

# THE

# MASTER

# COPY

Newsletter of the Wellington Masters Athletics Inc.

Volume 5 Issue 1

February 2006



## **WELLINGTON MASTERS ATHLETICS INC.**

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H V MARATHON:	Trevor Knowles	105 Major Drive, Lower Hutt, 6009	565 0294
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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	Apt 203 Stadium Gardens, 103 Thorndon Quay, Wgtn	473 0877
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

With so much going on in my private life with work, family invasion including grandchildren, cycling around mountains in relays, and all the other things that crop up during the weeks, let alone the weekends, I have found it increasingly difficult to get this edition of the newsletter out to our members.

I have struggled to put together an editorial that would be interesting and stimulate the minds of our readers, and possibly generate discussion and perhaps the odd "letter to the editor." For this I apologise – however there are just a couple of things that I would like to touch on.

Firstly, I would like to thank all those that competed in the North Island Masters Track and Field Championships held at Newtown Park over the weekend 2-4 December 2005. Though the numbers were down from what we expected, there was some great competition from those taking part. From an outsiders perspective there seemed to be some great fellowship, competitiveness and camaraderie apparent over the weekend and I certainly enjoyed being part of the proceedings even though it was not in a competitive role.

I would like to thank all those officials that turned up for the weekend and helped in their various official roles. Without your continued support this event wouldn't have been as successful as it was. When Kathryn Fraser sent the results to the various Centres there was some very positive feedback saying what a great weekend it was and what a well run event the championships were. I would also like to extend a big thank you to the LOC members Kathryn Fraser, Veronica Gould and Laurence Voight for the many hours that you all put in to ensure that this event went off without too many hitches.

This brings me onto the second item that I would like to mention – officials. The centre is struggling at weekends when it comes to hosting events, like the Masters Championships, through the lack of officials to officiate at these events. There has been a decrease in the number of officials available to officiate at meetings for various reasons and unless the centre can rectify this matter in the near future, some major events at Newtown Park could be in jeopardy unless we can get sufficient officials to run these meetings.

So I would ask that members give serious consideration to becoming an official and help out the centre before things get any worse. You don't need to be qualified to be an official as there are tasks that can be undertaken without any qualifications, but should you wish to proceed further and obtain some form of qualification; the provisions are there for you to do so. There is an advert in this issue requesting help and there is a contact telephone number should you wish to follow up on this.

Finally, congratulations to Bernie Portenski who failed to break the world W55-59 record for the 10,000m (37:47.95 set by German Edeltraud Pohl in 1992) but did set a new national W55-59 mark and the World single year age record - her time was 38:40.2. The strong northerly wind down the back straight put paid to the record being set – still a fantastic effort under the circumstances. Congratulations also to all the other members who set records over the two days of competition at our own Wellington Masters Track and Field Championships held recently. A full set of results appears elsewhere in this issue.

To all those who took part in the National Masters Track and Field Championships at Wanganui over the weekend 3-6 March, I hope you all managed to attain the goals that you had set.

*John Palmer*

Editor

# HEALTH

## Broccoli Blocks Bladder Cancer

Eating broccoli may help prevent or slow the spread of bladder cancer.

US researchers have found that certain compounds in broccoli appear to interfere with bladder cancer cells, especially the most aggressive cells that spread quickly through the body.

The Ohio State University research team added compounds in broccoli called isothiocyanates to laboratory-cultured bladder cancer cells. As a result, the cells stopped growing – particularly those known to quickly invade other organs.

They also found young broccoli sprouts contained higher concentrations of these phytochemicals than full-grown broccoli spears. Previous research has shown that two or more half-cup servings of broccoli per week can lower the incidence of bladder cancer by 44 per cent.

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## Be a Bit Brighter than the Sun

The summer sun's fierce ultraviolet rays can soon damage your skin. Too much exposure to UV rays now can lead to melanoma and other skin cancers later.

Skin cancer is the commonest cancer in New Zealand and we have one of the highest rates of melanoma deaths in the world.

So, remember when things are cooking this summer, only prawns should change colour.

## **Be Sun Smart – Slip, Slop, Slap, Wrap**

**Slip** – into a shirt – and slip into some shade, especially between 11am and 4pm when the ultraviolet rays are most fierce.

**Slop** – on some sunscreen before going outdoors.

- Put sunscreen on any skin not covered by clothes.
- Choose a sunscreen that meets the Australian and New Zealand Standard AS/NZS2604.
- Use a SPF30+ broad-spectrum sunscreen. Wipe it on thickly at least 15 minutes before going outdoors.
- Reapply: do this 15 minutes after the first application to ensure complete coverage, and also after physical activity, swimming or towel drying.
- Sunscreen should not be used as a means of staying out in the sun longer, but as a way to reduce the risk of sun damage to the skin when exposure to the summer sun is unavoidable.

**Slap** – on a hat with a brim or a cap with flaps. More people get burned on the face and neck than any other part of the body, so a good hat is important.

**Wrap** – on a pair of sunglasses. Choose close fitting, wrap around glasses that meet the Australian Standard AS1067.

For more information go to [www.sunsmart.co.nz](http://www.sunsmart.co.nz)

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## Pain-Don't Run Through it!

Everyone gets temporary aches and pains that go away during a run. Here are some tips for dealing with it to avoid injury.

1. When the pain comes on, walk gently for a minute or two.
2. Start running for 10-20 seconds and walk for 10-20 seconds - see if several of these alternate segments allow the pain to go away.
3. If not, walk for 3-5 minutes and try the alternate 10-20 second repeats again.
4. If the pain is still there, stop the run and call it a day.
5. Most of the time, the pain will go away.

\* \* \* \* \*

## Don't be Blind to the Dangers of Moles

How can you tell if that mole on your arm is cancerous? For years, doctors have taught the ABCD rule: a mole may be melanoma if it is:

**Asymmetrical**;

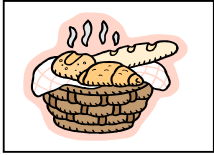
the **Borders** are irregular;

the **Colour** varies; or the

**Diameter** is wider than a pencil eraser.

Doctors at the New York University School of Medicine who invented the rule now say we should add an E for **Evolving**. They reviewed a number of studies to make sure the test still works. It does. But they also determined that some skin cancers change over time – in size, shape, colours and symptoms such as bleeding or itching. In two studies, more than 70 per cent of lesions evolved in people diagnosed with melanoma.

"We tell people to look out for a significant change over a period of several months," says Dr Stephen Shumack from the Australasian College of Dermatologists. Adding E will help get the message to patients, who often spot the cancer first. Most melanomas exhibit A, B, C and D, say researchers.



## RECIPE

### **SALMON FILLET WRAPPED in PROSCIUTTO with HERBY LENTILS, SPINACH and YOGHURT**

#### **Ingredients:**

*9 ounces Lentils  
4 (8-ounce) Salmon fillets, skinned and pin-boned  
Salt and freshly ground black pepper  
8 slices of Prosciutto  
4 tablespoons olive oil  
1 lemon, juiced  
2 good handfuls mixed herbs (flat-leaf parsley, basil, and mint), chopped  
3 large handfuls spinach, chopped  
7 ounces plain yoghurt, lightly seasoned with salt and pepper*

#### **Method:**

Preheat the oven to 425 degrees F. Put the lentils into a pan, cover with water, bring to a boil and simmer until tender. Season the salmon fillets with a little pepper before wrapping them in the prosciutto slices. Leave some of the flesh exposed. Drizzle with olive oil and roast in the oven for around 10 minutes until the prosciutto is golden. Feel free to cook the salmon for less time if pinker is to your liking. Drain away most of the water from the lentils and season carefully with salt, pepper, the lemon juice and olive oil. Just before serving, stir the herbs and spinach into the lentils on a high heat, until wilted. Place on plates with the salmon and finish with a drizzle of lightly seasoned yoghurt.

Yield: 4 servings  
Prep Time: 25 minutes  
Cook Time: 45 minutes

### **YOGHURT, MINT and LIME MARINADE**

*1 pint natural organic yoghurt  
2 good handfuls of fresh mint, chopped  
2 limes, zested and juiced  
1 tablespoon coriander seeds, crushed  
Salt and freshly ground black pepper  
A couple of lugs (2 tablespoons) olive oil*

Mix together the ingredients and smear over your chosen meat before leaving it to marinate.

Yield: 2 1/2 cups  
Prep Time: 10 minutes  
Cook Time: 3 minutes



#### **About us**

**LOCO Sports** was founded in the US in 2003 by runners just like you who believed that loyal core runners deserved a company truly dedicated to the sport of running and to the running community.

**LOCO** is a company owned by runners who are committed to the sport of running and giving back to the running community.

We are experienced in developing running shoes, with over 35 years of hands-on expertise creating some of the most popular running shoes ever made.

**LOCO** was established in New Zealand in 2005 by a group of distance runners including Pete and Chrissey Pfitzinger, Chris Pilone, Simon Blincoe and Ken Moloney who have many years of involvement in the New Zealand running scene. Our involvement has been on many levels, as athletes, coaches, team managers and event directors.

#### **Why is LOCO Different?**

The **LOCO** brand is unique to the market. The founders are runners who are interested in making great, lightweight uncomplicated running shoes. We are committed to offering these shoes to runners and to making a difference in the world by supporting runners, running clubs, race directors and school running teams. Our commitment is more than words, it is backed by our **LOCO** company promise:

- o LOCO models will be available in the same design for 5 years or longer
- o LOCO shoes are for runners, by runners (Our Promise)
- o Our commitment – running shoes based on fit, feel and functionality.

#### **Our Community Commitment**

Our commitment is to give back to the running community: **LOCO** will support the running community in spirit and with specific programs aimed at giving back to the sport. We will support local school teams, work directly with local running clubs and give back a percentage of each sale to a designated team or non-profit cause.

#### **What LOCO is not:**

We are not a brand for people who want the very latest fashionable technology, or technical looking features.

We are not a large publicly held corporation focused only on profitability, stockholder share value or Wall Street stock prices. We are owned by runners like you.

#### **LOCO Promise: "For Runners, By Runners"**

**Loco New Zealand Ltd**  
PO Box 9441, Newmarket, Auckland  
Telephone 027 LOCO 456 (027 5626 456)

[www.locorunning.co.nz](http://www.locorunning.co.nz)

# BITS AND PIECES

## Membership

Since the December newsletter our membership now stands at 120. Welcome to new members Annette Purvis (Valleys); Ray Clegg (WMA); Nigel Stainton (WMA); Dave Colquhoun (Scottish) and Diane & Neville Isherwood (Valleys).

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## Masters Website

One of our walkers and current Wellington Master's member Bart Jones has set up a website for the growing walking fraternity within the Centre. Within this site is a link to Wellington Masters Athletics. Please have a look at what he has set up, and should you have any suggestions for improvements, then Bart would be pleased to hear from you. Also if you have any results, articles, photos or anything that you feel would be appropriate to place on the site, then let Bart know as well.

He can be contacted on home telephone 04 477 3746 or by mobile 025 608 6111 or e-mail: bart.jones@xtra.co.nz. The website can be found at: <http://www.wellingtonwalkers.co.nz> then follow the link to Wellington Masters.

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## Smashing Time

Haile Gebrselassie shattered the world half marathon record by 21s yesterday while running the last half of the Rock 'N' Roll Arizona marathon in Tempe. He also broke the 20km world mark en route. It marked the 19<sup>th</sup> and 20<sup>th</sup> time the diminutive Ethiopian has broken world marks in his career. His half marathon time of 58min 55s broke the mark of 59:16 set by 18-year-old Samuel Wanjiru, of Kenya, in Rotterdam last year. His 20km time, also officially clocked, was 55:48. That broke the world record held by his longtime rival, Paul Tergat, of Kenya, of 56:18 set in Stramilano, Italy, half marathon in 1998. – *Dominion Post, Tuesday 17 January 2006*

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## Date Change

In the December issue of the Master Copy it was advertised that the Johnsonville 8km Road Race was to be held on Sunday 6<sup>th</sup> August 2006. Owing to a clash of dates this event has now been moved to Sunday 23<sup>rd</sup> July 2006.

## Running Magazine

It seems that the New Zealand Runner is no more, however Runner's World (published in Australia) has taken up the challenge and is producing an edition each month that covers both Australia and New Zealand with some excellent articles, lists of events both Australia and New Zealand and some International ones.

If you would like to subscribe, contact Alana Kiely at Runner's World Magazine, 3B Lynch Street, Hawthorn, Victoria 3122, Australia. Phone: 61-3-9819.9225, Fax: 61-3-9819.6418 or Email: [info@ausrun.com.au](mailto:info@ausrun.com.au).

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## Javelin Coaching

One of our new members, Nigel Stainton has kindly offered his services to do some Javelin Coaching for anyone that may be interested. He can be contacted on telephone 388 7993 or email [javelin@nigelstainton.com](mailto:javelin@nigelstainton.com) and can be found most Tuesday evenings from 6pm at Newtown Park. No experience is necessary as Nigel said "he is happy to work with anyone who wants to join in".

\* \* \* \* \*

## Sportsperson of the Year

The Wellington Masters Sportsperson of the year for 2005 is Bill Nicholson. See cover photo with Bill holding the trophy along with Jim and Colleena Blair who donated this award back in 2000. The award was presented during the lunch break on the second day of competition at the Wellington Masters Track and Field Championships at Newtown Park.

Bill showed those present that he is more than just a talented athlete – he is also an accomplished singer. Instead of giving a thank you speech he gave everyone a rendition by way of song (pictured below). Well done Bill!



# BITS AND PIECES

## Are you a New Zealander?

Did you know that New Zealand is pretty much the only place in the world that you can not actually be a New Zealander?

Whenever you fill out a form or survey in New Zealand you can tick the box to say you are Maori, Tongan, Samoan, Australian, European (or NZ born of European Decent), Asian, etc. but there is no box provided to say "Yes, I am a New Zealander and I am proud to be one" In Australia, you can be an Australian ... In fact in Australia you can be a New Zealander. Why is it that we can't be New Zealanders in our own country?

Most people are proud of their ethnicity, heritage and family origins and so will tick whichever box they feel applies to them, and they have every right to do so whether they are Maori, Pacific Islander, European etc. Many of us however consider that we, and our families, have been in New Zealand for long enough now that we should be able to claim that as who we are ... regardless of where our ancestors may have come from many centuries ago or what the colour of our skin or shape of our face might indicate.

If you feel that you want to be recognised as New Zealanders in our own country then next time you are filling out a form and you are asked for your ethnicity, choose the option "Other" and state your ethnicity as "New Zealander".

If enough people do this then maybe, just maybe, we can get the powers that be to sit up and recognise that we are proud of who we are and that we want to be recognised as such, not divided into sub-categories and all treated as foreigners in our own country.

And remember ... "Other - New Zealander!" (and proud of it).

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## Math 101

### **ROMANCE MATHEMATICS**

Smart man + smart woman = romance

Smart man + dumb woman = affair

Dumb man + smart woman = marriage

Dumb man + dumb woman = pregnancy

### **OFFICE ARITHMETIC**

Smart boss + smart employee = profit

Smart boss + dumb employee = production

Dumb boss + smart employee = promotion

Dumb boss + dumb employee = overtime

### **SHOPPING MATH**

A man will pay \$20 for a \$10 item he needs.

A woman will pay \$10 for a \$20 item that she doesn't need.

### **GENERAL EQUATIONS & STATISTICS**

A woman worries about the future until she gets a husband.

A man never worries about the future until he gets a wife.

A successful man is one who makes more money than his wife can spend.

A successful woman is one who can find such a man.

### **THE EQUATIONS FOR HAPPINESS**

To be happy with a man, you must understand him a lot and love him a little.

To be happy with a woman, you must love her a lot and not try to understand her at all.

### **LONGEVITY Math**

Married men live longer than single men do, but married men are a lot more willing to die.

### **PROPENSITY TO CHANGE**

A woman marries a man expecting he will change, but he doesn't.

A man marries a woman expecting that she won't change, and she does.

### **DISCUSSION TECHNIQUE**

A woman has the last word in any argument.

Anything a man says after that is the beginning of a new argument.

### **HOW TO STOP PEOPLE FROM BUGGING YOU ABOUT GETTING MARRIED**

Old aunts used to come up to me at weddings, poking me in the ribs and cackling, telling me, "You're next."

They stopped after I started doing the same thing to them at funerals.

\* \* \* \*

A RECORD 9700 people walked, ran and even shuffled the seven kilometres around Wellington's inner bays in the Vector Round the Bays fun run and walk held recently. The 2006 turnout eclipsed last year's previous best of 8200 participants. It is the ninth year that Sport Wellington Region has organised the event. Sport Wellington CEO Paul Cameron says despite advice from officials and marshals there were cases where people drove on the closed roads. "Though the vast majority of people were tolerant, unfortunately there were a few who made it difficult for our 200 volunteers."

# AMUSING MOMENTS

## How NOT to advance your relationship

It has never been quite figured out why the sexual urge of men and women differ so much. And it's never been figured out why men think with their head and women with their heart. FOR EXAMPLE:

One evening last week, my girlfriend and I were getting into bed. Well, the passion starts to heat up, and she eventually says "I don't feel like it, I just want you to hold me."

I said "WHAT????!!!" What was what?!" So she says the words that every boyfriend on the planet dreads to hear..."You're just not in touch with my emotional needs as a woman enough for me to satisfy your physical needs as a man."

She responded to my puzzled look by saying, "Can't you just love me for who I am and not what I do for you in the bedroom?"

Realizing that nothing was going to happen that night, I went to sleep.

The very next day I opted to take the day off of work to spend time with her. We went out to a nice lunch and then went shopping at a big, big unnamed department store. I walked around with her while she tried on several different very expensive outfits. She couldn't decide which one to take so I told her we'll just buy them all. She wanted new shoes to compliment her new clothes, so I said "Lets get a pair for each outfit". We went onto the jewellery department where she picked out a pair of diamond earrings. Let me tell you...she was so excited. She must have thought I was one wave short of a shipwreck. I started to think she was testing me because she asked for a tennis racket when she doesn't even know how to play tennis. I think I threw her for a loop when I said, "That's fine, honey."

She was almost nearing sexual satisfaction from all of the excitement. Smiling with excited anticipation she finally said, "I think this is all dear, let's go to the cashier."

I could hardly contain myself when I blurted out, "No honey, I don't feel like it."

Her face just went completely blank as her jaw dropped with a baffled "WHAT????!!!"

I then said, "Really honey! I just want you to HOLD this stuff for a while. You're just not in touch with my financial needs as a man enough for me to satisfy your shopping needs as a woman."

And just when she had this look like she was going to kill me, I added, "Why can't you just love me for who I am and not for the things I buy you?"

Apparently I'm not getting any tonight either...

## The Man and the Ostrich

A man walks into a restaurant with a full-grown ostrich behind him. The waitress asks them for their orders. The man says, "A hamburger, fries and a coke," and turns to the ostrich, "What's yours?"

"I'll have the same," says the ostrich.

A short time later the waitress returns with the order. "That will be \$9.40 please," and the man reaches into his pocket and pulls out the exact change for payment.

The next day, the man and the ostrich come again and the man says, "A hamburger, fries and a coke." The ostrich says, "I'll have the same." Again the man reaches into his pocket and pays with exact change.

This becomes routine until the two enter again. "The usual?" asks the waitress. "No, this is Friday night, so I will have a steak, baked potato and a salad," says the man. "Same," says the ostrich.

Shortly the waitress brings the order and says, "That will be \$32.62." Once again the man pulls the exact change out of his pocket and places it on the table.

The waitress cannot hold back her curiosity any longer. "Excuse me, sir. How do you manage to always come up with the exact change in your pocket every time?"

"Well," says the man, "several years ago I was cleaning the attic and found an old lamp. When I rubbed it, a Genie appeared and offered me two wishes. My first wish was that if I ever had to pay for anything, I would just put my hand in my pocket and the right amount of money would always be there."

"That's brilliant!" says the waitress. "Most people would ask for a million dollars or something, but you'll always be as rich as you want for as long as you live!"

"That's right. Whether it's a gallon of milk or a Rolls Royce, the exact money is always there," says the man. The waitress asks, "What's with the ostrich?"

The man sighs, pauses and answers, "My second wish was for a tall chick with a big ass and long legs who agrees with everything I say."



# The Athlete's Kitchen

## EXERCISE & WEIGHT CONTROL: Myths, Truths, and Gender Differences

"For all the exercise I do, I should be pencil thin!"

"Am I the only runner who has ever gained weight training for a marathon???"

"Why does my husband shed pounds when he exercises and I don't???"

When I listen to athletes complain about their lack of success with losing body fat, I hear abundant frustration: "Why can't I do something as simple as lose a few pounds!!!" Why? Because weight loss is not simple and often includes debunking a few diet and exercise myths. Perhaps this article will offer some insights that lead you to success with your weight loss efforts.

**Myth:** You must exercise in order to lose body fat.

To lose body fat, you must create a calorie deficit. You can create that deficit by adding on exercise (which improves your overall health and fitness) or by simply eating fewer calories. Sick people commonly lose body fat but they do not exercise; they create a calorie deficit. Similarly, injured athletes can also lose fat despite lack of exercise. The story "I gained weight when I was injured because I couldn't exercise" could more correctly be stated "I gained weight when I was injured because I was bored and depressed. I overate for comfort and entertainment..."

**Myth:** The more you exercise, the more fat you lose. Often, the more you exercise, the hungrier you get and—

- the more you eat, or
- the more you believe you "deserve" to eat, or
- the more you want to eat as a reward for having both gotten to the gym and survived the exercise session.

But if you spend 60 minutes in a spin class and burn off 600 calories, only to reward yourself with twelve Oreos (600 calories), you quickly wipe out your weight loss efforts in less than 3 minutes...

The effects of exercise on weight loss are complex and unclear. We know among older people (56-78 years) who participated in a vigorous walking program, daily calorie needs remained about the same (2,400 without exercise, 2,480 with exercise). How could that be? Well, the participants napped more and were 62% less active throughout the rest of their day.(1)

Another study with post-menopausal women found the same results from 8 weeks of moderate exercise training. Their 24-hour energy expenditure remained similar from the start to the end of the program. (2) The bottom line: You have to eat according to your whole day's activity level, not according to how hard you have trained that day.

**Myth:** If you train for a marathon, your body fat will melt away.

Wishful thinking - I commonly hear marathoners, triathletes and other highly competitive endurance athletes complain "For all the exercise I do, I should be pencil thin..." They fail to lose fat because, like the fitness exercisers described above, they put all of their energy into exercising, but then tend to be quite sedentary the rest of the day as they recover from their tough workouts. A study with male endurance athletes who reported a seemingly low calorie intake found they did less spontaneous activity than their peers in the non-exercise parts of their day. (3) The bottom line: you need to keep taking the stairs instead of the elevators, no matter how much you train!

Alternatively, athletes who complain they eat like a bird but fail to lose body fat may simply be under-reporting their food intake. A survey of female marathoners indicated the fatter runners under-report their food intake more than their leaner peers. (4) Remember: calories mindlessly eaten standing up or on-the-run count just as much as calories from meals.

**Myth:** Couples who exercise together, lose fat together.

In a 16-month study looking at exercise for weight loss, men and women completed an identical amount of exercise. The men lost 11.5 pounds; the women maintained weight! (5) In another study with previously sedentary, normal weight men and women who participated in an 18 month marathon training program, the men increased their calorie intake by about 500 per day; the women increased by only 60 calories—despite having added on 50 miles per week of running. The men lost about five pounds of fat; the women two pounds. (6)

What's going on here??? Well, a husband who adds on exercise is likely to lose more weight than his wife because he's likely heftier and thereby burns more calories during the same workout. But, speaking in terms of evolution, Nature seems protective of women's role as child-bearer, and wants women to maintain adequate body fat for nourishing healthy babies. Hence, women are more energy efficient. Obesity researchers at NY's Columbia University suggest a pound of weight loss in men equates to a deficit of about 2,500 calories, while women need a 3,500 calorie deficit!!! (7) No wonder women have a tougher time losing weight than do men....

*Continued on next page . . . . .*

# General

## Revolutionary Coach

"LYDIARD" is now a brand name in athletics coaching – Lorraine Moller has taken steps to protect the name.

New Zealander Arthur Lydiard, the world's most famous running coach, died during a lecture tour of the United States last year, aged 87. He was a revolutionary figure who overturned conventional thinking on training and produced a string of Olympic medalists and world record-holders.

Lydiard was world-renowned as a coach. Just in New Zealand, his protégés included Murray Halberg, Peter Snell, Barry Magee, Bill Baillie, John Davies and Dick Tayler. And, taking his influence a step further, we can include the likes of Dick Quax, Moller and Anne Audain, whom Davies coached precisely along Lydiard lines. That's restricting the list to just athletes. He also coached rugby players, swimmers, canoeists, triathletes and many sportsmen and women.

When Lydiard was starting out, athletes did little training and did not understand the importance of the long, gradual build-up. Lydiard had his runners doing 100 miles a week for months, then going through hill work, then track work, before they were ready to race. It was pioneering stuff and envious non-Lydiard coaches and runners scoffed, talking about how he would damage his runners. There were fantastic stories that their hearts would burst, and that they would never last. Lydiard's results eventually spoke for themselves.

Moller, who lives in the US, has become concerned at the number of coaches in that country who claim to be using Lydiard methods, but aren't. They cash in on the Lydiard name and reputation, but bring none of his expertise and insight to the task. So she has instituted a "Lydiard qualification", whereby once the coach satisfactorily demonstrates that they are using the Lydiard system, they become an authenticated Lydiard coach.

\* \* \* \* \*

## Quick Fix: Poor Pacing

A couple of simple solutions to common running mistakes. Most beginners have trouble pacing their runs. Here's help, whether you're a tortoise or hare.

1. Too Fast. Do you often slow down at the end of your runs? If so, you started too fast. Map out a route and time yourself against landmarks. Slow down the early segments on your next runs until you feel strong the whole way.

2. Too Slow. Try some speed work. Once a week, after a 10-minute warm-up, run a little faster for 30 seconds. Then walk for 30 seconds. Repeat two or three times. Each time, increase the pace a little bit. Each week, add two more 30-second bursts until you get to 10.

\* \* \* \* \*

## Osteopath Amongst Us

Nigel Stainton, one of our newer members, who has also offered to share his knowledge of "throwing the javelin" to anyone who maybe interested, is also an osteopath with 8 years in practice.

He has offered to write some articles for the newsletter on a regular basis and was wondering if anyone had any questions that they would like answered revolving around the bones and tissues in our bodies. He would be happy to answer any queries in upcoming issues of the newsletter. Here is a great opportunity, so please let's take advantage of this generous offer.

\* \* \* \* \*

## The Athlete's Kitchen - continued . . . .

### The bottom line

If you are exercising to lose weight, I encourage you to separate exercise and weight. Yes, you should exercise for health, fitness, stress relief and, most importantly, for enjoyment. (After all, the E in exercise stands for enjoyment!) I discourage you from exercising to burn off calories; that makes exercise feels like punishment for having excess body fat. When exercise is something you do to your body, rather than do for your body, you'll eventually quit exercising. Bad idea.

Instead of focusing on exercise to lose body fat, pay attention to your calorie intake. Knocking off just 100 calories a day from your evening snacks can theoretically result in 10 pounds a year of fat loss. Seems simpler than hours of sweating...?

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Sports dietitian Nancy Clark MS, RD counsels casual and competitive athletes in her private practice at the premier fitness center in Chestnut Hill MA. Her Sports Nutrition Guidebook (US\$23), Food Guide for Marathoners (US\$20) and Cyclist's Food Guide (US\$20) all offer additional weight management information. The books are available at [www.JeffGalloway.com](http://www.JeffGalloway.com) or via [www.nancyclarkrd.com](http://www.nancyclarkrd.com).

# Health - General

## Pre Race Dietary Countdown

### Rules:

1. Don't try anything new.
2. Go through the same schedule and foods that worked for you in training.
3. If you hear sloshing in your stomach, you don't have to drink for the next 30 minutes.

**24 hours and before:** Normal balanced meals. Drink plenty of liquids all day long, especially electrolyte type fluids. Before marathons you can eat extra carbohydrates.

**18 hours before race:** Start eating small meals every 2-3 hours. Keep drinking fluids. After lunch, cut out red meat, fried foods, dairy products, fats, nuts and roughage.

**12 hours before race:** Don't overeat. Only light, digestible foods like energy bars, bread, small sandwiches, which you've tried before long runs and races. Keep drinking water and electrolyte fluids. Avoid salty foods.

4 hours and less: Water mostly, with some electrolyte fluid, in small, regular amounts. Cold water is absorbed quicker. Recommended 6oz. every hour, 8 oz. on hot days. If you want Vitamin C, take it two hours or more before the race.

During race: Drink a cup at every station – especially the early ones, unless you hear the sound of water sloshing in your stomach.

Recent research has shown that consuming a snack that is 80% carbohydrate and 20% protein helps deliver energy to the muscle during exercise and restocks the energy stores afterwards.

## Eating All Day Long

Yes, it's better for fat control and your energy level if you eat every 1-2 hours. Our digestion system was designed for grazing: taking in modest amounts of food all day long. Each time we eat, even small amounts, our digestive system gears up to process the nutrients and dispose of the bulk. This means that you're burning calories for an extended period beyond the eating of the snack – in order to digest the food. This increase in metabolic rate makes you feel more energetic and motivated.

From *Galloway's Book on Running* Second Edition (Shelter Publications, 2002, p. 226)

## Fat Burning

The human organism is lazy. With a primary mission of survival, each of us is programmed to slowly build up extra fat storage. For millions of years, this has been a proved "insurance policy" which allowed our ancient ancestors to survive through periods of starvation and sickness. The mechanisms of fat storage support a well-established principle called "set point". This powerful regulatory mechanism increases your appetite for weeks or months after periods of fat loss due to reduced calorie intake, illness, and even psychological deprivation. Unfortunately, it does its job too well, leaving you fatter than you were before the fat loss. Understanding how the set point works as your hedge against starvation is the most important step in learning how to adjust downward, or at least manage it, for the rest of your life.

## What is Fat?

When you eat a pat of butter, you might as well inject it onto your thigh or stomach. While dietary fat is directly deposited, protein and carbohydrates (even sugar) will be converted into fat only when you've consumed too many calories from those sources throughout the day. If you're trying to reduce the fat blanket, it helps to eat complex carbohydrates (baked potatoes, rice, whole grains, vegetables) and lean protein sources (legumes, turkey breast, non-fat dairy products, etc.)

## An unlimited supply of the best fuel for running

Only body fat is used as fuel, not the fat in your diet. It is an excellent energy source, leaving a small amount of waste product, which is easily removed through the increased blood flow of exercise. While stored sugar is limited, you can't run far enough to use up your fat storage. Even a 140-pound person with the usually low level of two percent body fat has hundreds of miles of fuel on board.

## Another difference between men and women

Men tend to store fat on the surface of the body, often on the outside of the stomach area. Most females store fat internally at first. Thousands of areas between muscle cells are filled up first. Many young women feel that some dramatic change has occurred around the age of 30 when they suddenly start showing fat accumulation on the outside of their bodies, while maintaining the same diet and level of exercise. They're actually been storing fat inside for many years. Once the inner areas are filled, women notice a dramatic change on the outside of their thighs or stomachs, often in less than a year.

From Jeff Galloway's new *Marathon!* (Phidippides Publications, 2000), pp 47-48

## What You Eat Makes a Difference

A good balance of fresh, complex carbohydrates (50-60% of the calories) along with some protein (20-25% of the calories) and a little fat (10-20% of the calories) will leave you satisfied for an extended period after eating. Too much food, too much sugar and starch, or too much fat in a meal will lead to fat accumulation.

*Galloway's Book on Running* Second Edition (Shelter Publications, 2002), p. 226

Remember you can tell when running is running your life, if you write an angry letter to your running shoe manufacturer, complaining that you only got 20,000 kilometres out of your last pair of training shoes, or, if you won't let your cat sleep on your bed because when it comes to oxygen, you won't share with anyone.



## 10 Tricks to Making Vitamins Work for You

1. **Do not refrigerate** vegetables and fruits (raw and uncut) for more than two days.
2. **Eat your fruits whole** rather than cutting them into pieces. When exposed to air (oxygen), vital vitamins are lost. Following that logic, raw fruits are better than fruit juices.
3. **Go out in the sun** for 15-20 minutes around 9am and you will not need to pop any vitamin D supplements, unless of course advised by a medical practitioner.
4. **Canned and frozen** varieties of fruits and vegetables are a good source of vitamins if care is taken over preparation and handling of these foods.
5. **Don't peel fruits.** The 'skin' contains vital nutrients as well as fibre.
6. **Use a sharp knife** when cutting vegetables. A blunt one can cause cell damage and damaged cells can lead to loss of vitamin C.
7. **Cook vegetables** as soon as you've prepared them and don't soak them. Water-soluble vitamins (B and C) will be lost in the soaking water.
8. **Use a small amount of water** when cooking, or better still, steam vegetables. Save the cooking water and use it in soups, stocks and gravies.
9. **If you must cook** your veggies, do so for a short time. Vegetables taste better slightly crisp anyway!
10. **A scraping of honey** on your toast each day will give you small amounts of a wide array of vitamins, minerals, amino acids and antioxidants.

### VITAMINS FEED YOUR NEEDS

Your body is a powerful machine. It's capable of doing all sorts of things - except making vitamins. Each vitamin plays a different role in keeping you healthy. If you make food choices from each of the major food groups you will ensure that you get your daily intake of vitamins. If you're concerned speak to your nutritionist or doctor.

**Vitamin A - Function:** Prevents night blindness, promotes healthy eye function, keeps skin, hair, and nails healthy, helps ward off bacterial infection - **Good sources:** Green, yellow, or orange vegetables, apricots, sweet potatoes.

**Vitamin B1 Thiamine - Function:** Needed to process carbohydrates, fat and protein. Helps cells function normally - **Good sources:** Wheat germ, whole wheat, peas, beans, enriched flour, fish, peanuts, meat.

**Vitamin B2 Riboflavin - Function:** Produces energy, works as an antioxidant by scavenging damaging particles in the body known as free radicals - **Good sources:** Brewer's yeast, almonds, whole grains, wheat germ, wild rice, mushrooms, soybeans, milk, yoghurt, eggs, broccoli, brussel sprouts and spinach.

**Vitamin B3 Niacin - Function:** Helps in circulation. Promotes healthy skin, functioning of the nervous system and normal secretion of bile and stomach fluids - **Good sources:** Liver, lean meat, poultry, fish, nuts, liver, cereals, legumes, asparagus, seeds, milk, green leafy vegetables and fish.

**Vitamin B6 - Function:** Helps form red blood cells and proper nerve function. Carbohydrate and protein metabolism - **Good sources:** Bananas, meats, poultry, fish, potatoes, broccoli, cereals and grains.

**Vitamin B12 - Function:** Proper nerve function, helps form red blood cells, builds genetic material - **Good sources:** Meats, poultry, fish, eggs and milk.

**Vitamin C - Function:** Promotes healing of cuts and wounds, helps resist infection, keeps gums healthy, strengthens blood vessel walls - **Good sources:** Citrus fruits (oranges, grapefruit), strawberries, green or red peppers, broccoli.

**Vitamin D - Function:** Promotes calcium absorption. Helps form and maintain strong bones. Helps maintain a healthy immune system and regulates cell growth and differentiation - **Good sources:** Sunlight, egg yolk, tuna, sardines, cod liver oil.

**Vitamin E - Function:** Helps form red blood cells, muscles and other tissue, antioxidant - **Good sources:** Seeds, nuts, seafood, eggs and oils.

**Folic acid - Function:** DNA and RNA synthesis, helps form red blood cells. Important in growth and development, helps prevent birth defects - **Good sources:** Orange and grapefruit juice, green leafy vegetables, poultry, legumes.

**Vitamin K - Function:** Controls blood clotting. Essential for synthesizing the liver protein that controls the clotting. Involved in bone formation and repair. Assists the conversion of glucose to glycogen which can be stored in the liver - **Good sources:** Leafy vegetables, cheese, liver, asparagus, coffee, bacon and green tea.

# WELLINGTON MASTERS T & F CHAMPIONSHIPS

NEWTOWN PARK 5th & 12th FEBRUARY 2006

## 100m Women

W65 1 Judy Hammond 17.90

## 100m Men

M40 1 Mark Macfarlane 12.1  
M45 1 Gary Rawson\* 11.9  
2 Kevin Watson 14.30  
M80 1 Bill Nicholson 20.10

## 200m Men

M40 1 Mark Macfarlane 25.12  
M45 1 Gary Rawson 25.01  
2 Kevin Watson 31.66  
M55 1 Laurie Malcolmson 27.29  
M80 1 Bill Nicholson 44.64

## 400m Men

M35 1 Rod Plimmer 63.70  
M40 1 Mark Macfarlane 60.57  
M55 1 Laurie Malcolmson 65.79  
M80 1 Bill Nicholson 1.52.29

## 800m Women

W40 1 Helen Willis 2.40.0  
W60 1 Meryl McKay 3.36.8  
W65 1 Judy Hammond 3.50.3

## 800m Men

M55 1 Maurice Piper 2.50.4  
M65 1 Peter Hanson 2.56.7  
M70 1 Ellis Goodyear 3.09.3  
M75 1 Michael Browne\* 3.23.1

## 1500m Mixed

W40 1 Helen Willis 5.25.85  
M40 1 Liam Healey 4.37.38  
M45 1 Kevin Watson 6.06.33  
M60 1 Bob Stephens 5.42.43  
M65 1 Peter Hanson 6.27.86  
M70 1 Ellis Goodyear 6.35.52  
M75 1 Michael Browne 7.01.27  
2 Peter Thomas 7.26.21

## 5000m Mixed

M45 1 Vaughan New 16.49.10  
M50 2 Richard Brent 17.41.67  
M40 3 Neil Price 17.54.38  
W35 4 Gabrielle O'Rourke 18.18.84  
M45 5 Des Young 18.26.83  
W55 6 Bernie Portenski 18.37.83  
M45 7 Peter Wrigley 18.41.63  
M50 8 Dave Colquhoun 18.47.38  
M55 9 Maurice Piper 19.55.65  
M70 10 Ellis Goodyear 23.59.65  
W60 11 Meryl McKay 25.10.59  
M65 12 Peter Hanson 25.38.16  
M75 13 Michael Browne 26.24.94  
M65 14 John Hines 27.52.46

## 10.000m Mixed

M50 1 Richard Brent 36.52.6  
M45 2 Des Young 38.27.6  
W55 3 Bernie Portenski\*\* 38.40.2  
M50 4 Dave Colquhoun 39.12.5  
M55 5 Maurice Piper 41.28.3  
M50 6 Mike Winsborough 41.54.6  
M70 7 John Barrington 45.11.2  
8 Ellis Goodyear 48.51.2  
W45 9 Brenda Ann Burke 51.55.6  
M65 10 John Hines 57.12.5

## 1500m Walk Mixed

M55 1 Peter Baillie\* 7.24.7  
W50 2 Sevana Minassian\* 9.11.2  
M65 3 David Lonsdale 9.50.9  
4 Robert Bennett 11.52.6  
W55 5 Margaret Bray 12.21.0  
6 Val Campkin 12.56.2

## 3000m Walk Mixed

M55 1 Peter Baillie\* 15.25.99  
M65 1 Robert Bennett 26.00.5  
W35 1 Kristeene Parkes 21.42.89  
W50 1 Sevana Minassian 19.00.86

W55 1 Margaret Bray 25.26.9  
2 Val Campkin 27.13.10

## 2000m Steeplechase

M60 1 Bob Stephens 8.48.86

## 3000m Steeplechase

M55 1 Francis Campkin 14.02.02

## 110m Hurdles

M45 1 Gary Rawson\*HT 19.8

## 100m Hurdles

M55 1 Francis Campkin 24.4

## 400m Hurdles

M55 1 Francis Campkin 1.25.14

## Shot Put Men

M35 1 John Turner 8.67m  
2 Rod Plimmer 8.53m  
M40 1 Mark Macfarlane 8.54m  
M45 1 Laurence Voight 10.61m  
M50 1 Neville Isherwood 8.11m  
M55 1 Laurie Malcolmson 9.22m  
M65 1 Fred Goodall 7.94m  
M70 1 Richard Harris 10.82m  
2 Jim Blair 7.83m  
M80 1 Bill Nicholson 5.32m

## Shot Put Women

W35 1 Kathryn Fraser 7.80m  
2 Diane Turner 6.26m  
3 Kristeene Parkes 5.42m  
W45 1 Melanie Watson 5.63m  
W65 1 Judy Hammond 5.73m  
W75 1 Colleena Blair\* 6.25m

## Discus Men

M35 1 John Turner 22.89m  
M45 1 Gary Rawson 24.36m  
M50 1 Neville Isherwood 25.26m  
M55 1 Laurie Malcolmson 29.13m  
M65 1 Fred Goodall 31.16m  
M70 1 Richard Harris 25.14m  
M80 1 Bill Nicholson 15.97m

## Discus Women

W35 1 Diane Turner 21.00m  
2 Kristeene Parkes 13.78m  
W45 1 Melanie Watson 17.38m  
W50 1 Diane Isherwood 13.98m  
W75 1 Colleena Blair\* 15.16m

## Weight Throw Women

W35 1 Diane Turner 6.95m  
2 Kathryn Fraser 6.62m  
W45 1 Melanie Watson 7.07m  
W75 1 Colleena Blair 8.61m

## Weight Throw Men

M45 1 Laurence Voight 10.52m  
M50 1 Neville Isherwood 7.78m  
M70 1 Richard Harris 9.34m  
2 Jim Blair 9.15m

## Hammer Women

W35 1 Kathryn Fraser 21.31m  
2 Diane Turner 17.35m  
W45 1 Melanie Watson 18.76m  
W75 1 Colleena Blair 14.09m

## Hammer Men

M45 1 Laurence Voight 32.60m  
M50 1 Neville Isherwood 17.06m  
M70 1 Richard Harris 25.75m  
2 Jim Blair 19.71m

## Javelin Women

W35 1 Diane Turner 17.61m  
W65 1 Judy Hammond 13.45m  
W75 1 Colleena Blair 14.15m

## Javelin Men

M35 1 Rod Plimmer 30.23m  
M45 1 Gary Rawson 30.92m  
M50 1 Neville Isherwood 15.92m  
M55 1 Laurie Malcolmson 44.64m

M65 1 Fred Goodall 31.68m  
M70 1 Jim Blair 28.11m  
M80 1 Bill Nicholson 14.05m

## Triple Jump Men

M45 1 Gary Rawson 10.80m  
M40 2 Mark Macfarlane 10.56m  
M35 1 John Turner 9.75m

## High Jump Men

M35 1 John Turner 1.61m  
2 Rod Plimmer 1.58m  
M40 1 Mark Macfarlane 1.58m  
M45 1 Gary Rawson 1.45m  
2 Kevin Watson 1.45m  
M70 1 Jim Blair 1.10m  
M80 1 Bill Nicholson 0.88m

## Long Jump Women

W65 1 Judy Hammond 2.94m  
W75 1 Colleena Blair 2.55m

## Long Jump Men

M40 1 Mark Macfarlane 5.17m  
M45 1 Gary Rawson 5.13m  
M70 1 Jim Blair 3.04m  
M80 1 Bill Nicholson 2.48m

## Weight Pentathlon Hammer Women

W35 Diane Turner 15.97m  
Kathryn Fraser 18.45m  
W45 Melanie Watson 18.52m  
W55 Veronica Gould 23.23m  
W75 Colleena Blair 13.35m

## Weight Pentathlon Hammer Men

M45 Laurence Voight 30.71m  
M50 Neville Isherwood 20.17m  
M70 Richard Harris 24.16m  
Jim Blair 18.96m

## Weight Pentathlon Shot Put Women

W35 Diane Turner 5.99m  
Kathryn Fraser 7.68m  
W45 Melanie Watson 5.73m  
W55 Veronica Gould 7.41m  
W75 Colleena Blair 5.76m

## Weight Pentathlon Shot Put Men

M50 Neville Isherwood 8.14m  
M70 Richard Harris 10.22m  
Jim Blair 7.81m  
M45 Laurence Voight 10.06m

## Weight Pentathlon Discus Women

W45 Melanie Watson 16.86m  
W55 Veronica Gould 17.89m  
W75 Colleena Blair 14.64m  
W35 Diane Turner 20.51m  
Kathryn Fraser 20.29m

## Weight Pentathlon Discus Men

M70 Richard Harris 26.83m  
Jim Blair 25.21m  
M45 Laurence Voight 25.10m  
M50 Neville Isherwood 26.21m

## Weight Pentathlon Javelin Women

W55 Veronica Gould 14.05m  
W75 Colleena Blair 14.75m  
W35 Diane Turner 19.07m  
Kathryn Fraser 13.58m  
W45 Melanie Watson 14.53m

## Weight Pentathlon Javelin Men

M45 Laurence Voight 22.28m  
M50 Neville Isherwood 14.67m  
M70 Jim Blair 26.97m  
Richard Harris 12.04m

## Weight Throw Weight Pentathlon Women

W75 Colleena Blair 8.26m  
W35 Diane Turner 6.80m  
Kathryn Fraser 6.54m  
W45 Melanie Watson 7.00m  
W55 Veronica Gould 9.44m

**Masters T & F Results – continued****Weight Throw Weight Pentathlon Men**

M45	Laurence Voight	10.75m
M50	Neville Isherwood	7.77m
M70	Richard Harris	9.35m
	Jim Blair	9.27m

**Weight Pentathlon Women**

W35	1 Kathryn Fraser	1563 pts
	2 Diane Turner	1516 pts
W45	1 Melanie Watson	1902 pts
W55	1 Veronica Gould*	2515 pts
W75	1 Colleen Blair	3325 pts

**Weight Pentathlon Men**

M45	1 Laurence Voight	2315 pts
M50	1 Neville Isherwood	1644 pts
M70	1 Richard Harris	2609 pts
	2 Jim Blair	2585 pts

**Pentathlon Long Jump**

M45	Gary Rawson	5.22m
	Kevin Watson	3.47m
M40	Mark Macfarlane	5.31m
M55	Laurie Malcolmson	4.66m
M80	Bill Nicholson	2.55m

**Pentathlon Javelin**

M40	Mark Macfarlane	21.41m
M45	Gary Rawson	30.22m
	Kevin Watson	16.32m
M55	Laurie Malcolmson	44.27m
M80	Bill Nicholson	15.38m

**Pentathlon 200m**

M40	Mark Macfarlane	24.80m
M45	Gary Rawson	25.00m
M55	Laurie Malcolmson	26.40m
M45	Kevin Watson	30.80m
M80	Bill Nicholson	44.00m

**Pentathlon Discus**

M40	Mark Macfarlane	21.31m
M45	Gary Rawson	26.68m
	Kevin Watson	13.82m
M55	Laurie Malcolmson	28.06m
M80	Bill Nicholson	14.80m

**Pentathlon 1500m Men**

M40	Mark Macfarlane	5.31.9
M45	Kevin Watson	6.01.4
	Gary Rawson	6.32.9
M55	Laurie Malcolmson	7.15.0
M80	Bill Nicholson	10.50.5

**Pentathlon**

M40	1 Mark Macfarlane	2337 pts
M45	1 Gary Rawson*	2538 pts
	2 Kevin Watson	1348 pts
M55	1 Laurie Malcolmson	3001 pts
M80	1 Bill Nicholson	1565 pts

\* Wgtn Record

\*\* World Record

\*HT Wgtn Record Hand Time

## ATHLETICS WELLINGTON CROSS COUNTRY and ROAD COMMITTEE 2006 EVENTS – Draft 2

**March**

Tues 7	Loaded Hog 5km Series
Sun 12	Hutt News 10km Fun Run
Mon 13	Kapiti 5km Run and Walk
Tues 14	Loaded Hog 5km Series
Sun 19	Martinborough Round the Vines – Half Marathon and 10km
Tues 21	Loaded Hog 5km Series
Tues 28	Loaded Hog 5km Series

**April**

Tues 4	Loaded Hog 5km Series
Sun 9	Moonshine Half Marathon and 10km
Tues 11	Loaded Hog 5km Series
Sat 22	Harcourt Cross Country Relays
Mon 25	ANZAC Day Races
Sat 29	Rotorua Marathon + NZ Champs

**May**

Sat 6	Shaw Baton Relays
Wed 10	Secondary Schools X Country Relays
Sat 13	NZ Mountain Running Championships
Sun 14	Masters Classic Relay – Trentham
Sat 20	University Relays – MacKays Crossing
Sat 27	Vosseler Shield – Mt Victoria
Sun 28	Scottish 3 Peaks Series – 1

**June**

Sun 4	Aurora Handicap Marathon
Sat 10	Dorne Cup - Trentham
Sat 17	National Secondary Schools XC Champs
Sun 25	Harbour Capital Full and Half Marathon (incl. Wgtn Marathon Championships)
Sun 26	Scottish 3 Peaks Series – 2

**July**

Sat 2	North Island XC Championships – Taupo
Sun 9	Wainuiomata Mountain Run
Sat 15	Wellington XC Champs – Waikanae
Sun 23	Masters 8km Road Race – Johnsonville
Sun 30	Scottish 3 Peaks Series – 3

**August**

Sat 5	NZ Cross Country Champs - Stratford
Sat 12	Bays Relay – Island Bay start
Tues 15	Loaded Hog 5km Series
Sat 19	Athletics Wellington Road Champs
Tues 22	Loaded Hog 5km Series
Wed 23	Wgtn Secondary Schools Road Relay
Tues 29	Loaded Hog 5km Series

**September**

Sat 2	National Road Championships
Tues 5	Loaded Hog 5km Series
Tues 12	Loaded Hog 5km Series
Sat 16	Belvedere Block Relays – Carterton
Tues 19	Loaded Hog 5km Series
Wed 20	Wgtn Secondary School Road Champs
Tues 26	Loaded Hog 5km Series

**October**

Tues 3	Loaded Hog 5km Series
Sat 7	NZ Road Relay Champs - Fielding
Sun 15	Masterton Full & Half Marathon

**November**

Sun 5	Masters 10km Road Race & Walk
Sat 18	Rimutaka Incline Run/Walk
Tues 21	Olympic Waterfront 5km Run & Walk

**December**

Tues 5	Olympic Waterfront 5km Run & Walk
Tues 19	Olympic Waterfront 5km Run & Walk

**You may not know this but many non-living things have a gender. For example:**

- 1) Sandwich bags are male because they hold everything in, but you can see right through them.
- 2) Copiers are female, because once turned off it takes a while to warm them up again. It's an effective reproductive device if the right buttons are pushed, but can wreak havoc if the wrong buttons are pushed.
- 3) A tyre is male, because it goes bald and it's often over-inflated.
- 4) A hot air balloon is male, because to get it to go anywhere, you have to light a fire under it, and of course there's the hot air part.
- 5) Sponges are female, because they're soft, squeezable and retain water.
- 6) A web page is female, because it is always getting hit on.
- 7) A train is male, because it uses the same old lines to pick people up.
- 8) An hourglass is female, because over time, the weight shifts to the bottom.
- 9) A hammer is male, because it hasn't changed much over the last 5,000 years, but is handy to have around.
- 10) A remote control is female, Ha! You thought it would be male, didn't you? But consider this - it gives a man pleasure, he'd be lost without it, and while he doesn't always know the right buttons to push, he keeps trying.

## **Master of his Destiny**

At the ripe old age of 82, you might expect Bill Nicholson to be rocking back in an armchair while sucking on a glacier mint.

No so however, for Nicholson is Wellington's most athletic senior citizen and, at the recent North Island Masters Track and Field Championships, he ran 100 metres in just 19.6 seconds.

Nicholson, a former primary school teacher at Island Bay, Strathmore and Ridgway, was the oldest competitor competing at the Championships.

He faced opponents as young as 35, but that didn't stop him from giving it his all.

"I'm not here to win medals," he says. "I'm just here to stand up and take part. "People always call over and ask me how I am getting on in my events and I just say: 'I'm here doing it, that's the main thing!'"

Nicholson began athletics when he was in his late 40s after watching an event at Newtown Park. He says he thought to himself, "I'm faster than some of them, so why don't I do it?"

Since then, he has attended the World Masters Games in Gateshead in 1999 and Brisbane in 2001.

"I'm a bit of an also-ran when it comes to those competitions," he says. "But I suppose it's just like life – you win some, you lose some."

Unfortunately, Nicholson didn't win any of his events at the North Islands Masters that weekend. But he did post some stunning personal results, finishing the 200m in 43.06 seconds, javelin 17.25m, shot put 5.88m, long jump 2.42m and high jump 0.85m. Though completing the 100m sprint in less than 20 seconds was his own highlight.

"I like sprinting because it gets the heart going," he says. "More people my age should get up and get active. "You can't stop nature from taking its course, but there's no doubt about it, if you keep moving then you'll stay healthy for longer."

"Whenever I'm walking I think to myself I should go a little quicker. It all helps."

Nicholson says he plans to continue competing on the track and field for as long as he physically can. Perhaps even into his hundreds. And he has some words of advice for all young people. "If there's something you want to do in life, do it now. Don't wait till you get to my age and then look back. Do it while you still can."

*Reproduced from the edition of the Cook Strait News published Tuesday 6 December 2005*



**Golden Oldie:** Wellington athlete Bill Nicholson, aged 82, was the oldest competitor at the North Island Masters Track and Field Championships held in December 2005 at Newtown Park. He is pictured throwing the javelin.

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

**The Editor, The Master Copy,  
122 Onslow Road, Khandallah, Wellington 6004, or email [palmer.palace@xtra.co.nz](mailto:palmer.palace@xtra.co.nz)**

## Take a Hike

Feel inspired to walk these days? Here are six popular walking tracks in New Zealand.

### **1 Kapiti Island**

To get to Kapiti Island from the mainland, you need a permit from the Department of Conservation (DOC) in Wellington. The boat trip from Paraparaumu also has to be booked ahead, as the trip is becoming popular. But the walk to the island's trig station and back (three hours return) is well worth it. Kapiti Island is a bird reserve and has a rich history of Maori and European occupation. *For more information call DOC in Wellington (04) 472 5821 or Kapiti Area Office (04) 296 1112.*

### **2 Mount Tarawera**

This walk on red scree is around Mt Tarawera's volcanic craters. The start is about a 35-kilometre drive from Rotorua. Take a good map with instructions on how to get to the bottom car park on Crater Road. Before you leave, check at the Rotorua Information Centre on weather conditions and access and allow four to five hours for the walk. It is an alpine walk, so take plenty of food and clothing. Don't stray from the vehicle tracks. Fog can descend quite quickly and you can get lost.

*For more information call DOC in Rotorua (07) 366 3392.*

### **3 Lake Waikaremoana Track**

The 46-kilometre track around this beautiful lake in Te Urewera National Park in the North Island is accessed from Wairoa and requires moderate fitness. Most people take three to four days to complete it. The track is well constructed and has several huts supplied with bunks, mattresses and heating, but take your own food, clothing, sleeping bags, cooking stoves and fuel. Hut and camping passes are required and can be obtained from the

Department of Conservation in Wairoa.

*For more information call DOC in Wairoa (06) 838 8252.*

### **4 Abel Tasman Coast Track**

This delightful track, of sheltered beaches and shallow inlets along Nelson's golden coast, can be accessed from Totaranui or Marahau. It is 50 kilometres long. Some sections can be kayaked or 'water taxied'. There are numerous, well-equipped huts and camp sites along the way. Take your own food and cooking equipment. Awaroa Lodge provides very smart accommodation. Huts and camping grounds must be booked ahead. There is good public transport to and from the park.

*For more information, call DOC in Nelson (03) 546 9335.*

### **5 Kepler Track**

On the edge of the great Fiordland wilderness, this track is not to be taken lightly. It is well constructed but it cuts a daring line across some spectacular Fiordland tops and through forests of lowland beech trees. Allow three or four days to walk the Kepler: it is 67 kilometres long. There are three huts with bunks, mattresses, running water and flush toilets and, during summer months, cooking gas and coal are supplied. Shuttle services leave from Te Anau to the start of the track. Good equipment and knowledge of weather and mountain navigation are required.

*More information is available from the Fiordland National Park Visitor Centre (03) 249 7924.*

### **6 Kaikoura Peninsula Walkway**

This track around the tip of the Kaikoura Peninsula affords some wonderful sea views. The land juts out into deep water that attracts whales, seals and dolphins, and the gulls and waders gather in large numbers. From the car park it's easy walking on the tidal platform by

the sea at low tide. If the tide is in, it's necessary to take the inland route. The full circuit along the shoreline and the cliff top takes around four to five hours to complete. To get to the start, turn off Highway 1 and drive through Kaikoura township to Fyffe Quay. At the far end there is a car park, information board and a shelter.

*For more information call DOC (03) 319 5714.*

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## *Remember when . . . .*

- ❖ Memory was something you lost with age
- ❖ An application was for employment
- ❖ A programme was a TV show
- ❖ A cursor used profanity
- ❖ A keyboard was a piano
- ❖ A web was a spider's home
- ❖ A virus was the flu
- ❖ A hard drive was a long trip on the road
- ❖ And ... a mouse pad was where a mouse lived.

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## **Red is for Winners**

Next time you're ordering a team sporting uniform, make sure it's the brightest shade of red you can find. It should help you win. That's the word from scientists at Britain's Durham University who studied four combat sports during the 2004 Olympic Games: boxing, tae kwon do, Greco-Roman and freestyle wrestling. Contestants in red won significantly more fights. A deeper analysis showed that donning crimson tipped the balance only when competitors were relatively matched. But preliminary analysis of the Euro 2004 soccer tournament results showed five squads had better results when playing in red. The All Reds doesn't have quite the same ring to it as the All Blacks, though.



# **WE NEED YOU!**

**Athletics Officiating is Fun and Right Now we need Timekeepers, Measurers, Checkers, Result Recorders and more . . . . . become an official because officiating means:**

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- **Opportunities to Travel and Meet New Friends, and Enjoy the Camaraderie of the Athletics Culture**
- **To Experience and Share the Pleasure of seeing Athletes compete, and improve their best performances**
- **To help perform an interesting variety of tasks for our Athletes, who also enjoy their sport**
- **You can come and join our Team of Wellington Centre Volunteers**
- **You can become a Track, Road, Cross Country, Jumps or Throws Judge and see it all from close up!**
- **Come On! Give it a Go! You will be made MOST WELCOME!**
- **You will ENJOY THE CHALLENGE!**

***Come and Join the Wellington Centre  
Athletics Officials***

***For more information contact Sylvia Maunder***

***Telephone 04 973 5380 or email [smaunder@paradise.net.nz](mailto:smaunder@paradise.net.nz)***

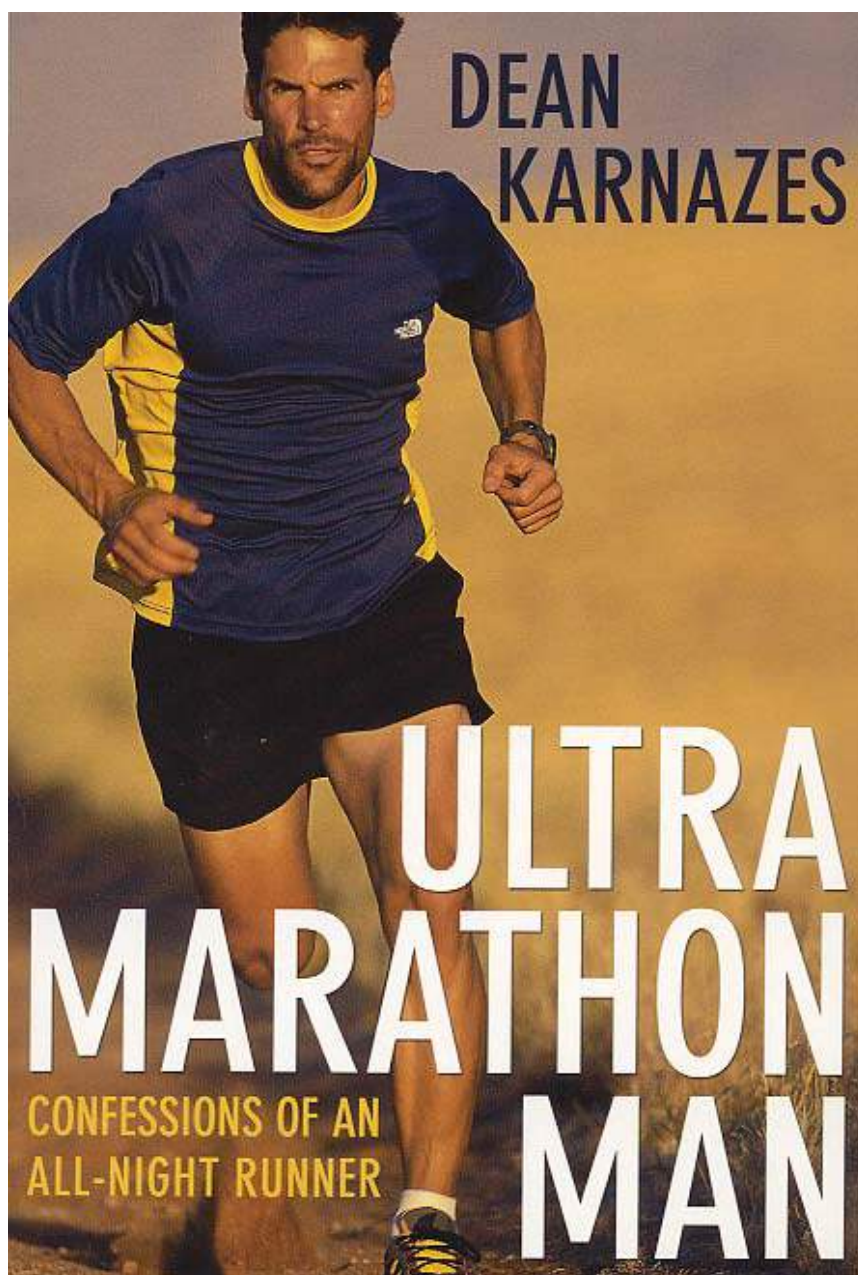
The Wellington Centre is short of officials at the present time owing to retirements, officials moving away from the area and others moving on to other interests. To successfully hold a big meeting at Newtown Park the Centre needs 85 officials to run the meeting successfully. Please give serious consideration to becoming an official of the Wellington Centre.

## **\* BOOK REVIEW \***

Dean Karnazes is an internationally recognised endurance athlete who has pushed his body and mind to inconceivable limits. He has taken part in the marathon across Death Valley, a 200-mile relay race in which he ran solo. Read also about the most controversial challenge of all: the first marathon ever run to the South Pole.

In this book Dean recounts all these races and other unbelievable achievements.

215 pages containing 18 chapters - Published in 2005 by Allen & Unwin.



# COMING EVENTS

## 2006

### **Feb**

5	<b>Wellington Masters Track &amp; Field Champs - Day 1</b>	Newtown Park
11	Buller Gorge Full & Half Marathon	Westport
12	<b>Wellington Masters Track &amp; Field Champs - Day 2</b>	Newtown Park
19	Cathay Pacific Half Marathon & 11km Walk	Orakei, Auckland

### **March**

3-6	32 <sup>nd</sup> NZMA National Track & Field Championships	Wanganui
4	NGC New Plymouth Marathon	New Plymouth
5	Los Angeles Marathon	Los Angeles
15-26	Commonwealth Games	Melbourne

### **April**

9	Canberra Marathon	Canberra
17	110 <sup>th</sup> Boston Marathon	Boston
23	London Marathon	London
29	Rotorua Marathon	Rotorua

### **May**

7	Nelson Half Marathon & 10km	Nelson
13	NZMA Mountain Running Championships	Marlborough
14	Masters Classic Relay	Trentham

### **June**

4	Christchurch Full & Half Marathon	Christchurch
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### **July**

2	North Island Cross Country Championships	Taupo
15	Wellington Cross Country Championships	Waikanae
23	Johnsonville 8km Road Race	Johnsonville

### **Oct**

7	National Road Relay	Fielding
15	Masterton Full & Half Marathon	Masterton
29	Auckland Full & Half Marathon	Auckland

### **Nov**

5	Lower Hutt 10km Road Race & Walk	Huia Pool
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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 SINGLETs 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.

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

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