989 when she was 35.

Name	Club	Age Category	Race Time	Ave k/min	Race Place	Grade Place
Runners			8k			
Dave Murgatroyd	Olympic	M40	30:42	3:50	1	1
Ged Brent	Olympic	M45	30:43	3:50	2	1
Peter Wrigley	Wellington Scottish	M45	31:45	3:58	3	2
Chris Harp	Wellington Scottish	M45	33:04	4:08	4	3
Paul Homan	Trentham United	M40	33:23	4:10	5	2
Robin Curry	Trentham United	M40	36:21	4:33	6	3
Richard Sweetman	Wellington Scottish	M55	37:09	4:39	7	1
Ellis Goodyear	Capital Harriers	M70	40:35	5:04	8	1
Paul Rodway	Wellington Scottish	M55	41:02	5:08	9	2
Albert van Veen	Valleys United	M55	41:57	5:15	10	3
Ken Ritchie	Olympic	M60	41:58	5:15	11	1
Diane Rogers	Trentham United	W65	42:19	5:17	12	1
Harry Ross	Wellington Masters	M65	43:20	5:25	13	1
Meryl McKay	Wellington Marathon Clinic	W60	43:28	5:26	14	1
Harold Alcock	Olympic	M60	44:42	5:35	15	2
Peter Thomas	Trentham United	M75	44:49	5:36	16	1
Maryanne Palmer	Wellington Scottish	W50	44:58	5:37	17	1
Roy Rogers	Trentham United	M70	45:32	5:41	18	2
Lynn Broad	Olympic	W45	57:22	7:10	19	1
Walkers			6.4k			
Diane Isherwood	Wainuiomata	W45	48:54	7:38	1	1
Gretchen Lash	Trentham United	W60	50:38	7:55	2	2
Margaret Bray	Wellington Scottish	W55	54:25	8:30	3	3
Colleen Singleton	Olympic	W60	57:14	8:57	4	4

(Results courtesy Scottish website)

20th Harbour Capital Half & Full Marathon & 10k

Westpac Stadium, Sunday 26 June 2005

Competitors were exposed to bleak wintry conditions. For the 6.30am and 7.30am marathon starters the wind, cold and rain coupled with morning darkness made the day extremely uninviting. Despite the conditions the total participation numbers across all events was up 50% on the previous year (this was the first time a marathon has been run), with a total of 3,687 entrants and 3,049 finishers.

Wellington Masters who braved the conditions were as follows:

Name	Time	Grade Place	Name	Time	Grade Place
Marathon Run:			M60-99		
M40-44			John Barrington	1:34:53	2
Gordon Clarke	3:15:40	3	Roy Rogers	2:03:20	12
Paul Homan	3:18:47	4	Michael Browne	2:08:15	14
M45-49			Half Marathon Walk:		
Kelvin Moffatt	3:23:28	1	W40-44		
M60-99			Amelia de Lorenzo	2:09:47	1
George Preddy	3:32:43	1	W60-99		
John Hammond	4:06:05	5	Colleen Singleton	2:55:37	5
Marathon Walk:			Audrey Childs	3:42:36	7
M55-59			M60-99		
Peter Baillie	4:46:21	1	John Hines	2:24:03	1
M60-99			Bruce Campbell	2:25:20	1
Brian Read	6:10:58	3	Bart Jones	2:27:38	2
Bill Childs	7:06:03	17	10km Run:		
Half Marathon Run:			W40-44		
W40-44			Helen Willis	43:59	1
Robyn Stansfield	1:34:37	3	W45-49		
W45-49			Jenny McDonald	39:02	1
Michele Allison	1:31:06	1	W50-54		
Brenda Burke	1:57:02	16	Maryanne Palmer	52:18	4
W50-54			M55-59		
Christine Jones	1:42:04	1	Bruce McCallum	47:06	2
Kathy Young	1:45:22	3	M60-99		
Loretta Desourdy	1:53:45	13	Ken Ritchie	49:41	1
W60-99			10km Walk:		
Diane Rogers	1:50:50	1	W55-59		
Meryl McKay	1:53:41	2	Margaret Bray	1:24:22	7
Ann Bould	1:56:25	3			
M40-44					
Joseph Bulbulia	1:10:50	2			
Chris Speakman	1:24:37	4			
Neil Price	1:28:38	10			
Robin Curry	1:36:54	29			
M45-49					
Des Young	1:33:22	15			
M50-54					
Richard Brent	1:23:01	1			
Mike Winsborough	1:36:05	12			
M55-59					
Richard Sweetman	1:39:25	5			
Paul Rodway	1:45:07	9			





The cake (above) to celebrate the 21st running of the Johnsonville 8km race and cutting the cake (below) Maryanne Palmer, wife of the President, and Brian Watson, the Race Organiser



THE ATHLETE'S KITCHEN - by Nancy Clark, MS, RD

Salt and Runners: Shake it or Leave it?

Some runners sweat so much they end up crusted with salt; they wonder if they need to eat extra salt to replace what lost in sweat. Other runners avoid salt like the plague; they see no need to add it to their food because the typical American diet already contains way too much. And then there are marathoners and triathletes who read about their peers who died of hyponatremia (low blood sodium). They wonder if they should start eating salty foods as a part of their daily sports diet.

Perhaps you, too, have wondered about the role of salt, or more correctly, sodium (the part of salt associated with high blood pressure) in your diet. This article can help you figure out if you should shake it or leave it.

Salt: What it is and does

Salt is made up of two minerals, sodium and chloride—also called electrolytes (electrically charged particles). In your body, sodium helps keep the right amount of water inside your cells, outside your cells, and in your blood. During exercise, if excessive water intake dilutes the sodium outside the cells, too much water seeps into cells and they swell — including the cells in the brain. The symptoms progressively appear and the runner feels weak, groggy, nauseous, incoherent, and then may experience stumbling, seizures, coma, and death.

Athletes at risk of developing hyponatremia include slow marathoners, triathletes and others who exercise for more than 4 hours and are highly vigilant about hydration; to the extent they drink more fluid than they lose in sweat. Over time, they accumulate a large enough intake of water to dilute the blood sodium. Consuming sodium-containing sports drinks helps, but does not protect against hyponatremia because a sports drink offers far more water than sodium. The typical sports drink may have only 1/5th the concentration of normal blood serum.

While dehydration is the far more common concern than over hydration, all runners can avoid either problem by knowing their sweat rates. To learn your sweat rate, weigh yourself naked before and after you exercise. A one-pound drop equates to losing 16 ounces of sweat and means you should target drinking 16 ounces of fluid during similar exercise bouts. Having knowledge about your sweat rate takes the guesswork out of drinking during long runs, and reduces the risk of health problems associated with consuming too much or too little water.

Sodium in Sweat

The average male's body contains about 75,000 milligrams of sodium, the equivalent of eleven tablespoons of salt. When you exercise, you lose some sodium via sweat. The amount you lose depends upon:

- 1) How much salt you eat. Some runners have saltier sweat than others. Salty sweaters tend to end up with a crust of salt on their skin after a hard workout. Other runners, in comparison, have a low sodium content in their sweat — and no white salt stains on their skin or exercise clothing.
- 2) How much you sweat. Runners who sweat heavily lose more sodium than do light sweaters. The amount of sodium in sweat averages about 500 mg sodium/lb sweat (and ranges from 220 to 1,100 mg). If you lose 2 lbs sweat per hour for 4 hours of sweaty running, tennis, biking, etc., your sodium losses can become significant (4,000 mg sodium). You should eat salty foods to replace the losses.
- 3) How much you exercise in the heat. If you are not used to exercising in heat, you may lose 1,100 mg sodium/lb of sweat. But if you are acclimatized, you may lose only 300 mg. sodium. This means, if you are training in the winter for a marathon that happens on an exceptionally warm spring day, you might need extra sodium during the marathon (such as Gatorade's Endurance Formula).

Salt and Blood Pressure

The kidneys regulate sodium balance. That is, if you over-consume 200 milligrams sodium, your body will get rid of those 200 mgs via urine — unless you have salt-sensitive high blood pressure. In that case, the body retains too much salt. This results in retaining extra fluid in the blood, and blood pressure rises.

As you age, your sensitivity to sodium increases, as does blood pressure and the associated risks of stroke, heart and kidney disease. An estimated 2-5% of people aged 25-34 years have high blood pressure, as do 31-36% of people aged 55-65 years. Of these, about 1/3 to 1/2 are salt-sensitive. To reduce your risk of developing high blood pressure, you should not only eat a low sodium diet but also boost your intake of calcium, magnesium and potassium, three minerals that help counter the negative affects of sodium. Instead of simply subtracting salty foods, you should also:

- 1) Consume extra fruits, vegetables and low-fat dairy foods for potassium, magnesium and calcium.
- 2) Exercise (and lose weight if you have weight to lose).
- 3) Limit your intake of alcohol and fatty meats.
- 4) Moderate your salt intake by eating less processed food. Having parents with low blood pressure also helps...

How much salt does an athlete actually need?

For non-athletes, the body only needs 500 milligrams sodium and the US Dietary Guidelines recommend no more than 2,400 mg sodium/day. Most Americans and runners easily consume 3,000 to 5,000 mg sodium daily, mostly via processed foods (ramen noodles-1,700 mg/pkg, spaghetti sauce-600 mg/half-cup, cold cereal-250-350 mg/serving). Sodium enhances food's flavour and helps prevent food spoilage.

continued on next page...

Most runners consume adequate sodium, even without adding salt to their food. For example, you get sodium via bread (150 mg/slice), cheese (220 mg/oz), eggs (60 mg/egg), and yoghurt (125 mg/8 oz). Runners who are extreme sweaters likely need more sodium, but generally consume more, particularly if they eat fast foods. Just two slices of cheese pizza (1,200 mg) or a Whopper (1,400 mg) can easily replace sodium losses; no sweat!

Sports Nutritionist Nancy Clark, MS, RD counsels both casual exercisers and competitive athletes. Her popular Sports Nutrition Guidebook, 3rd Edition, Food Guide for Marathoners, and Cyclist's Food Guide are available via her website www.nancyclarkrd.com.

SPORTS PSYCHOLOGY - Controlling the Mind

By Glen Pattison

It is what you choose to notice in a situation. It's a case of "is the glass half empty or half full?" Neither answer is right or wrong, it just depends on your focus - whether you see the positive or negative.

Your focus controls how you look at the world and how you experience the things that happen to you. It will determine how you feel and how you behave. A lot of the time we get caught up in thinking about the negative aspects of the situation when the choice of what we can focus on is unlimited.

It is important to realise that you are in control of your performance, and this means becoming aware of your focus. If you decide to focus on what's not right you will find yourself with more negative situations to deal with.

Liane Fenwick, 1996 Atlanta Olympian understands the high price of a negative focus. "I've learned about negative focus the hard way. It was during the quarter finals of the 1995 World Series Beach Volleyball tournament in Brisbane. My partner and I were just one point away from making the top four for the first time. At 14-9 up, rather than expecting to win, we began to focus on the consequences of losing, and subsequently threw away our lead. We lost the match 16-14. This was a devastating lesson to learn!"

"Outside of physical ability, appositve mental focus is one thing that sets you apart. In a competitive sporting environment you see it all the time - certain athletes who are clear and focused on what they want to achieve and they leave others trailing behind."

"It is important for me to be able to access a positive and powerful focus instantly. Being able to access such a positive mindset on demand can mean the difference between winning and losing," says Liane.

Training your mind to look for the best in each situation is not always easy, but definitely worth the effort. One of the best ways of making your focus powerful and positive is to change the questions you ask, both of yourself and of others. Why? Because your questions determine your focus, which of course determines how you feel, how you think and how you behave.

Have you ever noticed that the really successful sports people around you are the ones asking the quality questions - the kind that force their mind to come up with the answers they are looking for.

What are some of the negative questions you are asking yourself? Are they positive and uplifting, or negative and demotivating? A lot of time we ask kousy questions - for example "Why didn't I win my heat?", "Why was my performance so bad?" Why do I find it so hard to beat my personal best?" or "Why wasn't I chosen for the team?"

These questions force your mind to concentrate on what you don't want. You need to make your questions work for you by focusing on the solutions, and not on the problem itself.

Turning the above questions around you might ask, "What do I need to do to make sure I win the next heat?", "How can I improve my performance?" What must I do to break my personal best?" or "How can I ensure that next time I am chosen for the team?"

Two of the most important questions you can ask yourself in any situation are "What have I learned from this?" and "Would I behave differently if the same thing happened again?" You can't expect an outstanding level of success if the questions you're asking are anything less than outstanding.

Each question you will ask will determine your focus, and therefore your results. Train your mind to ask empowering questions. Get into the habit of asking them over and over again and you can expect answers that are positive and purposeful.

And remember to focus on what you want from your sporting career - and life - because it is your focus, and not the situation, that determines your outcome.

Glen Pattison, author of The Unbeatable Advantage and The Competitive Edge is Australia's leading Performance Coach. He works with sports people on mental and physical techniques to improve performance.

MEMO FROM ATHLETICS NEW ZEALAND

To: All Centres
From: Jeremy F Kennerley, Chief Executive
Date: Monday 23 May 2005
Re: Board Response to Concerns over Communication Style to Sport

At the Board meeting on Monday of last week there was considered debate around the table over some of the recent communication between sectors of the Sport and the National Office. The communication centred on the SGM, Levy and Calendar meetings and the different approach taken this year.

The Board, exercising its Governance capability, agreed that further explanation was required to the Centres so that all in the Sport carefully understood the decisions taken last week. Currently the Chair and the Chief Executive are the mouthpieces for the Board and so their actions and words not only represent the Board's views but also reflect on the rest of the Board. Hence the real and effective strength of the current structure, where such an issue is debated in a transparent, professional and robust manner.

It was decided that although the Board must lead the Sport, it must continue to communicate carefully so that decision making is recognised as leadership, rather than potentially being interpreted as arrogance or disregard for the grassroots.

Leadership

Given some possible misconceptions and negative interpretations may exist about what the current Chair and the CEO mean and display by leadership, it is perhaps timely and informative to provide some clarification.

Leadership is seen as:

- Formulating direction
- Consulting and communicating
- Listening
- Making tough decisions
- Being accountable.

Leadership is NOT seen as:

- Acting in isolation
- Being autocratic.
- Distanced from the grassroots.
- Beyond question.

Strategic Plan

A couple of Centres have written regarding the current Strategic Plan and the fact that it should be made available to all. The intention is that an eight page summary version is printed and distributed in June for all to read. Ideally this would have been distributed well before now, but has simply been deferred due to more pressing matters.

Centre Road Show

The intention has been for several months for the National Office to hold a travelling Road Show around all the Centres. It has been deferred due to the recruitment

of new staff. The timing is now right for the National Office to meet key personnel in all the Centres in order to:

1. Introduce new staff and to meet any new faces
2. Present a brief PowerPoint presentation of where to from here.
3. Highlight upcoming projects.
4. Seek feedback on any existing or proposed new projects - including for example the Strategic Plan.
5. Hear any feedback.
6. Generally ensure that the National Office is not distanced from the grassroots.

It is envisaged that this will occur later in June or early in July so that the attendance of all key staff can be arranged. Although it would be great to bring the whole team, minimum attendance will need to be from:

- Rachel Canon - Competition & Events Manager
- Eric Hollingsworth - Performance Director
- Craig Kirkwood - Sport Development Manager
- Anita Sutherland - Coaching Programmes Manager
- Alastair Dunn - Operations & Membership Manager
- Jeremy F Kennerley - Chief Executive.

Where the Road Show is with a Centre where a Board member resides then it is hoped that the appropriate Board members may also be present as well. Given that Board members are volunteers, it is not the intention for any Board members to travel with the team, and rightly so.

AAI/ANZ Levy Resolution

A number of Centres have requested that the details of this resolution be made public to the Sport. Although the Board are happy to do so they cannot due to the confidential nature of the settlement. Despite whatever may read into this arrangement, the Board assures Centres that neither the Association nor Athletics Auckland is trying to hide anything behind this defence.

In keeping with the contracted confidentiality the following key points can still be made:

1. At the October 2004 AGM it was agreed that the Board would resolve this issue before the Council next met in 2005.
2. The agreed action has been successfully carried out.
3. Both parties involved have made concessions.
4. There was financial settlement between the parties.
5. The process and outcome were both fair.

2005 Calendar Meeting

The decision to make this year's meeting by invitation only was made for pragmatic reasons. Given a relatively straightforward agenda than previous years due to the absence of discussions around subjects such as NTC and through the pre circulation of information, it made sense to try and maximise the effectiveness of those present.

Any meeting trying to draw consensus from a large number of people is logistically very difficult. The view taken was who is immediately affected by the decision and needs input. The attendance list was constructed on the basis of who was most required, NOT on the basis of whom we wish to leave out.

continued on next page

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By circulating information before hand, securing the necessary people present and relaying all decisions taken in an open and transparent manner, reflects current commercial best practice. A Calendar meeting is not an open meeting for all and everyone to attend. It is a vital part of how this Sport manages its business and as such deserves the necessary recognition and respect. What must be open to all is the seeking of any input and the communication of all decisions made.

The result was a very effective meeting, Chaired extremely well by Anita Sutherland and conducted in an inclusive and open manner. The intention is for future meetings, Calendar or otherwise, to be operated in a similar manner. This Sport must continue to move away from the huge 'democratically' free for all meetings, and based on positive experience and outcomes, learn to have faith and trust in those placed in the necessary positions of authority throughout the various levels in the sport to make the right decisions. The track record clearly shows that they can, will and have done so.

2005 Special General Meeting

The Board wishes to extend its appreciation to all those who attended and for the constructive manner in which the meeting was conducted. With hindsight following the withdrawal of a couple of remits the meeting to some extent was an approval process, although some good debate was had not least around Rule 33. However, the true success of the meeting is measured in the correct process being in place and the Council responding to the direction being shown by the Board.

Given the cost of travel and more importantly the time of travel, it really does confirm that meetings of this nature need to be tied to other Sport business.

2005 Levy Working Group

The Levy Working Group was a working party arranged by Management to assist the Association decide on future direction with this issue. The selection of the Centres to attend was transparent, and a robust process was put in place for Centres to select their representatives.

As referred to above, a meeting needs to be effective and pragmatic. A working group of 5 plus a Chair is manageable. One proposal for a working group of 11 plus a Chair isn't. Again the invitations to this meeting were based around what made the most sense in terms of assistance with the issue. It was not about personalities, individuals and Centres.

The group functioned well and a draft recommendation is already being worked on. In line with information distributed earlier, a recommendation will be issued for all Centres to review as quickly as possible.

In keeping with other meetings, the group in attendance was select, ideas were brought to the table and all final recommendations will be discussed in an open and transparent manner with all relevant individuals and organisations.

Summary

The purpose of the above comments is twofold:

1. Firstly, to demonstrate the Board has integrity, listens to concerns and where appropriate acts upon them.
2. Secondly, wishes to provide those in the Sport with suitable information over decisions made.

Despite some comments to the contrary, the Association has nothing to hide and the Board is very comfortable in being transparent over all issues, unless it is bound by confidentiality or privacy (rare).

It is hoped that the information provided above clarifies recent decisions and demonstrates to all that the Association is acting in the best interests of the Sport. Full acceptance by all is not sought, as it is an ideal and an unrealistic goal. However, the measure of most people, being comfortable, most of the time is an appropriate yardstick.

We look forward to seeing many of you on the Road Show.

Thank you
From ANZ

More productivity, less fatigue

When beginners start running, they expect to be more tired during the day. The vast majority, however, discover that the opposite is true. A run in the morning sets your mind and body for the day. You are energized, with a good attitude to deal with problems, and bounce back. Those who run during lunch hour, when they used to work through lunch, find that they are more productive on the days that they run. Some say that the run forces them to plan better. Others say that the mental boost and relaxation gives them a boost. Many say both of these are true and more.

from *Running - Getting Started* by Jeff Galloway (Meyer & Meyer Sports (UK) Ltd., 2005), pp. 17-18

Are you working too hard on a time goal?

When runners get too focused on specific time goals they often find more stress and some negative attitude changes. At the first sign of these symptoms, back off and let mind and body get back together again.

- Running is not as enjoyable.
- You don't look forward to your runs.
- When you say something to others about your running, the statements are often negative.
- The negativity can permeate other areas of your life.
- You look on running as work instead of play.

from *Running - Testing Yourself* by Jeff Galloway (Meyer & Meyer Sports (UK) Ltd., 2005), p. 3

COMING EVENTS

2005

Aug

7	Masters 8km Road Race & Walk	Johnsonville
7	Levene Half Marathon	Taupo
14	Manawatu Half Marathon	Palmerston North
20	Wellington Road Championships	CIT, Trentham
27	Hawkes Bay Marathon	Hastings

Sept

3	ANZ Road Championships	Feilding
11	More Marathon	Dunedin
17	Belvedere Block Road Relays	Carterton
18	Pelorus Trust 10km & Half Marathon	Petone
25	World Mountain Running Championships	Mt Victoria

Oct

1	NZ Road Relay Championships	Christchurch
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Nov

6	Masters 10km Road Race & Walk	Lower Hutt
13	Napier Half Marathon	Napier

Nov

13-20	Masters Track & Field Meeting	Norfolk Island
25-27	South Island Masters Track & Field Championships	Invercargill

Dec

2-4	North Island Masters 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.

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