

THE

MASTER

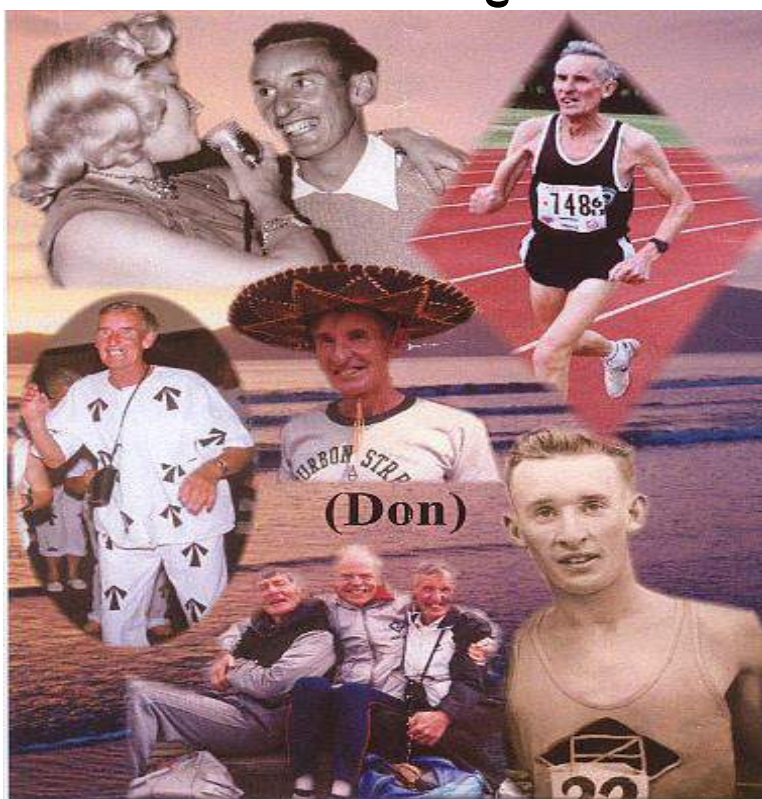
COPY

Newsletter of the Wellington Masters Athletics Inc.

Volume 5 Issue 2

May 2006

Obituary



Donald Melrose

2 February 1930 ~ 27 April 2006

WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2005-06

PATRON:	Arthur May	24 Motuhara Road, Plimmerton, Porirua 6006	233 9412
PRESIDENT:	John Palmer	122 Onslow Road, Khandallah, Wellington 6004	479 2130
VICE PRESIDENT:	Brian Watson	58 Bannister Avenue, Johnsonville, Wellington 6004	478 6232
SECRETARY:	Veronica Gould	95A Ellice Street, Mt Victoria, Wellington 6001	973 6741
TREASURER:	Dick Harris	11 Whitu Street, Khandallah, Wellington 6004	971 5993
COMMITTEE:	Peter Wrigley	42 Judd Crescent, Naenae, Lower Hutt 6009	973 6637
	John Hammond	148 Wellington Road, Paekakariki, Kapiti 6010	04 292 8030
	Kathryn Fraser	49 Dress Circle, Newlands, Wellington 6004	477 4914
	Michael Browne	85 Owen Street, Newtown, Wellington 6002	973 7404
	Laurence Voight	17 Tarras Grove, Kelson, Lower Hutt 6009	565 0718
SUBSCRIPTIONS:	Veronica Gould	95A Ellice Street, Mt Victoria, Wellington 6001	973 6741
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
TRENTHAM UNITED:	Diane Rogers	42 Elmslie Road, Pinehaven, Upper Hutt 6007	528 2316
SCOTTISH:	John Hines	Flat 88, Central Park Flats, 20 Nairn St, Wellington 6001	384 3231
UNIVERSITY:	Colin Sasse	42 Naenae Road, Naenae, Lower Hutt 6009	567 9516
VALLEYS UNITED:	Don Brodie	30 Sunshine Crescent, Kelson, Lower Hutt 6009	565 0705
WAIRARAPA:	John Eccles	30 Cole Street, Masterton 5901	06 377 3479
WGTN HARRIERS:	Neil Price	11 Hurman Street, Karori, Wellington 6005	476 6956
WGTN MARATHON:	Bruce Perry	Apt 203 Stadium Gardens, 103 Thorndon Quay, Wgtn	473 0877
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

The following are the Tributes made by Colleena and Jim Blair at the funeral of Don Melrose held on Monday 1st May at the Whenua Tapu Crematorium at Pukerua Bay. The service was attended by a large number of family, friends and fellow athletes and officials from the Wellington area. This showed the high regard that Don was held in by all those present. I felt it appropriate to publish these tributes so that all members could see what Don had achieved in his lifetime.

"I have just written a few notes about when Don and I were at High School and belonged to the Lower Hutt Athletic Club and when we met up again later through Veteran Athletics.

Don and I both started Hutt Valley High School at the beginning of 1944 and we were both members of Lower Hutt Amateur Athletics and Cycling Club from about that time. We were never in the same class as Don was in the classes that did not take a language and I was in the class that took French. Don left at the end of 1946 and I stayed on till 1948.

Hutt Valley High School was a great sporting school at that time so if you were into sport it was a great school to be at. There were teachers who were or had been representatives in rugby, tennis, athletics and probably other sports as well. Pasty Millard, who was Principal, had been an outstanding long jumper and was so highly regarded in rugby as to have the Millard Stand at Wellington's Athletic Park Rugby Ground named after him! Many of the students from our years went on to become well-known sports representatives.

When I joined Lower Hutt Amateur Athletic and Cycling Club in 1944 or 1945 I think Don was already a member and his father, Bill, was an official/manager/administrator. Arthur May was one of the coaches then and there was another, a tall American or Canadian whose name, I think, was Theo Gilmore.

Don was a runner, as in middle and long distance. He looked as though he had been running all his life and had a very distinctive style so you could pick him out in a race easily! I was quite definitely a sprinter who became a long jump under the coaching of Pasty Millard at High School Lower Hutt AA&C was a big, high profile Club in those days. We had people like Ron Jarden, Don Jowett, George Martin, Margrete Reddy, Lionel Smith and later Heather Wright, Vilma Hare and other well-known and successful athletes.

Wednesday was Club night with coaching and competition and most other weeknights athletes were training and being coached. Saturday was interclub competition usually at HAITAITI Park unless it was Wellington or National Championships, which were held at the Basin Reserve.

It was a good social club as well as a competitive one. During the summer we would visit other clubs around about like Masterton, which had a lovely grass track and was quite a large, competitive and well organised club. Then there were Foxton and other smaller clubs, which were more rural. I well remember being left at the start in Foxton because the locals went on 'Set'. I determined not to be left in the final but I was because they all left before the 'Set' call! New Year's Day was always Paraparaumu and was quite commonly called the 'hangover' meeting! We travelled further afield too – to Napier by bus and there was the annual Easter trip to Motueka. This was a wonderful sight-seeing and social occasion. I am not sure whether Don was one of those who sometimes had to be assisted on to the ferry to get back to Wellington!

In the late 1950s Jim and I left Lower Hutt and lost touch with Don. When we returned to the Valley 20 years later Don had married Dawn and lived in Paekakariki and had three sons.

While in Christchurch a few years earlier we had discovered Veteran Athletics so we gathered up some of the athletes we had known back in the 50s and formed the Wellington Association of Veteran Athletes. Don was one of those and was a real Veteran Athletics stalwart right to the end.

We had local Veterans events and championships and travelled round New Zealand to the National Championships each year.

In 1981 the 4th World Veteran Athletics Championships were held in Christchurch and two years later Dawn and Don and I travelled to Puerto Rico to the 5th World Championships! It was a wonderful experience and became the first of many trips overseas to World and Oceania Veterans/Masters championships. They were all wonderful as I am sure Don and Dawn have told you. There were so many friends made and so many places visited – places like Rome, Melbourne and Brisbane, Eugene and Buffalo in America, Turku in Finland, Miyazaki in Japan, Durban, South Africa, Gateshead, England. There were after-and-before tours to places like the Great Wall of China, Ireland, the Game Parks and Drachensberg Mountains in South Africa, South Korea, Gibraltar, Spain, Portugal and Scotland and then there were the visits to the Islands and Australia and New Zealand for Oceania Games in the even-numbered years in between.

You had a great life, Don, and Dawn and the boys will have many memories and good times to look back on.

Goodbye, Don. We and all the friends you made over the years will miss you." - Colleena Blair

"Don Melrose was a founder member of the Kapiti Harrier Club and was later honoured with Life Membership for the contribution that he had made in the setting up of the Club. The Melrose's had quite a background in the sport of running which began with Don's father, Bill, who represented New Zealand against the touring 1924 Springboks Athletic team. Don's own achievements as an athlete included winning the 1950 Hutt Valley Cross Country Championships and the 1952 Dorne Cup. He ran a lap record in helping Hutt Valley Harriers win the Wellington to Masterton Relay at a time when it was the unofficial New Zealand premier relay event.

But it was in Veteran running that Don really made his mark. He is the current Wellington record holder over 3,000m, 5,000m and 10,000m on the track in the M55-59 and in the M60-65 age categories. He won 14 New Zealand titles between 1978 and 1991. In retaining his 1981 M50 National Cross Country title at Whangarei he claimed the scalp of Veteran wonder runner, Derek Turnbull by six seconds in a race that Don believes was his best. His medal haul from competing around the world at Veterans Athletics Championships stands at: 1 Gold, 2 Silvers and 4 Bronze.

Over recent years did not do any competitive running but his love for the sport of athletics saw him continuing his involvement by becoming an official. He was mainly involved in time-keeping but he could be relied upon to assist in any area required.

In this new role Don showed the same dedication and commitment that he had displayed as an athlete. This was really evident over the latter part of the just-completed track and field season as he continued to attend the competitions at Newtown Park even though, at this stage, his health was deteriorating rapidly.

Don was an exceptional athlete as has been indicated by his outstanding performances at National and International events. His continued assistance as an athletic official has been of a high standard and his overall involvement in athletics will be greatly missed.

Thank you, Don, for your friendship and for your exceptional involvement in the sport of athletics." - Jim Blair, 1 May 2006

HEALTH

FOOD FOR HEALTH

Eat a variety of healthy foods each day.

Eat well by including a variety of healthy foods from each of the four major food groups.

- 1 Eat plenty of vegetables and fruit.
- 2 Eat plenty of breads and cereals, preferably wholegrain.
- 3 Have milk and milk products in your diet, preferably reduced or low-fat options.
- 4 Include lean meat, poultry, seafood, eggs or alternatives.
 - Prepare foods or choose pre-prepared foods, drinks and snacks:
 - with minimal added fat, especially saturated fat
 - that are low in salt: if you use salt, choose iodised salt
 - with little added sugar; limit your intake of high-sugar foods
 - Drink plenty of liquids each day, especially water.
 - If choosing to drink alcohol, limit intake.
 - Purchase, prepare, cook and store food to ensure food safety.
 - Maintain a healthy body weight by eating well and by daily physical activity.

Eating Well

You need a variety of healthy foods from the four food groups every day to maintain your health.

Vegetables and Fruit

- Eat plenty of vegetables and fruit.
- Vegetables and fruit provide carbohydrate (sugar and starch), fibre, vitamins and mineral, and are low in fat.
- Enjoy well washed, fresh, frozen or canned vegetables and fruit which are raw or lightly cooked.

Eat at least **five** servings per day; at least **three** servings of vegetables and **two** servings of fruit. Only **one** serving of **juice** or **one** serving of **dried fruit** counts towards your total number of servings for the day.

Breads and Cereals

- Eat plenty of breads and cereals – including rice, pasta, breakfast cereals and other grain products.
- These provide carbohydrates, fibre and other nutrients.
- Choose wholemeal and wholegrain varieties which provide extra fibre, B vitamins and minerals and help prevent constipation.

Choose at least **six** servings of **breads** and **cereals** each day, preferably wholegrain.

Milk and Milk Products

Adults need milk products for protein, calcium and vitamins just as much as children do.

- Choose reduced or low fat milk, yoghurt and cheese.

- If you are drinking soy milk, choose one which is calcium fortified (check the label).
- Other foods such as wholemeal bread, peanuts, broccoli, canned salmon, sardines, spinach, baked beans and tofu contain calcium but in lower amounts.

Choose at least **two** servings of **milk** or **milk products**, preferably reduced or low fat, each day.

Lean Meats, Chicken, Seafoods, Eggs, Cooked Dried Beans, Peas and Lentils

These give you protein, iron, zinc and other nutrients.

- Choose lean meats, chicken and seafood.
- The body is easily able to absorb the iron in lean meats, chicken and seafood
It cannot so easily absorb the iron in cooked dried beans, peas and lentils.
- Include foods rich in Vitamin C with your meals to help absorb iron. Fresh fruits and vegetables, especially oranges, kiwifruit, tomatoes and broccoli, are rich sources of Vitamin C.

Choose at least **one** serving from this group each day.

Eat Foods Low in Fat and Salt

Give yourself time to get used to food with less fat and salt.

Fat

How to reduce fat

- Cut visible fat off meat, and remove skin from chicken.
- Grill, bake, boil, steam, stir-fry or microwave your food instead of frying.
- Skim the fat of stews and gravies.
- Use only a little oil, margarine or butter for cooking and as a spread.
- Choose lean cuts of meat from your supermarket and butcher – this saves time and waste.
- Choose low fat milk, cheese, yoghurt and salad dressings.
- Take the skin of takeaway chicken and batter off fish.
- When eating out, ask for meals that are not cooked in fat.
- Ask for restaurant meals without creamy sauces and rich gravies, or added fat.

Sugar is often associated with high fat food

- Go easy on cakes and biscuits.
- Keep chocolate bars and health bars for treats.
- Look out for sugars on labels. It is sometimes listed as fructose, glucose, sucrose or honey.
- When reducing fat in the diet, take care not to compensate by increasing sugar content.

Salt

How to reduce salt

- Eat meals without adding extra salt – start by using less salt in cooking. Taste your food before adding salt at the table.
- Use herbs, spices and vegetable or fruit juice to add flavour, instead of stocks and sauce mixes.

continued on next page . . .

- Cooking food in mineral water or in the microwave helps keep flavour so extra salt is not needed.
- When using salt, iodised table salt is recommended.
- Ask for no added salt if buying takeaways.
- Choose snacks without added salt.
- Choose vegetables and fish in canned water without salt.

Fat, salt and sugar are found in lots of foods. Read the labels on canned and packet foods to check the fat, salt and sugar content. Foods like chippies, cakes, pies, chocolate and ice cream are high in fat, salt and sugar. Keep these for treats and fill up on fresh fruit, bread and cereals.

Most of the salt you eat comes from processed and manufactured foods. Foods high in salt include chippies, salted nuts, vegemite, marmite, pickled foods, soy sauce and processed meats such as luncheon and salami.

Keep Active

Regular activity is the key to a healthy lifestyle and weight. Physical activity should be part of your everyday life.

- Be active every day in as many ways as possible. Use the stairs instead of the lift, join in children's games, and walk to the shop. Try to view movement in your daily life as an opportunity, not an inconvenience.
- Include regular physical activity – walking, biking, swimming, gardening, jogging – choose what you enjoy best.
- Put together at least 30 minutes of moderate-intensity physical activity on most, if not all days of the week. If possible, add some vigorous exercise for extra health benefits and fitness.
- Remember to drink plenty of liquids, especially water.
- Keep in shape by having a balance between what you eat and what you do.

Your body needs food to give it energy for living and activity. The more active you are, the more energy you need. If you eat more food than the body needs, the extra energy will be stored as body fat and you will put on weight. By eating less food than your body needs, stored fat used up and you lose weight.

Drinks

You need about six to eight cups of water or other drinks each day to keep your body working properly. Tea and coffee can be included but go easy on cordial, energy and soft drinks and fruit juice.

- Drink more when it is hot and when you are doing lots of physical work and activity.
- Water is cheap and easy to get. Keep a jug in the fridge, with a slice of lemon or orange, or mint leaves.
- Low fat milk is an important drink for adults as well as children.

Alcohol

Drinking too much alcohol may damage many parts of your body and increase your risk of a wide range of health problems.

If you choose to drink alcohol, limit the amount you drink. There are no levels of drinking that can be called safe for all people at all times. Each person's tolerance to alcohol depends on their age, whether they are male or female, their body size, food intake and general health. A guideline for responsible drinking is based on the measurement called a standard drink (*one standard drink contains 10g of alcohol*). Examples of one standard drink are, one 300ml glass of beer, one 25ml measure of spirits, or one 80ml glass of wine. As a guide to safe limits

(*spread over one week*) men should drink no more than 21 standard drinks, and women should drink no more than 14 standard drinks.

Points to remember if you decide to drink alcohol

- Have some alcohol-free days each week.
- Drinks containing alcohol are high in energy (kilojoules or calories) and may contribute to weight gain.
- When serving alcohol, ensure non-alcoholic drinks and food are also available.
- Eat food when you drink alcohol.
- Don't drink alcohol if you are going to drive. If you want to drink arrange for someone sober to drive you home.
- Don't drink alcohol when operating machinery, or when swimming or boating.
- If you are pregnant it is best not to drink alcohol as alcohol can harm your baby.

Food Safety

Prevent foodborne illnesses

Clean, safe and careful handling of food is important. You can prevent illness caused by bacteria and other micro-organisms getting into food (contamination) by following sensible food safety practices. Thorough cooking will kill most harmful micro-organisms and chilling will slow their growth in cooked and ready to eat food.

Food safety at home

- Always wash your hands before and after preparing food.
- Reheated food must be steaming hot right through, and not reheated more than once.
- Use clean utensils to prepare foods, and use clean dishcloths and tea towels.
- Use separate chopping boards for raw food (especially meat) and cooked food. Or scrub the board thoroughly and dry before using again.

Buy safe food

- Check the 'use by' date before you buy.
- When buying pre-cooked food make sure it is either chilled or steaming hot.

Carry food safely

- Take chilled and frozen food home quickly and refrigerate or freeze straight away.
- Use a chilly bin with an ice pack if you have a long trip or the weather is hot.
- Keep food chilled and covered when eating outdoors on a picnic or at a barbecue.

Refrigerate safely

- The temperature should be between 2 degrees and 4 degrees. You can check the temperature using a thermometer.
- Cover all cooked food and place away from raw meat.
- Cover raw meat and place on a low shelf where it will not drip onto other foods.
- Only store cooked food for two days. If you don't use it by then, throw it out.

Clean – Keep hand utensils and work surfaces clean.

Cook – Cook food thoroughly.

Cover – Keep food covered.

Chill – Always refrigerate food.

BITS and PIECES

Membership

Since the February newsletter our membership now stands at 130. Welcome to new members Bryn Kempthorne, Bronwyn Kettle, Maurice Piper, Tony Fraei (all Kapiti) and Bruce Lake (Scottish).

* * * * *

Bereavements

Brian McEwan of Invercargill, a leading New Zealand athletic official, died last evening after a short illness.

McEwan, in his late 50's, was a technical official at the Melbourne Commonwealth Games and was in his third term as chairman of the New Zealand Athletics Officials Association. He was also a member of Athletics New Zealand's technical officials committee.

He will leave a huge gap at local, national and international level. His knowledge of the sport of athletics was widely sought and he was regularly invited to officiate in Australia at international meetings, the Australian championships and at Oceania championships.

Such was his standing that he was the first New Zealander to be invited to officiate at the Commonwealth Games.

McEwan had just qualified, in Singapore last year, as a IAAF ITO (International Technical Official), only one of three New Zealanders holding this title.

He has been a strong supporter of the Oceania championships through the years and had been appointed Technical Delegate to the championships to be held in Samoa in December.

McEwan was Technical Manager at the 1990 Auckland Commonwealth Games and earlier this year was the Technical Delegate at the New Zealand track and field championships in Christchurch.

He was a great supporter of athletics in Southland and sincere in his work that he did. He was a member of the committee that raised funds for the first all weather track in Invercargill in 1982. McEwan is also a past president and secretary of Athletics Southland and has chaired the Southland track and field committee. He has also been a councillor at Athletics New Zealand representing Southland. – *Dominion Post 27/4/2006*

Don Melrose - 2 February 1930 – 27 April 2006. Wellington official and stalwart of Kapiti Harriers, passed away 5.20am on 27th April at Mary Potter Hospice, Wellington after a short battle with cancer. He is survived by his wife Dawn and sons Grant, Bruce and Craig. – see "Editorial" for tributes.

Brian McWilliams who used to be associated with the former Johnsonville Children's Athletics Club, and more recently with Kiwi.

Brian was Secretary of the Centre Children's Committee for many years.

He was also a high jumps official for both Children's and Senior athletics in Wellington.

For the past couple of years he was resident at the Malvina Major Rest Home in Johnsonville.

* * * * *

Footnotes

Twenty-five per cent of the bones in the body are in our feet.

Our feet walk an average of 115,000km in a lifetime – more than four times the circumference of the globe.

Standing in one spot is far more tiring than walking. This is because demands are being made on the same few muscles for an extended length of time.

Women have about four times as many four problems as men. High heels are partly to blame.

In one day, each foot can produce more than a pint of sweat.

The foot provides a convenient way to measure short distances on the ground, by placing one foot directly in front of the other. This led to the adoption of the foot as a unit of length.

* * * * *

WORLD'S EASIEST QUIZ

passing requires 4 correct answers

- (1) How long did the Hundred Years' War last?
- (2) Which country makes Panama hats?
- (3) From which animal do we get cat gut?
- (4) In which month do Russians celebrate the October Revolution?
- (5) What is a camel's hair brush made of?
- (6) The Canary Islands in the Pacific are named after what animal?
- (7) What was King George VI's first name?
- (8) What colour is a purple finch?
- (9) Where are Chinese gooseberries from?
- (10) What is the color of the black box in a commercial airplane?

Answers on page 16

BITS and PIECES

Deep Thoughts

If at first you don't succeed, skydiving is not for you.
One tequila, two tequila, three tequila, floor.
If man evolved from monkeys and apes, why do we still have monkeys and apes?
Should crematoriums give discounts for burn victims?
Isn't it a bit unnerving that doctors call what they do "practice"?
Why do they lock gas station bathrooms? Are they afraid someone will clean them?
If the police arrest a mime, does he still have the right to remain silent?
Do they sterilize the needles for lethal injections?
Why do kamikaze pilots wear helmets?
Light travels faster than sound. That's why some people appear bright until you hear them speak.
Never underestimate the power of stupid people in large groups.
Live every day as if it were your last. Eventually you'll be right.
The easiest way to find something that's lost is to buy a replacement.
How come when people open evaporated milk it's still there?
If a thing is worth doing, it should have been done already.
Guns don't kill people - husbands who come home early kill people.
Why do you press harder on a remote control when you know the battery is dead?
If it's zero degrees outside today and it's supposed to be twice as cold tomorrow, how cold is it going to be?
Why does your gynaecologist leave the room when you get undressed?
Why is it called "Alcoholic Anonymous" when the first thing you do is stand up and say "My name is Bob, and I am an alcoholic"?
Why does mineral water that "has trickled through mountains for centuries" have a "use by" date?
Is French kissing in France just called kissing?

* * * *

A bit of Useless Information Once in 1000 years

Blink and you would have missed it. At two minutes and three seconds after 1am this morning the time was 01:02:03 04/05/06. This sequence won't happen again until May 3006.

Cancer Society Relay for Life 2006

On 25th and 26th March this year I was again a member of a team made up of 14 runners and friends and took part in the Cancer Society Relay for Life. This year the event was reduced from a 24-hour event to 20 hours which again took place at Frank Kitts Park commencing 4pm on Saturday thru to noon on the Sunday. Our team was made up of a mixture of walkers and runners and we completed a circuit around the park raising funds for the Wellington Division of the Cancer Society.

This year our team managed to raise just over \$4000 - this was a good effort considering that over the past few months before the event 3 of our teams members left the workforce to start families and weren't in the position to seek donations. This amount was up on the previous years' amount we managed to raise of \$3,196. The Cancer Society set a target of \$350,000 but this was well exceeded with the final total being raised reaching \$360,000.

In the most number of laps completed over the 20 hour period, our team managed to finish in 5th place with a total of 367 laps which equates to around 185km. The total number of laps completed by the 100 teams participating over the weekend was worked out at 10,400kms.

This year with the relay shortened to 20 hours each team member only had three half hour sessions to run/walk over the weekend. The weather was kind to us prepared to the previous year though we did have some brief showers during the early part of the Saturday afternoon and there were a few drops of rain when I started my 4am stint. - John Palmer

* * * *

Kiwi Lateral Thinking

An elderly man in Auckland calls his son in Sydney and says, "I hate to ruin your day, but I have to tell you that you mother and I are divorcing, forty five years of misery is enough."

"Pop, what are you talking about?" the son screams.

"We can't stand the sight of each other any longer," the old man says.

"We're sick of each other, and I'm sick of talking about this, so you call your sister in Brisbane and tell her" and he hangs up.

Frantic, the son calls his sister, who explodes on the phone, "Like heck they're getting divorced," she shouts, "I'll take care of this."

She calls her dad immediately, and screams at the old man, "You are NOT getting divorced! Don't do a single thing until I get there. I'm calling my brother back, and we'll both be there tomorrow. Until then, don't do a thing, DO YOU HEAR ME?" and hangs up.

The old man hangs up the phone turns to his wife and he says, "It's OK, they're coming for Christmas and paying their own airfares".

Take a Moment

George Carlin's View on Ageing

Do you realize that the only time in our lives when we like to get old is when we're kids? If you're less than 10 years old, you're so excited about aging that you think in fractions.

"How old are you?" "I'm four and a half!" You're never thirty-six and a half. You're four and a half, going on five! That's the key.

You get into your teens, now they can't hold you back. You jump to the next number, or even a few ahead.

"How old are you?" "I'm gonna be 16!" You could be 13, but hey, you're gonna be 16! And then the greatest day of your life . . . You become 21. Even the words sound like a ceremony. . YOU BECOME 21. YESSSS!!!

But then you turn 30. Oooohh, what happened there? Makes you sound like bad milk! He TURNED; we had to throw him out. There's no fun now, you're Just a sour dumpling. What's wrong? What's changed?

You BECOME 21, you TURN 30, then you're PUSHING 40. Whoa! Put on the brakes, it's all slipping away. Before you know it, you REACH 50.

And your dreams are gone.

But wait!!! You MAKE it to 60. You didn't think you would!

So you BECOME 21, TURN 30, PUSH 40, REACH 50 and MAKE it to 60.

You've built up so much speed that you HIT 70! After that it's a day-by-day thing; you HIT Wednesday!

You get into your 80's and every day is a complete cycle; you HIT lunch; you TURN 4:30; you REACH bedtime. And it doesn't end there. Into the 90's, you start going backwards; "I Was JUST 92."

Then a strange thing happens. If you make it over 100, you become a little kid again. "I'm 100 and a half!"

May you all make it to a healthy 100 and a half!!

HOW TO STAY YOUNG:

1. Throw out nonessential numbers. This includes age, weight and height. Let the doctors worry about them. That is why you pay "them!"

2. Keep only cheerful friends. The grouches pull you down.

3. Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. "An idle mind is the devil's workshop." And the devil's name is Alzheimer's.

4. Enjoy the simple things.

5. Laugh often, long and loud. Laugh until you gasp for breath.

6. The tears happen. Endure, grieve, and move on. The only person, who is s with us our entire life, is ourselves. Be ALIVE while you are alive.

7. Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.

8. Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.

9 Don't take guilt trips. Take a trip to the mall, even to the next county; to a foreign country but NOT to where the guilt is.

10. Tell the people you love that you love them, at every opportunity.

AND ALWAYS REMEMBER:

Life is not measured by the number of breaths we take, but by the moments that take our breath away.

Speeding

A middle aged man bought a brand new convertible Porsche. He took off down the road, pushed it up to 160 mph and was enjoying the wind blowing through his (thinning) hair. "This is great," he thought and accelerated to an even higher speed. But when he eventually looked in his rear-view mirror there was a police car behind him, blue lights flashing.

I can get away from him with no problem" thought the man and he floored it some more, flying down the road at over 200 mph to escape.

Then he thought, "What the hell am I doing? I'm too old for this kind of thing" and pulled over to the side of the road, and waited for the Police car to catch up with him. The policeman pulled in behind the Porsche and walked up on the driver's side.

"Sir, my shift ends in five minutes and today is Friday the 13th. "If you can give me a good reason that I've never heard before as to why you were speeding, I'll let you go."

The man looked back at the Policeman and said, "Last week my wife ran off with a Policeman and I thought you were bringing her back"

The Policeman said, "Have a nice day."

Wellington Masters Results from NZ Masters T&F Champs 2006

Athletes faced blustery conditions over the weekend at the NZ Masters Athletics Championships in Wanganui which commenced on Friday 3 March and finished on Monday 6 March with the Weight Pentathlon.

100m

Women:

W55: 1 V Gould 14.17
W65: 3 J Hammond 17.37

Men:

M35: 2 G McPhail 11.93
3 R Plimmer 12.77
M40: 1 M Macfarlane 12.25
M45: 1 G Rawson 12.31
M55: 3 R McBeth 14.24
M80: 3 B Nicholson 20.06

200m

Women:

W55: 2 V Gould 31.63

Men:

M35: 1 G McPhail 26.01
M40: 1 M Macfarlane 25.32
M45: 1 G Rawson 27.07
M55: 2 R James 28.27
3 R McBeth 30.61

400m:

Women:

W65: 1 J Hammond 1:32.10

Men:

M35: 3 R Plimmer 58.38
M40: 1 M Macfarlane 56.82
M45: 3 K Watson 1:10.49
M55: 1 R James 1:02.68

800m:

Women:

W40: 1 A Hare 2:20.34
W65: 2 J Hammond 3:42.02

Men:

M55: 3 I Blyth 2:39.01
M65: 1 P Hanson 3:03.54
M75: 1 M Browne 3:34.89

1500m:

Women:

W40: 1 A Hare 4:46.54

Men:

M55: 2 I Blyth 5:29.21
M60: 3 R Stephens 5:36.51
M65: 3 P Hanson 6:24.43
M75: 1 M Browne 7:10.17

High Jump:

Men:

M35: 1 R Plimmer 1.50
M40: 1 M Macfarlane 1.60
M45: 1 G Rawson 1.45
M70: 2 J Blair 1.15

Long Jump:

Women:

W55: 1 V Gould 4.10
W65: 1 J Hammond 3.06
W75: 1 C Blair 2.56

Men:

M35: 2 R Plimmer 5.22
M40: 1 M Macfarlane 5.67
M45: 1 G Rawson 5.38
3 K Watson 3.61
M55: 2 R McBeth 4.55

Triple Jump:

Women:

W55: 1 V Gould 7.69
W75: 1 C Blair 5.08

Men:

M40: 1 M Macfarlane 10.86
M45: 1 G Rawson 11.11
M55: 1 R McBeth 8.99

Pole Vault:

Men:

M40: 2 M Macfarlane 2.80
M45: 1 G Rawson 2.40

Shot Put:

Women:

W35: 1 K Fraser 8.14
W45: 2 M Watson 6.10
W75: 1 C Blair 6.07

Men:

M40: 1 M Macfarlane 8.25
M45: 2 L Voight 11.25
M60: 3 K Bade 8.95
M70: 1 R Harris 11.38

Discus:

Women:

W35: 1 K Fraser 20.51
W45: 2 M Watson 16.38
W75: 1 C Blair 12.45

Men:

M45: 2 G Rawson 22.38
M65: 3 F Goodall 26.66
M70: 3 R Harris 31.16
M80: 1 B Nicholson 14.62

Javelin:

Women:

W35: 1 K Fraser 14.06
W75: 2 C Blair 13.00

Men:

M35: 2 R Plimmer 30.51
M45: 3 G Rawson 30.71
M65: 1 F Goodall 32.29
M70: 2 J Blair 27.71

Hammer:

Women:

W35: 1 K Fraser 18.93
W45: 1 M Watson 19.78
W75: 2 C Blair 14.62

Men:

M45: 1 L Voight 34.10
M60: 2 K Bade 26.88

Weight Throw:

Women:

W35: 1 K Fraser 7.01
W45: 1 M Watson 6.99
W75: 1 C Blair 8.10

Men:

M45: 2 L Voight 11.39

5000m

Women:

W50: 1 M Palmer 26:06.67

5000m

Men:

M40: 2 N Price 18:16.59
M55: 2 I Blyth 21:28.62
M60: 1 R Stephens 19:36.04
M65: 3 J Hines 27:25.03
M75: 2 M Browne 26:37.54

10000m:

Men:

M65: 2 J Hines 57:18.08

100m Hurdles:

Men:

M55: 2 F Campkin 23.55

110m Hurdles:

Men:

M45: 1 G Rawson 19.90

400m Hurdles

Men:

M55: 2 F Campkin 1:27.61

2000m Steeplechase

Men:

M60: 1 R Stephens 8:48.88

3000m Steeplechase

Men:

M55: 2 F Campkin 13:53.51

3000m Walk:

Women:

W55: 2 M Bray 24:48.88
3 V Campkin 26:38.08

Men:

M55: 1 P Baillie 15:48.62

10km Walk:

Women:

W55: 2 M Bray 1:25:48

Men:

M55: 1 P Baillie 55:43

Weight Pentathlon:

Women:

W75: 2 Colleena Blair 3268 pts

Men:

M45: 2 Laurence Voight 2367 pts
M70: 3 Richard Harris 2768 pts

General

Athletics New Zealand Media Release

2007 Athletics New Zealand Union Track and Field Championships

The 2007 Athletics New Zealand Union Track and Field Championships will be hosted by Athletics Taranaki at the Inglewood Track. The 2007 Championships will comprise Juniors, Seniors, Combined Events (not Masters) and be run over 2-3 days from the Friday to Sunday. In addition the 10,000 Metre Championships will be held at this meeting.

The exact date of the Championships is yet to be set but provisionally will be 1-3 March 2007.

* * * * *

KEYS TO NEWTOWN PARK

Each year, the City Council changes the lock on the green pedestrian gate to Newtown Park, and we have to go to the City Service Centre (or Newtown Library) to buy a replacement. Council have advised that the new keys are now on sale.

However, it would pay you to consider your need. Council are also "trailing" a new security arrangement, under which the cleaning/security agent opens the main gate and the changing rooms at 7.00a.m. and closes them again at 7.00p.m. If the ground's going to be open at these times anyway, you may feel that you no longer need a key! Of course, if you train at unusual hours you'll still need to get one. - *Email from Geoff Henry*

* * * * *

Thought for the Day

Age is an issue of mind over matter. If you don't mind, it doesn't matter – Mark Twain

* * * * *

Record for Portenski

Evergreen New Zealand distance runner Bernie Portenski added another world age group record to her collection with a world 55-59 10,000m record at Newtown Park in Wellington. Portenski cut 25s off the previous record held by Edeltraud Pohl of Germany, since 1992 when she clocked 37min 22.37s. The 56-year-old said she attempted the record two months ago but had missed out. "I've been freshening up for the Rotorua Marathon, so I thought I was in the right shape to have a go again," she said. Portenski now holds the world record in the 55-59 age group over the mile, 3000m, 5000m and 10,000m. - *Dominion Post 17/4/2006*

Worker dead at desk for 5 days

From the New York Times - Bosses of a publishing firm are trying to work out why no one noticed that one of their employees had been sitting at his desk for five days before anyone asked if he was feeling okay. George Tuklebaum, 51, who had been employed as a proof-reader at a New York firm for 30 years, had a heart attack in the open-plan office he shared with 23 other workers.

He quietly passed away on Monday but nobody noticed until Saturday morning when an office cleaner asked why he was working during the weekend.

His boss, Elliot Wachiaski, said: "George was always the first guy in each morning and the last to leave at night, so no one found it unusual that he was in the same position all that time and didn't say anything. He was always absorbed in his work and kept much to himself."

A post mortem examination revealed that he had been dead for five days after suffering a coronary. George was proofreading manuscripts of medical textbooks when he died.

You may want to give you co-workers a nudge occasionally. The moral of the story: Don't work too hard. Nobody notices anyway.

* * * * *

PRIESTS ON VACATION

Two priests decided to go to Hawaiian vacation. They were determined to make this a real vacation by not wearing anything that would identify them as clergy. As soon as the plane landed, they headed for a store and bought some really outrageous shorts, shirts, sandals, sunglasses, etc. The next morning, they went to the beach, dressed in their "tourist" garb. They were sitting on beach chairs, enjoying a drink, the sunshine and the scenery when a "drop dead gorgeous" topless blonde in a thong bikini came walking straight towards them. They couldn't help but stare.

As the blonde passed them, she smiled and said, "Good morning, Father, good morning, Father," nodding and addressing each of them then passed on by.

They were both stunned. How in the world did she know they were priests? So the next day, they went back to the store and bought even more outrageous outfits. These were so loud you could HEAR them before you even saw them. Once again the two priests (incognito) settled on the beach, in their chairs to enjoy the sunshine.

After a while, the same gorgeous topless blonde, wearing a string bikini, taking her sweet time, came walking toward them. Again she nodded at each of them, said "Good morning, Father," and started to walk away. One of the priests couldn't stand it any longer and said. "Just a minute, young lady."

"Yes?" she replied. "We ARE priests, and proud of it, but I have to know, how in he world did you KNOW we are priests, dressed as we are?"

"Father," she replied, "it's me, Sister Mary Francis."

Health - General

Don't Worry – Be Happy

Want to know the secret to living a long and healthy life? The answer could be as simple as 'be happy'!

These days, we seem to be living a lot longer. In the USA alone, more than 60,000 people are aged over 100 years. Here in New Zealand, it's predicted that people aged 65 years and over will more than double to 1.18 million by 2051. The number of centenarians is also expected to rise from 300 in 1999 to 12,000 in 2051. So, what's the reason for all this longevity?

Aside from the advances in medicine, there are a number of things that we could all do to improve our odds. The good news is that, according to an overseas study (funded by the McArthur Foundation), our environment and lifestyle can contribute more to a healthy old age than genetics can.

Being physically active, challenging your mind and, interestingly, reaching out to others and being positive, are all said to contribute to remaining healthy and mentally alert in old age! Making time to give back to the community, seeking inspiration from others, and being ready to adapt to change are all habits that can make each day more pleasurable, as well as keeping us young at heart. (It probably makes us nicer to be around as well!)

That's a whole lot of positive stuff – which in the end seems to be the key point of difference between those who lead a long and healthy life, and those who don't. Living life positively seems to make the difference.

So – in the words of the song – Don't worry, be happy!

How to have Fit Feet

As well as bearing the weight of your body, your feet have to do a great deal of work. By the time you are 70 years old they will have walked the equivalent of three times around the world. Yet, in spite of all the work they have to do they are amongst the most neglected parts of the human body.

Ninety per cent of foot trouble is due to wearing the wrong shoes. If shoes are too tight or too narrow, they cause bunions, corns or calluses. If they are worn for a long time, they will also cause malformation of the feet. Shoes that are too big and which do not support the feet correctly may result in blisters and flattening of the arches. Heels more than 50mm high, worn constantly, can disturb your natural posture and cause an extra load on the arches, leading to backaches.

When trying on new shoes check these essential points:

- Do they grip your heels?
- Can you wriggle your toes? If you cannot, the shoes are too tight.
- Do the shoes pinch or cut into the feet at any point?
- Do they give full support of the arch?

Another way of ensuring healthy feet is to sometimes walk barefoot outside – especially on sand, or on grass in good weather. This makes your toes more mobile, reduces bodily tension and helps you to relax.

Vision for the Future

If your vision is deteriorating don't dismiss it simply as part of getting old.

The most common cause of legally defined blindness (the inability to see better than the biggest letter on an eye chart even with glasses) among people aged over 60 in the western world is 'age-related macular degeneration' (AMD).

AMD affects detailed vision such as reading, face recognition, watching TV and driving. Warning signs are subtle – there's no pain, no flashing lights, and peripheral vision remains OK, but as time goes on you may experience a blind spot in the middle of your field vision, or straight lines appearing wavy or bent, or reduced ability to distinguish colours and shades. The Amsler grid is a simple test to determine whether you have AMD. Not all types of AMD can be treated.

The most successful treatment, photodynamic therapy or PDT, involves injecting a light-sensitive dye into an arm vein. The dye binds to newly formed blood vessels in the back of the eye and, when activated with a special light shined into the eye, causes a reaction that destroys the unwanted blood vessels without damaging healthy retina. Several treatments may be required, and even then there's no guarantee that the AMD will be completely stopped in its tracks. However, evidence shows that people treated with PDT have significantly less vision loss than those not treated.

Eating fresh fruits and dark green, leafy vegetables may also help delay or reduce the progression of AMD, as may certain vitamins and minerals.

If you have started to experience any of the signs mentioned above, you owe it to yourself to investigate further. Early testing can mean early treatment.

For more information about AMD go to:

www.mdfoundation.com.au

For information about vision loss, go to the Royal NZ Foundation of the Blind at: www.rnzfb.org.nz

Running isn't for everyone. Is it for you?

Before you go out and purchase expensive shoes and other running gear you had better answer the following questions yes/no?

- Can you sweat without making a noise?
- Do you have a *high* pain threshold?
- Are you strong enough emotionally to whimper in public?
- Can you talk to yourself while running, even though you know what an incredible bore you really are?
- Can you place one foot in front of another without consulting the "Arthur Murray Dance Book"?
- Can you handle the indignity of having your neighbours salute you as you run past by holding up their middle finger?
- Are you aware that around four out of five motorists actually believe they collect a bounty if they run you down?

If you answered yes to any of the above questions, congratulations! You're a definite candidate for running!



THE ATHLETE'S KITCHEN - by Nancy Clark

Sports Nutrition Tidbits

If you are eager to learn more about how to best fuel your body for top performance, you might enjoy muscling through three pounds and 557 pages of *Sports Nutrition: A Practice Manual for Professionals*. The new fourth edition of this in-depth resource was recently released by SCAN, the sports nutrition practice group of the American Dietetic Association. (It is available at www.eatright.org - click on Shop Online).

Although this resource book is written for primarily sports dietitians, strength coaches, athletic trainers and other health professionals who influence an athlete's eating practices, serious athletes might also like to feast on this hard-core (but well written and relatively easy to read) book that will answer all sports nutrition questions from A to Z, including alcohol, carbohydrates, calories, fats, fluids, protein, vegetarian diet, weight gain, zinc-plus more!

To give you a taste of the information in the book, here are a few sports nutrition nuggets that might be of interest.

- The average 150-pound athlete has only 1,000 to 2,000 calories of stored carbohydrates (glycogen), but over 80,000 to 120,000 calories of stored fat. Most of the fat is deposited in adipose tissue under the skin, but a little bit is also stored directly in the muscles and is an important source of fuel, especially during prolonged exercise.
- Don't try to eat a fat-free diet! The recommended intake for athletes is about 0.5 grams fat/lb body weight/day. This equates to 60 to 80 grams per day of dietary fat for athletes who weigh 120 to 160 pounds. That's 15 to 20 teaspoons of butter! Preferably, the fat comes from healthful sources: nuts, peanut butter, olive and canola oil, and avocado.
- While some fat is good, excess calories of fat are fattening. Your body easily stores excess dietary fat as body fat. That's why you want to carefully carbo-load on pasta and breads, not fat-load on Alfredo sauce, butter, cheese or chips.
- Your body stores carbohydrates in the muscles in the form of glycogen (1,200 to 1,600 calories) and also in the liver (300 to 400 calories); this feeds into the bloodstream (100 calories) and fuels your brain. During hard training that depletes your muscle glycogen, you enhance your body's ability to store even more glycogen; this enhances your ability to exercise for longer before "hitting the wall."
- Athletes should eat at least 2 grams carbohydrate/lb. body weight per day. That's a minimum of 240 gm carbohydrate (about 1,000 calories) per day for a 120 lb woman and equates to 10 pieces of fruit or 5 cups of cooked pasta. Athletes in hard training actually should eat 4 to 5 gm carbohydrate/lb. No Atkins diet here!
- Adult athletes require about 0.5 to 0.75 gram protein per pound (1.2 to 1.7 g pro/kg). Scientific evidence suggests if you eat more than 0.8 gm pro/lb (1.8 gm pro/kg), you'll burn the excess protein for energy. In other words, eating a very high protein diet does not result in greater muscle gain, even with intense resistance training. To bulk up, eat more overall calories so you'll have abundant energy to build muscles.
- Because eating before exercise can enhance performance, you should target:
 - 0.5 gram carbohydrate/lb body weight 1 hour pre-exercise
 - 1.0 gram carbohydrate/lb 2 hours pre-exercise
 - 1.5 gram carbohydrate/lb 3 hours pre-exercise
 - 2.0 gram carbohydrate/lb 4 hours pre-exercise.

This means, if you weigh 150 pounds, you need about 75 grams carbohydrates-about 300 calories-of carbohydrate one hour pre-exercise, and 1,200 calories four hours out. This tends to be far more than most athletes consume. Experiment to learn how much your body can tolerate, and try to build up to this target if you currently eat less than this.

- Consuming carbohydrates during endurance exercise can delay fatigue by 30 to 60 minutes. Target about 1 gram carbohydrate per minute of exercise-equivalent to 240 calories of carbohydrates per hour if you weigh about 150 pounds. That's about 1 quart of Powerade per hour.
- Consuming carbohydrates as soon as tolerable after hard exercise enhances muscle glycogen replacement because-
 - (1) the blood flow to the muscles is faster immediately after exercise, so carbohydrates can get carried to the muscles faster;
 - (2) the muscles are better able to take up the carbohydrates because of increased sensitivity to insulin, the hormone that helps transport carbohydrates into muscles. Plan to have banana, fruit yogurt, fruit smoothie, and/or fig bars readily available.
- Both liquid and solid carbohydrates refuel the muscles equally well, so take your choice: chocolate milk or a pasta dinner.
- While many athletes believe "thinner is better," don't try to get your body fat below 5% (men) or 12% (women). Each athlete has a fat percentage and body weight at which he or she performs best. Hence, you should listen to your body, and take note of how you feel and perform, as opposed to force your body to achieve a self-selected number.

continued on next page

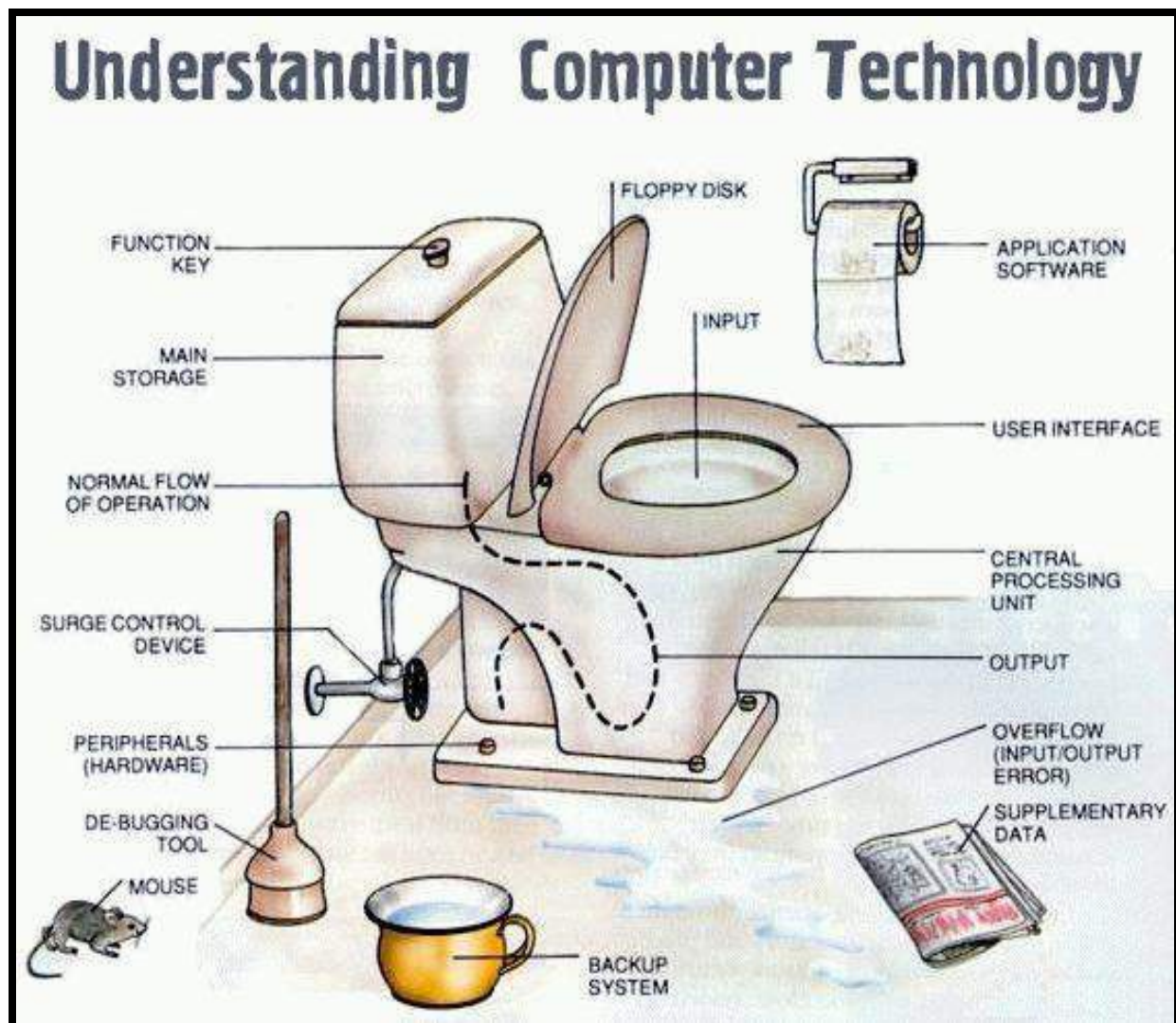
THE ATHLETE'S KITCHEN - *continued*

- Warning: Body fat measurements-even under research conditions-can be plus or minus 3 to 4%. If you are told your body fat is 16%, it might be 13% or 19%. Just having a different person measure your body fat can significantly alter the measurement. Use body fat measurements only as a guide and give yourself a body fat range.
- At rest, your body burns approximately 0.45 calorie per pound per hour. If you weigh 150 pounds, you burn about:
 - 70 calories per hour of bed-rest, or about 1,700 calories per 24 hours of doing nothing except staying alive.
 - about 375 calories per hour of moderate exercise, such as brisk walking at a pace of 15 minutes per mile.
 - about 1,200 calories per hour of high intensity exercise, such as running at a pace of 5.5 minutes per mile.

Clearly, the harder you exercise, the more you can eat! But take heed: hard workouts followed by naps reduce your daily calorie needs. Athletes who turn into post-exercise couch potatoes commonly reward themselves with too much food and fail to attain their desired weight goals.

www.nancyclarkrd.com (Books, presentations) or www.sportsnutritionworkshop.com

"Helping active people win with good nutrition."



21st Wellington Masters Classic Cross-Country Relay

Trentham Memorial Park, Upper Hutt, Sunday 14th May 2006

The conditions were not the best this year with bands of rain sweeping in, adding to the slippery, muddy conditions underfoot. Numbers were down this year - only 12 teams: a busy weekend with competing events - HVHS Bridge 10k, mountain running championships, Scorching Duathlons and Mother's Day. Some clubs didn't show at all. Scottish teams won the women's grade, the men's open grade, and the walkers race, and were second in the men's 250+ grade. There were no entrants in the 300+ grade.

Fastest laps were contributed by Grant McLean (13:41) and Robyn Stansfield (18:20). Fastest walkers were Peter Baillie (23:11) and Lynn Broad (27:19).

250+

Olympic A

Ged Brent	0:14:49
Mark Handley	0:14:57
Mike Rodden	0:17:24
Steve Bligh	0:17:56
Rob James	0:21:26
	1:26:32

1 of 2

Scottish B

Ross Lake	0:18:16
Peter Pohl	0:22:04
Dave McAllister	0:20:53
Paul Rodway	0:19:24
John Skinnon	0:17:33
	1:38:10

2 of 2

Composite

Trentham B

Paul Homan	0:15:41
Marty Grenfell	0:17:31
Kevin Burney	0:17:31
John Houghton	0:16:03
Sue Marfell	0:18:38
	1:25:24

1 of 1

Men

Scottish A

Richard Brent	0:14:57
Steve Plowman	0:16:00
Peter Wrigley	0:16:20
Grant McLean	0:13:41
Bruce Lake	0:16:36
	1:17:34

1 of 2

Kapiti A

Darren Blackhurst	0:15:36
Paul Binkhurst	0:16:11
Steve McDonald	0:15:53
Maurice Piper	0:17:18
Greg Fraine	0:14:53
	1:19:51

2 of 2

Mixed

Kapiti B

Grant Maud	0:16:47
Sally Ashley	0:23:04
Bronwyn Kettle	0:20:44
Tony Fraei	0:21:12
Joanne Fraine	0:20:20
	1:42:07

1 of 3

Trentham A

Harry Ross	0:20:49
Diane Rogers	0:21:47
Peter Thomas	0:23:31
Sonja McLean	0:21:13
John Marlow	0:17:24
	1:44:44

2 of 3

Olympic B

Peter Hanson	0:21:31
Sheryne Beeby	0:19:51
Miles Coverdale	0:19:51
Susan Nixon	0:25:03
Brian Watson	0:21:00
	1:47:16

3 of 3

Women

Scottish A

Robyn Stansfield	0:18:20
Diane Morgan	0:20:47
Christine Jones	0:20:00
Brenda Burke	0:21:57
Pam Graham	0:18:48
	1:39:52

1 of 1

Walkers

Scottish A

Peter Baillie	0:23:11
Murray Gowans	0:31:03
John Hines	0:28:33
	1:22:47

1 of 2

Olympic A

Lynn Broad	0:27:19
Colleen Singleton	0:31:41
Liz Tomlinson	0:34:32
	1:33:32

2 of 2

Scottish B

Sevana Minassian	0:25:01
Margaret Bray	0:33:50
Peter Baillie	0:23:19
	1:22:10

DQ



ANZAC DAY RACES

25th April 2006

Dalefield Hall, Carterton

Walkers:

Men - 5km:

M50

Neville Isherwood 42.19

10km:

M55

Peter Baillie 656.21

Women - 10km:

W50

Diane Isherwood 1.07.44

Runners:

Women - 10km:

Open

Gabby O'Rourke 36.51

W45

Brenda Burke 50.13

W65

Diane Rogers 50.19

Men - 10km:

M45

Peter Wrigley 39.11

Paul Homan 39.30

M55

Paul Rodway 48.11

* * * *

Athlete's Foot

You don't have to be an athlete to get athlete's foot. This fungal infection loves to grow in warm, moist places, especially the nooks between sweaty toes. Usually picked up from swimming pools and communal changing rooms, the fungus makes the skin itchy, red and sore and, if not treated, the skin soon becomes soggy and starts to crack and peel.

It's best treated using an anti-fungal spray if the area affected is moist, or an anti-fungal cream, if the area is dry. To prevent it returning, make sure you dry between the toes after bathing.

2006 GOLD COAST AIRPORT MARATHON

Australia's premier marathon, the Gold Coast Airport Marathon will be held on Sunday July 2, 2006. This icon Gold Coast event attracts thousands of runners and walkers from all across Australia and last year saw international participants from 34 different countries (including almost 500 New Zealanders). With a picturesque flat course alongside world famous beaches it is the perfect opportunity for all running and walking enthusiasts from New Zealand to enjoy a fantastic sporting holiday in sunny Queensland, Australia.

With a 27-year history, this event has the largest prize pool, the largest marathon field, and the fastest course of its kind in Australia. To top this off, the Gold Coast Airport Marathon is recognised by the IAAF and AIMS as one of two courses in Australia that meet the technical requirements for Olympic and Commonwealth Games qualifying times or World Record times to be set. It is also on the IAAF list of races in which a 2007 World Championships qualifying time can be recorded.

The Gold Coast Airport Marathon not only supports the largest marathon field in Australia it also has a variety of races on offer to suit elite athletes and social participants alike. In addition to the full marathon, there is a half marathon, 10km run, 7.5km walk and two junior dash events for the kids to complete an action-packed day of fun! A total field of over 13,000 is expected to participate in 2006.

To enter any of the races at the 2006 Gold Coast Airport Marathon visit www.goldcoastmarathon.com.au and follow the 'Enter Online' links. This web site also contains all the latest news about the event, as well as other information such as training diaries, course maps and the social program. Or if you would prefer to have entry forms sent to you for distribution at your club, please let me know how many forms you require and the mailing address you would like them sent to. We also offer 10% off race entry fees for groups of 10 or more. If you would like more information on how the group entry process works just let me know!

If you have any questions about the event please feel free to contact me.

Ryan McDonald
Athlete Services Officer
Queensland Events Gold Coast
PO Box 2547, Southport BC, QLD, 4215
Phone + 61 7 5564 8733
Fax + 61 7 5564 9733
www.goldcoastevents.com.au

ROUND RAROTONGA ROAD RACE & WEEK OF RUNNING

28 September to 7 October 2006

- Return airfares Auckland/Rarotonga including departure tax
- 8 night package at Edgewater Resort (Superior Garden room/share twin) including daily tropical breakfast
- Return airport transfers in Rarotonga
- Entry into the Round Rarotonga Road Race and Week of Running events
- Souvenir Polo shirt for supporters and Singlet for runners
- Use of Corporate Marquee with refreshments on race day
- Finishers Lei & photograph
- Prize-giving dinner

All this for just NZ\$1,875 per person

Subject to flight and room availability and price changes until time of booking

Get your group of friends together now and plan this as your running holiday for 2006

For a full programme of events held contact:

Andy Galloway Marathon Tours

29 Arcus Street, St. Andrews, Hamilton

Phone: (07) 849 1782

Email: marathon@wave.co.nz

ARE YOU WORKING TOO HARD TOWARDS A TIME GOAL?

When runners get too focused on specific time goals they often feel more stress and experience 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 Jeff Galloway's *Half Marathon: You Can Do It.*

* * *

Selection and Care of Running Shoes

1. Be prepared to spend at least 30 minutes in selecting your running shoes.
2. Do not take a friend's advice, as what works for them may not be right for you.
3. Bring your current pair of running shoes and a pair of your running socks.
4. Make sure you get a salesperson who asks you about your running, including such things as goals, mileage, terrain, past or current injuries, and chronic problem areas. Try to get a salesperson that is a runner him or herself.
5. Your salesperson should watch you run in a neutral pair of shoes to determine your specific foot function and biomechanics, and make recommendations based on their observations.
6. Then the salesperson should watch you in the recommended shoes to verify the correctness of each model for you.

7. Running shoes are designed with specific features that are intended to work for certain foot functions (floppy, rigid, etc). Remember that foot function is not the same as foot type. For instance, just having a flat foot (fallen arches) does not indicate that you have a "floppy" foot that rolls inward excessively and, therefore, needs a motion control shoe (this is a common misunderstanding that we often encounter).

8. The fit should be comfortable - meaning snug but not tight. There should be a little play or room in the forefoot. When standing, allow about a thumb's width between your toes and the end of the shoe. There is no consistency to running shoe sizing. In general, you'll tend to need a larger size than your dress shoe size. It is okay for women to wear men's shoes and men women's if it helps you get a better fit (as a general rule, there is a size and a half difference, so, for example, an 11 women's would be a men's 9).

9. In sum, the two equally important variables in shoe selection are that the shoe fits your foot well AND is appropriate for your foot function.

10. As a general rule try on at least a couple of different models for comparison.

11. Don't write off a shoe company because one of their models didn't work for you.

12. Tune out the advertising hype. Shoe enhancers (air, gel, etc) should be viewed as icing on the cake. They can't make a poorly designed or manufactured shoe good all on their own, and, if the shoe is well designed and manufactured it would be good even without an enhancer.

13. Never let cosmetics be a significant factor in your decision.

14. The cushioning in a running shoe lasts, on average, 400 to 600 miles. However, the shoes will have a progressive breakdown over time whether being used or not. Your body and feet will let you know when the shoe is no longer providing the cushion and support needed.

15. If you absolutely, positively feel compelled to wash your running shoes, DO NOT immerse them in water. Use

a damp cloth or an old toothbrush and let them air-dry naturally.

16. KEEP RUNNING SHOES AWAY FROM HEAT SOURCES. Do not put them in dryers, on radiators or heating vents, nuke them in the microwave or bake them at 350. Do not leave them in your car or out in the direct sunlight in hot weather. Heat will dry out your cushioning materials prematurely and can cause the shoe to separate by hardening the glues that hold it together.

17. Do not let the outer sole wear through to the midsole material. If you notice the outer sole wearing down, use a urethane type product like Freesole, Shoe Goo, or Eternal Sole to extend the life of the outer sole until you've reached the 400-600 mile range of effective midsole cushioning (see 14).

18. Remember, the most expensive shoe purchase you can make is the one where you buy a pair that does not fit properly and/or is not right for your foot function.



Answers to the Quiz

- (1) How long did the Hundred Years War last? - 116 years
- (2) Which country makes Panama hats? - Ecuador
- (3) From which animal do we get cat gut? - Sheep and Horses
- (4) In which month do Russians celebrate the October Revolution? - November
- (5) What is a camel's hair brush made of? - Squirrel fur
- (6) The Canary Islands in the Pacific are named after what animal? - Dogs
- (7) What was King George VI's first name? - Albert
- (8) What color is a purple finch? - Crimson
- (9) Where are Chinese gooseberries from? - New Zealand
- (10) What is the color of the black box in a commercial airplane? - Orange [of course].



PORK WITH PEACHES

This fruit and meat combo is great. Give it a go as it makes a really good change to plain old roast pork.

Ingredients:

*1 (1 1/2 kilogram) pork loin, boned
1 bunch fresh thyme, leaves picked
1 bulb garlic
7 ounces (200 grams) butter
2 cans peaches in natural juice, drained
Salt and freshly ground black pepper
Around 15 slices of pancetta, streaky bacon, or Parma ham
1 glass (about 6 ounces) white wine
A little flour
1 glass (about 6 ounces) water*

Method:

Preheat the oven to 425 degrees F (220 degrees C/gas 7).

Score the skin of the pork through the fat, the incisions should be about 1 centimetre apart. Turn over. Make a pocket for the stuffing by cutting an incision at an angle, about 3 inches (7.5 centimetres) deep in the centre of the streaky part of the loin, working away from the eye meat. Starting slightly in from the side of the meat, slowly slice along the loin not quite to the end, this will ensure your stuffing won't fall out.

Chop half the thyme with 1 clove of garlic and scrunch together with the butter, 1 tin of peaches, and a good pinch of salt and pepper. Push the butter into the pocket and pat back into shape. Lay the pancetta, bacon or Parma ham over the pork, leaving the skin side uncovered, and tie up firmly with 3 to 4 pieces of string.

Place skin-side up in a roasting tray with the remaining peaches, the garlic cloves, thyme, and half of the white wine. Roast for around 1 hour until the skin is crisp and golden.

When ready, remove the pork and peaches to a plate and leave to rest for 15 minutes whilst you finish the sauce. To do this, remove most of the fat from the roasting tray, then place the tray over a high heat. Squash the cooked garlic and add 1 tablespoon of flour. Stir and add the rest of the wine with a glass of water or stock. Simmer and leave to reduce for a few minutes. Strain and add any extra juices from the rested pork. Check the seasoning and consistency and serve drizzled over the sliced pork.

Yield: 6 to 8 servings
Prep Time: 10 minutes
Cook Time: 1 hour 25 minutes

SUMMER FRUIT AND PROSECCO JELLY

Ingredients:

*8 pints mixed soft fruit (blackberries, raspberries, strawberries, blueberries, red currants)
4 leaves gelatine
1/2 cup (140 grams) elderflower cordial
1 1/2 cups (425 millilitres) Prosecco (sparkling Italian wine), chilled
2 heaping tablespoons caster sugar*

Method:

Divide the ripe fruit into 9 small glasses. Place all the glasses on a tray and chill in the refrigerator.

Soak the gelatine leaves in some cold water for a minute, then drain, and add the gelatine back to the bowl with the cordial. Rest above a pan of water over a medium heat and stir constantly until the gelatine and cordial become syrupy.

At this point you can add sugar, stir until dissolved, then remove the bowl from the heat, and let it sit at room temperature for a minute or two.

Remove the chilled Prosecco and chilled fruit from the refrigerator. The idea being that the fruit moulds and Prosecco are all chilled, so the bubbles stay in the jelly when it sets and they fizz in your mouth when you eat it.

Pour the Prosecco into the cordial mix, then divide between the glasses over your fruit. Some of the fruit might rise to the top, so using your finger, just push the fruit down into the jelly mix so that it is sealed and will then keep well in the refrigerator.

Place in the refrigerator for an hour to set.

To serve, dip the glass in to a bowl of hot water to loosen the outside of the jelly, then turn it out onto a plate.

Yield: 9 servings

Prep Time: 15 minutes - Inactive Prep Time: 1 hour

Cook Time: 10 minutes.

Campari & Passionfruit Sorbet

*1 cup water
7 ounces sugar
15 passion fruits
1 wine glass (5 ounces) Campari*

Place the water and sugar in a pan, bring to the boil and simmer for 5 minutes. Remove from the heat and allow to cool for a while. Halve the passion fruits and scoop out the flesh, seeds and juice using a spoon. Stir this up—you can pass it through a sieve to remove the seeds, but quite frankly I think that's palaver (nonsense). I like the seeds. Mix the passion fruit with the Campari and sugar syrup in a plastic tub or earthenware dish and place in the freezer. Generally, sorbet takes 2 hours to set. Try to stir it around every 1/2 hour if you remember. Serve on its own, with some seasonal fruit, or in a cone with some vanilla ice cream.

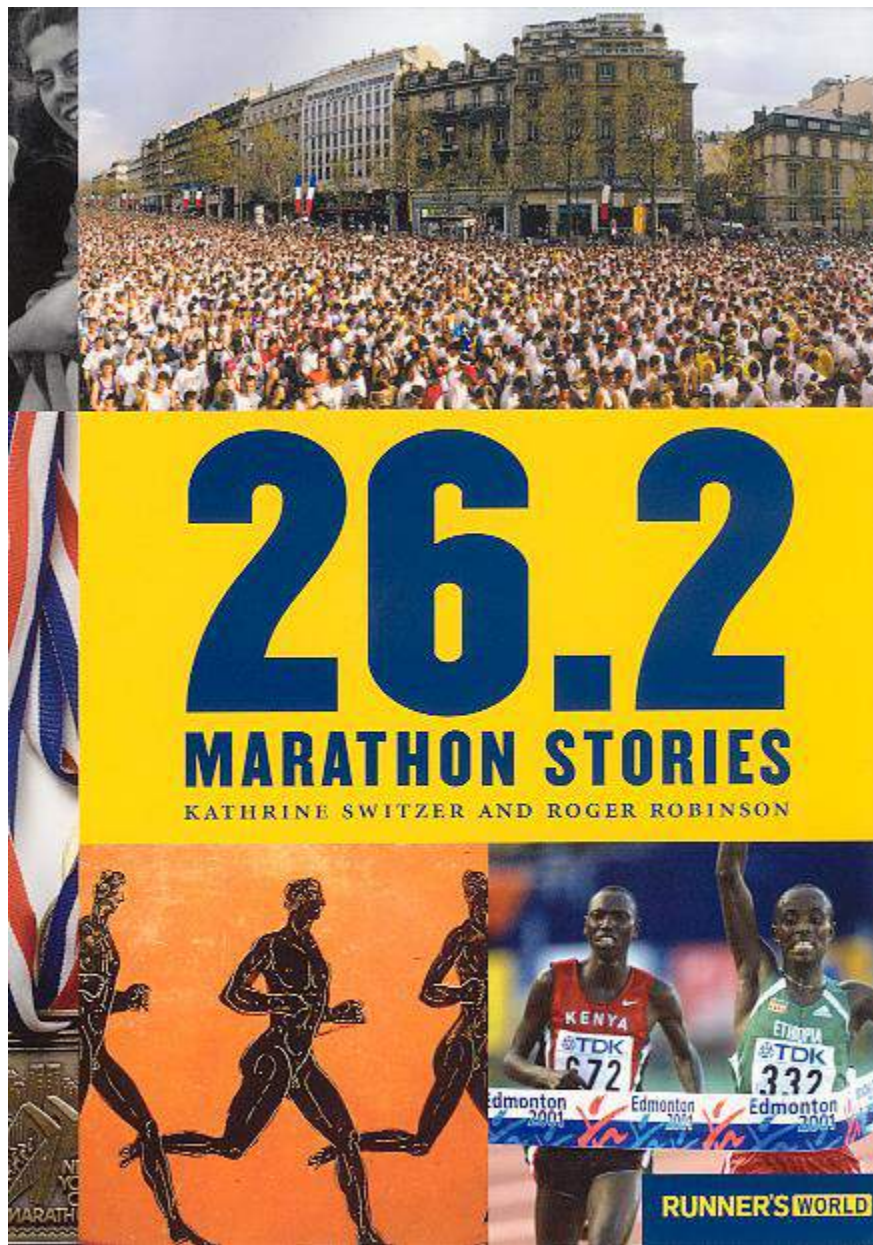
Yield: 4 servings
Prep Time: 5 minutes
Cook Time: 2 hours 15 minutes

* BOOK REVIEW *

Roger Robinson and Kathrine Switzer have put together an amazing array of photos of the greatest challenge known to any runner - the Marathon.

Containing 26.2 chapters over 254 pages with black and white and coloured photos covering the early marathon thru to modern day. A must read for every runner.

An Allen & Unwin/Madison Press Book



General

SOUTH COAST GALLERY

with Cameron Drawbridge & Tanya Ashken

Wellington's newest art gallery has been open for just seven weeks but is already making quite an impact; in fact it has had two exhibitions already (currently showing At Home: John Drawbridge) with bookings until Christmas and over 1200 visitors so far.

South Coast Gallery is a stunning creation by Cameron Drawbridge and Tanya Ashken. You can find it at 302 The Esplanade, Island Bay with the Cook Strait practically lapping at its door. A converted garage on the family property, hypnotic ocean views through gorgeous old windows (taken from the bridge of the sunken Frigate Wellington), the gallery is gathering up history and offering an inspired destination rather than something en passant. Cameron says, "It really feels like you are viewing art in a natural environment and that's exactly what we wanted to achieve."

Cameron and Tanya decided to open the gallery after the death of their father, husband and well known artist John Drawbridge. "We wanted to continue showing John's work and to also have the scope to show other artists we appreciate, it keeps everything alive and we most certainly didn't want to set up a memorial!"

Cameron tells us about their upcoming exhibition with Michael Browne 27 May - 18 June. "Michael is a New Zealand born artist who lives and works in New Zealand and in the UK. The body of his work is predominantly abstract expressionist and is always popular. He has exhibited in numerous countries and his art is represented in private and public collections throughout the world. We are very excited to be showing him here and his exhibition will include one or two pieces from each decade (of which there are a few!) along with more recent works as well. Michael's wife Jenny Browne will also be exhibiting some of her pottery.

South Coast Gallery, 302 The Esplanade, Island Bay.
Hours 10:30am - 6:00pm Wed - Sun.

Editor's note: Michael Browne is a current member of Wellington Masters and has been involved with painting for many years and has exhibited his works in many galleries throughout the Wellington region.

* * * * *

INNER PEACE

I am passing this on to you because it definitely worked for me and we all could use a little more calmness in our lives. By following the simple advice I heard on the Dr. Phil show, I have finally found inner peace.

Dr. Phil proclaimed, "The way to achieve inner peace is to finish all the things you've started and never finished."

So, I looked around my house to see all the things I started and hadn't finished, and before leaving the house this morning, I finished off a bottle of Merlot, a bottle of White Jim Beam, a bottle of Bailey's Irish Cream, a bottle of Kahlua, a pack of Tim Tams, the remainder of my old Valium prescription, the rest of the apple pie, some mixed lollies and a box of chocolates.

You have no idea how good I feel!!

* * * * *

WALKING GROUP

Due to interest expressed by several Walkers, a group leaves at 6pm every Tuesday & Thursday from the Freyberg Pool, Oriental Bay. The course is either round the Waterfront (which is well lit) or out around Oriental Bay, towards Evans Bay (or as far as you like for a "round trip" of 45 minutes). These are NOT Races - rather they are to assist you to improve your walking and general fitness.

There is a convenient Café for coffee after the walk and showers are available at the Freyberg Pool for a dollar if any one wishes to partake.

This Walking group is promoted and supported by Wellington Scottish Athletics but are for ALL Walkers, not just Club Walkers - so do come along and bring a work colleague or friend. Rain or shine.

For further information please contact:

Bart Jones
Telephone: 04 477 3746 or Cell-phone: 025 608 6111
email: bart.jones@xtra.co.nz or
David Lonsdale - Telephone 04 977 8990
email: thelonsdales@paradise.net.nz

* * * * *

WELLINGTON MASTERS ATHLETE OF THE YEAR

Past winners:

2000	Judy Hammond
2001	Ellis Goodyear
2002	Barry Prosser
2003	Bernie Portenski
2004	Simon Poelman
2005	Bill Nicholson

* * * * *

The brain is a wonderful organ. It starts working the moment you get up in the morning and does not stop until you get into the office.

You have heard of the Cat in the Hat, well now we have The Cat in the Box



"Fluffy Bum", Kathryn and Rodney Fraser's cat decides to explore the box that is used for putting the race numbers in after the Masters Classic Relay

CORPORATE LESSON # 1

A man is getting into the shower just as his wife is finishing up her shower when the doorbell rings.

After a few seconds of arguing over which one should go and answer the doorbell, the wife gives up quickly wraps herself up in a towel and runs downstairs. When she opens the door, there stands Bob, the next door neighbour.

Before she says a word, Bob says, "I'll give you \$800 just to drop that towel that you have on". After thinking for a moment, the woman drops her towel and stands naked in front of Bob. Bob has a close look at her for a few seconds, hands over \$800 and quietly leaves.

Confused, but excited about her good fortune, the woman wraps back up in the towel and goes upstairs! When she gets back to the bathroom, her husband asks from the shower "Who was that?"

"It was Bob the next door neighbour," she replies. "Great," the husband says, "Did he say anything about the \$800 he owes me?"

MORAL OF THE STORY: Share critical credit information with your stakeholders to prevent avoidable exposure!

CORPORATE LESSON # 2

A young executive was leaving the office at 6pm when he found the CEO standing in front of a shredder with a piece of paper in his hand.

"Listen," said the CEO, "this is a very sensitive and important document and my secretary has left. Can you make this thing work?"

"Certainly, Sir" said the young executive. He turned the machine on, inserted the paper, and pressed the start button.

"Excellent, excellent!" said the CEO as his paper disappeared inside the machine. "I just need one copy."

MORAL OF THE STORY: Never, never assume that your BOSS knows everything.

COMING EVENTS

2006

June

4	Christchurch Full & Half Marathon	Christchurch
4	Aurora Handicap Marathon	Upper Hutt
4	Scorching Duathlon	Scorching Bay
25	Harbour Capital Full & Half Marathon	Westpac Stadium

July

2	North Island Cross Country Championships	Taupo
2	Gold Coast Airport Marathon	Queensland
2	Scorching Duathlon	Scorching Bay
15	Wellington Cross Country Championships	Waikanae
23	Johnsonville 8km Road Race	Johnsonville

Sept

3	Scorching Duathlon	Scorching Bay
23	Berlin Marathon	Berlin
28 - 7 Oct	Round Rarotonga Road Race & Week of Running	Rarotonga

Oct

1	Scorching Duathlon	Scorching Bay
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
18	Rimutaka Incline Run & Walk	Kaitoke

Dec

10	Honolulu Marathon	Honolulu
----	-------------------	----------

2007

<u>April</u>	Flora London Marathon	London
--------------	-----------------------	--------

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

UNIFORMS

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

CHANGE OF ADDRESS

If any member changes their address, it would be appreciated if they could notify the Subscription Secretary. This enables us to keep records that are accurate and up to date and ensures that you continue to receive your newsletter. It is also important that Club Co-ordinators notify the Secretary of any change of address to enable the information to keep getting out to the clubs in the Centre.

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

WELLINGTON MASTERS ATHLETICS INC.

SUBSCRIPTION FOR THE 2005/2006 YEAR

(1 September 2005 to 31 August 2006)

\$35 = NZMA

NAME(S): _____

ADDRESS: _____

BIRTH DATE(S): _____ **EMAIL:** _____

CONTACT PHONE No. _____ **CLUB (if any)** _____

\$35 (\$70) Enclosed. Cheques made out to Wellington Masters Athletics – WMA

SEND TO: VERONICA GOULD, 95A ELLICE STREET, MT VICTORIA, WELLINGTON 6001

Please advise any change of address as soon as possible

✂-----

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