

THE

MASTER

COPY

Newsletter of the Wellington Masters Athletics Inc.

Volume 5 Issue 3

August 2006



The small field line up for the start of the walking race at the Johnsonville 8km Road Race and 6.4km Road Walk held on Sunday 23rd July. On the left is the eventual winner of the race Peter Baillie

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

At our last committee meeting, and then at the Centre delegates meeting, there were a couple of items that were touched on that make one consider what the long-term ramifications to athletics in New Zealand will be.

Firstly, there was the withdrawal by SPARC of its Sport Development funding of \$125,000 it made to Athletics New Zealand. SPARC is "of the opinion that Athletics New Zealand is insufficiently aligned with its own objectives based around securing various 'participation' targets". Goodness knows what this is referring to, but one can only assume maybe some of the on-going problems, over the last few years, regarding the registration debacle of some Centres, may have had some bearing on this outcome. Sadly, the financial impact of this loss of revenue has meant the loss of one permanent position from the National Office.

No doubt the question will have been asked on 28-29 July at the AGM of Athletics New Zealand, either from the floor during the business session or at one of the forums to be held in conjunction with the AGM, why SPARC withdrew their funding. We await further developments. No doubt this loss of income will have an impact on athletics throughout New Zealand with finance available for development of the sport, coaching etc. The next step will probably be to increase the subscription of members of clubs to try and recoup some of the lost revenue. This in turn will cause some members to review their membership of a club, what the benefits they are receiving, and whether it is worth belonging to the club. There have always been a number of runners out there who have always questioned "what do we get from Athletics New Zealand for our money"? Along with this extra burden it will have a detrimental effect on membership, rather than the positive of retention and increasing membership.

Secondly, someone in their wisdom has scheduled the Athletics NZ Track and Field Championships at Inglewood and the New Zealand Masters Track and Field Championships at Christchurch – both over the period 2-4 March 2007.

This will greatly affect the number of competitors taking part in both of these championships. The senior Nationals will suffer more as a large number of the officials are members of Masters and their loyalty will tend towards their own Masters championships, because as well as officiating, a number of them compete as well. It would seem that somehow the Masters date wasn't taken into consideration when the fixtures were scheduled into the syllabus.

Though Masters aren't officially part of Athletics New Zealand and are autonomous in their own body and fixtures, many consider that they are still "part of the athletic family". The problem now is that not everyone will turn up at Inglewood to compete, thus producing reduced entrants in fields, in turn creating the problem of less competition for those taking part. For our sport to grow our top athletes need good, regular competition at National level.

Both these scenarios are not doing anything to help our sport, which seems to be meandering along, and not reaching the heights that were recognised many years ago. A few athletes doing well overseas aren't going to make things all rosy in the garden back home. It needs direction and guidance from the top if we are to survive as a sport.

John Palmer

Editor

HEALTH

THE FOUR P's OF MEN and FOOD

Psychologist Angela Hook says we can get the healthy eating message across to men by looking at the differences between the sexes.

As every woman knows, it's women who lead the charge when it comes to health and wellbeing. Fat and food anxiety are traditionally feminine issues. It is simply not manly to discuss the fat content of pies and the virtues of probiotic yoghurt. Every woman recognises the eye rolls and 'give it a rest woman' attitudes they're met with when they try to transpose their own dietary habits (and anxieties) on to the men in their lives.

It would be fair to say that men are a bit bewildered by health and wellbeing. Men as a rule like clarity and solutions; but when it comes to health there seem to be more problems than solutions and a whole lot of contradictory information. To the problem-solving male, until recently, there seems to have been no real reason to change and no clear direction on how to. To him, the sacrifice of giving up real food is too great when there is no immediate payback. Worrying about invisible health problems that may or may not exist now or in the future is contrary to what it means to be a man. But is this changing?

The new man?

There is no doubt that the view of masculinity we see in the media has changed. The lithe, polished images of masculinity we see now in Orlando Bloom and George Clooney are a far cry from the musky, tough guys of the 1980s like Tom Selleck and Chuck Norris. Even the All Blacks are getting pretty.

Men are noticing the changing view of masculinity just as women are. They are facing just the same pressures to look a certain way as women do. And it is getting easier for men to join the health revolution; albeit on their own terms.

Choose options that sound like they were meant for astronauts, athletes and things with engines.

Encouraged by media, health authorities and the persistence of the woman in their lives, men are now walking a fine line between being the kind of bloke who has a pie for morning tea and the modern man who has yoghurt on his cereal; takes fish oil supplement and cleanses and moisturizes daily.

Healthier hearts, stronger bones and greater vitality are being struggled into our lives from all angles. For years it may have seemed that men were not doing anything about this information, but it seems they are revising their attitudes and their behaviour is not far behind. We can improve our chances of reaching men with our wellbeing wishes by bearing in mind a few key differences between men and women.

The Four "P's" that Drive Men

Pleasure

Men are primarily motivated by enjoyment when it comes to food and place a hefty premium on enjoying what they eat. They haven't yet completely lost the innocence of sensory pleasure, and they will not eat things just because they are healthy.

Health is a bonus, so it's not enough to say "it's good for you". Selling healthy options to the man in your life is about taking out the sacrifice and involves a careful mix of cajoling, subterfuge and downright trickery. The most important thing to do is not to emphasise the health before they eat and enjoy the food, but wait until after they are satisfied. Use the health claim as an afterthought, not the main selling point!

Potency

Men don't respond well to wellbeing in the same 'insurance policy' way that women do. They are not as motivated by the idea of long term benefits and prevention of ills. The traditionally male idea that "you're not sick unless there's something properly wrong with you" still prevails. Concern over niggling health worries are a sign you're going soft, and if you're too conscious of your health then vanity is sure to follow. Because men tend to recognise only more serious and significant problems, they feel the need for more serious and potent solutions. Don't make a man feel sickly and weak by suggesting 'soft' healthy foods without any ingredients to give them a potency factor. A man is far more likely to try an 'iron man food' cereal than he is a 'light and right' version. Choose options that sound like they were meant for astronauts, athletes and things with engines.

Privacy

Men feel there's something distinctly effeminate about watching what you eat. But even though they don't talk about health, it doesn't mean they're not thinking about it. It's wise to avoid constantly reminding a man that he is not invincible or suggesting he modify his habits. Tending to wellness needs to be contained and preferably done when nobody is looking. Think in terms of single action doses (once a day, swallow and forget) rather than something that pops up each time he opens the fridge to remind him of his cholesterol is sky-rocketing and diabetes is knocking at the door. Let a man get on with what he thinks is important in life without constant reminders that there might be something wrong. This is also a more potent way of managing health.

Performance

Approaching men with a "stitch in time, you'll thank me when you're 60" rationale rarely works. What does work is the promise of greater performance and prowess. Try telling your man to eat soy to lower his cholesterol and he'll dismiss it as mumbo jumbo. Tell him that it will increase his golf drive by 20 metres and he'll be knocking it back with gusto.

Angela Hook is a qualitative market researcher. She has a Bachelor's degree in Psychology and a Master's degree in Marketing from the University of Otago.

This article was reproduced from the magazine Healthy Food Guide. For more information go to: www.healthyfood.co.nz.



How to:

STAY HYDRATED DURING EXERCISE

We all need around 6-8 cups of fluid (including water, tea, coffee, juice, milk etc) to stay hydrated every day. But when you're exercising, how much – and what – should you drink.

Manage Fluids to Suit Needs, Training and the Conditions

When you're exercising, fluid balance is important for good health, to prevent overheating, halt the effects of dehydration and allow you to enjoy your workout and recover well for the rest of the day.

Performing hard exercise in hot and humid environments (like the gym over the peak summer months) can impair performance and threaten health. For a moderate training session in cooler conditions heat stress is less likely. In fact in some cases, excess fluid intake may be more of a concern. No athlete should be heavier at the end of training or an event when compared to their pre-training or race weight. This would indicate water intoxication, which in long events has the potential to be harmful.

People who compete only occasionally in hard endurance events may be more at risk of this, as they tend to take longer to complete the event, and will tend to drink more.

What to Drink?

Sports drinks, sports waters, coffee, energy drinks, juice, protein smoothies or water?

Sports drinks (4-8% carbohydrate, containing sodium) are designed to promote fluid intake, especially where dehydration is a risk. For most workouts lasting around one hour, this should not be a serious concern. Provided you are hydrated at the start of your workout, fluid replacement after the activity is all that's required. This does change in humid and hot weather, such as during the summer and where sweat rates are high.

For training sessions that last longer than an hour some additional fluid and carbohydrate may be necessary. One reason you might be thirsty during a training session is if you've arrived in a less than well-hydrated state. Many athletes, both elite and recreational, drink well during and after but fail to arrive at training hydrated.

Juice and protein smoothies are best consumed after training, but resist the temptation to drink large amounts as it is possible to energy overload. You don't want to undo all the good work you've done in your workout with one smoothie!

Omega 3 Deficiency

Our diets over the last 100 years have become increasingly deficient in Omega 3. This deficiency has been correlated in populations to an increase in health

problems such as ADHD, depression and post-partum depression, eczema, allergies and asthma. If you are suffering from any of these taking a high dose of quality Omega 3 may make a considerable difference.

Note: Omega 3 must be taken daily and it can take up to 3 months to be fully effective. For added effectiveness take extra Vitamin C and Vitamin E.

Symptoms of Omega 3 deficiency

If you are showing any of the following indicators of Omega 3 deficiency you may respond particularly well to taking a high dose of Omega 3 daily.

Physical signs: Excessive thirst, frequent urination, rough 'bumpy' or dry skin, dry, dull or lifeless hair, dandruff, soft and brittle nails.

Allergic tendencies: Such as eczema, asthma, hay-fever etc.

Visual symptoms: Such as poor night vision, sensitivity to bright light, or visual disturbances when reading – e.g. letters and words may appear to move, swim or blur on the page.

Attention problems: Distractibility, poor concentration and difficulties in working memory.

Emotional sensitivity: Such as depression, excessive mood swings or undue anxiety.

Sleep problems: Especially difficulties in settling at night *and* waking in the morning.

Omega 3 is absolutely essential for normal brain development and function and must be supplied in the diet on a daily basis. Research however is showing that some people may need much higher levels in their diet than others. The reason for this is that some people break down and lose essential fatty acids at a fast rate from their bodies, and also do not transport and fatty acids to their cell membranes efficiently. If you suspect that this might be you, the most efficient way to get a high dose of Omega 3 into your system is to use a high concentrate purified Omega 3.

For added information and research into the importance of Omega 3 and diet on mental states and behaviour the following website is an excellent resource:

www.fabresearch.org

The Speedy Snail

All his life the snail had wanted to go fast.
Most of all he'd wanted to be a race car driver.
One day, a rich uncle died and left him a fortune.
At last he could fulfil his dream!
He brought a race car.
He stripped it and souped it and tuned it and re-tuned it till it was the fastest thing on four wheels.
Then he painted it bright yellow, and covered it with big red letter "S".
When a friend asked him why the lettered monograms, he said....
When people see me zoom round the track in this car, I want them all to say...
"Look at that "S" car go!"

BITS and PIECES

Membership

Since the last newsletter there has been no growth in membership. Our membership stands at 130.

* * * * *

Thoughts With You

On Saturday 1 July, **Mick Rice** a member of Wellington Masters and a regular race walker suffered a stroke – fortunately it was relatively mild and he is already planning his come-back. Mick will be off work for 4 weeks initially subject to him getting back to some normality.

If anyone would like send Mick a message his email address is mickandjoan@paradise.net.nz

* * * * *

Statistics 2006 Rotorua Marathon

Entrants 5 & 10km Fun Runs

Entrants: 5km: 183	10km: 865	Total: 1048
Finishers: 5km: 174	10km: 799	Total: 973

42nd Rotorua Marathon

Entrants: 1945 (Runners 1538 - Walkers 407)
Starters: 1853 (95.3% of Entrants)
Finishers: 1794 (92.2% of Entrants; 96.8.3% of Starters)

Total Entrants Marathon & Fun Runs: 2993.
Total Finishers Marathon & Fun Runs: 2767 (92.5% of Entrants).

* * * * *

Athletics NZ Media Release

8 July 2006

SPARC Investment Withdrawn

SPARC has taken the recent decision to withdraw its Sport Development investment that it has made in Athletics New Zealand in the last couple of years.

The calendar 2006 investment of \$125K is not to be made as SPARC is of the opinion that Athletics New Zealand is insufficiently aligned with its own objectives based around securing various 'participation' targets.

"It is disappointing that this action has occurred because it has an immediate significant financial impact for the Association" says Jeremy F Kennerley, Chief Executive.

One direct unfortunate consequence of this decision has been the necessity of Athletics New Zealand to disestablish one permanent position in National Office due to the lack of funds to pay for the position.

"The removal of this level of funding has meant the Association is now unable to employ anyone in the Sport Development part of the business. Not only is this terrible for the individual involved, but it also represents a backward step for the Association as it will make it increasingly more difficult for the National Office to deliver outcomes for the Sport, not least in the area of participation" adds Kennerley.

Jeremy F Kennerley
Chief Executive Officer
Athletics New Zealand

* * * * *

Annual General Meeting

The Annual General Meeting of Wellington Masters Athletics Inc will be held on Monday 18 September 2006 at Scottish Harriers Clubrooms commencing at 6.00pm.

A formal notice will be sent out to all members after the August committee meeting. If anyone is interested in standing for any positions on the Committee for the upcoming year your nomination would be most welcome.

For any information regarding the committee please contact the President on 04 479 2130.

* * * * *

Statistics 2006 Harbour Capital Full & Half Marathons

Race	Entrants	Starters	Finishers
10km Recreational	443	386	384
10km Run	821	717	717
10km Walk	371	329	326
Half Marathon	1356	1261	1255
Half Marathon Recreational	239	220	220
Half Marathon Walk	332	300	299
Marathon	221	198	195
Marathon Walk	22	22	22
Totals	3805	3433	3418

* * * * *

Thought for the Day:

"Sometimes when I reflect back on all the wine I drink I feel shame. Then I look into the glass and think about the workers in the vineyards and all of their hopes and dreams. If I didn't drink this wine, they might be out of work and their dreams would be shattered. Then I say to myself, It is better that I drink this wine and let their dreams come true than be selfish and worry about my liver."

SAFETY

Stand out at Night -

Be Bright on your Bike

Cyclists out on the roads this winter need to be bright. A new Greater Wellington campaign focuses on simple ways for cyclists to be visible to other road users.

Regional cycling co-ordinator Ian Kirkman says many cyclists ride in urban environments where they feel that they can see well enough to navigate, so they don't bother with headlights.

"This can be very dangerous, because without headlights motorists often do not see cyclists, even under street lights. Reflectors can provide good visibility for overtaking traffic, but most dangers of car-bike collisions come from the front or side of the cyclist."

One cyclist who agrees it's important to be seen is Paul Alexander. "Bright bike lights help you see hazards and help you feel more secure in traffic. I always wear my yellow top in winter too," he says.

A survey by Greater Wellington last year revealed that 75% of cyclists had front lights and 82% had rear lights. But outside of Wellington city, far fewer people use lights (in some places less than 60%). Overall, only 40% of cyclists used reflective gear and 29% wore high visibility (bright coloured) clothing.

Greater Wellington's campaign will use community and daily newspapers and complement local council activities throughout the region.

Sue Johnson, Kapiti Coast District Council road safety access co-ordinator says she has arranged for the police to hand out lights to cyclists who aren't visible at night.

"It's more useful for those cyclists to be given something rather than a ticket," she says.

Sue also encourages the use of high-visibility vests. "You don't need expensive gear - you can get \$10 vests from Placemakers. They're not beautiful but they might save your life."

Lights are essential for visibility when cycling at night. However, reflective clothing may help approaching drivers estimate cyclist's size and distance more easily and accurately than just a single lamp or reflector. Ankle or pedal reflectors move and attract attention.

Cyclists must remember that reflective clothing supplements, but never replaces, good lights and bike-mounted reflectors.

All cyclists who ride at night should regularly check their lights to make sure they are visible and change the batteries regularly.

For more information see:

www.gw.govt.nz - key word cycling.

* * * *

Riding in the Wet

- Get decent waterproofs - you won't regret it.
- Remember that you and other vehicles will have a longer braking distance.
- Squeeze your brakes gently before stopping to clear water off the rims.
- Get a good waterproof bag, or use plastic bags, to keep things dry.
- Watch out for slippery metal-like grates and covers, especially when turning.
- Painted road markings can sometimes be slippery when wet.
- Beware of puddles - they might be deeper than you think or be hiding other road hazards.

* * * *

Bathtub Test

It doesn't hurt to take a hard look at yourself from time to time, and this should help get you started.

During a visit to the mental asylum, a visitor asked the Director what the criteria was which defined whether or not a patient should be institutionalized.

"Well," said the Director, "we fill up a bathtub, then we offer a teaspoon, a teacup and a bucket to the patient and ask him or her to empty the bathtub"

"Oh, I understand," said the visitor. "A normal person would use the bucket because it's bigger than the spoon or the teacup.

"No." said the Director, "A normal person would pull the plug. Do you want a bed near the window?"

* * * *

The average consumer will spend six months of their life in a supermarket, visiting twice a week and spending at least half an hour each trip.

Caring for Your Feet

The human foot is an amazingly engineered structure that is both flexible and strong. Its design has evolved while functioning on soft irregular surfaces (for example the forest floor). Modern surfaces (which are hard and flat) and extreme stress caused by running or prolonged walking can cause painful conditions to arise.

The following are the most common foot conditions:

Arch and Heel Pain/Plantar Fasciitis

A very common complaint is that of a painful heel and/or arch in the morning, on first standing. This is usually caused by strain to the ligament called the plantar fascia, which is stretched when the arch lowers with each step we take. This condition responds very satisfactorily with treatment that includes stretching exercises, and/or with the provision of orthotic devices.

Knee Pain/Shin Splints

Many people suffer pain along the shin bone or in the knee region while walking or running. Quite frequently these aches are due to biochemical imbalances of the feet and legs. The muscles must overwork in order to try and stabilize an excessive foot motion called subtalar joint hyperpronation. Your podiatrist can examine your mechanics and offer relief from these symptoms.

Achilles Tendonitis

With each step of a pronated (flattened) foot, the achilles is twisted. Multiply this twisting by tens of thousands of steps and Achilles tendonitis can result. This condition can be alleviated by fitting orthotic devices to stabilize your feet.

Ingrown/Fungal Nails

Toenails often begin to grow into the flesh causing infection and pain. A podiatrist can give both short-term and permanent relief with minor surgery. Thickened, yellowing, crumbling nails may be caused by a fungal infection. This may spread from one toe to the next or one family member to another. Depending on the severity, an oral medication can remedy this problem.

Bunions

A bunion is a prominence on the inside of the foot near the big toe. It also causes the drift of the big toe toward the second. The causes of bunions include:

heredity, overuse-type wear and tear, and a flexible low-arched foot type. A podiatrist can slow the bunion development and relieve pain with orthotic devices.

Nueroma/Pinched Nerve

A nueroma is an enlarged nerve that passes between the metatarsal heads at the base of the toes. This may cause pain or numbness in the forefoot or out into the toes. Sufferers often seek relief by removing their shoes and bending the toes. Specially designed orthotic devices to spread the metatarsal bones are largely successful to control this condition.

Warts/Verrucae

Verrucae are caused by a virus that infects the first layer of skin. They cause a disruption in the skin's normal growth pattern. They are painful to walk on and contagious. Relief most often is through surgical removal of the wart.

Corns and Hammertoes

When toes rub against the shoe, the pressure can cause pain and the formation of corns. This problem is first treated through trimming and attention to shoe fit. Surgical correction to the toe deformity that is causing the corn formation is sometimes necessary.

Diabetic Foot Care

Early diagnosis, preventive treatment and patient education are crucial in helping to avoid severe complications of diabetes such as sight loss of digits and limbs to infection. All patients with diabetes should see a Podiatrist at least once a year.

Athletes Foot/Tinea

Athlete's foot is a fungal condition of the skin that can cause redness, cracks, burning and itching. Blisters may form on the skin. It is important that the correct diagnosis be made and treatment started by your Podiatrist.

ACC Treatments by your Podiatrist

It is now possible to directly attend your Podiatrist with accidents and injuries. Talk to your Podiatrist as to if and how ACC may be utilized in your case.

This article was reproduced from a leaflet by Dr Tim Halpine, Doctor of Podiatric Medicine. His contact details are: Telephone 04 473 8696, Fax 04 473 8698 or email: tim.halpine@xtra.co.nz or visit www.activefeetpodiatry.com



Salmon Fillet Wrapped in Prosciutto with Herby Lentils, Spinach and Yoghurt

Ingredients:

250 gms 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
200 gms plain yoghurt, lightly seasoned with salt and pepper

Method:

Preheat the oven to 210°C.

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

Pecan Vanilla Ice Cream with Maple Syrup

2 tablespoons confectioners' sugar
2 handfuls pecan nuts
1 quart good quality vanilla ice cream
Maple syrup

Heat the oven to 180°C.
Mix the icing sugar with the pecans on a baking tray and sprinkle with a little water to make a thick-ish paste. Bake in the oven for a few minutes or until toasted and caramelized. Scoop out the ice cream into 4 glasses or bowls and sprinkle over the whole pecans then drizzle with a good glug of maple syrup.

Yield: 4 servings
Prep Time: 3 minutes

Cook Time: 4 minutes

Tragedy

President Bush was visiting a primary school and he visited one of the classes. They were in the middle of a discussion related to words and their meanings.

The teacher asked the President if he would like to lead the discussion on the word "tragedy." So the illustrious leader asked the class for an example of a tragedy.

One little boy stood up and offered: "If my best friend, who lives on a farm, is playing in the field and a tractor runs over him and kills him, that would be a tragedy."

"No," said Bush, "that would be an accident."

A little girl raised her hand. "If a school bus carrying 50 children drove over a cliff killing everyone inside, that would be a tragedy."

"I'm afraid not," explained the President. "That's what we would call a great loss."

The room went silent. No other children volunteered. Bush searched the room, "Isn't there someone here who can give me an example of a tragedy?"

Finally, at the back of the room, a small boy raised his hand. In a quiet voice he said, "If Air Force One carrying you and Mrs. Bush was struck by a 'friendly fire' missile and blown to smithereens, that would be a tragedy."

"FANTASTIC!" exclaimed Bush. "That's right. And can you tell me why that would be a tragedy?"

"Well," said the boy, "it has to be a tragedy because it certainly wouldn't be a great loss and it probably wouldn't be an accident either."

* * * *

ROSES & HANGING BASKETS

A teenage granddaughter comes downstairs for her date with this see-through blouse on and no bra.

Her grandmother threw a fit, telling her not to dare go out like that! The teenager tells her "Loosen up Grams. These are modern times. You gotta let your rose buds show!" and out she goes.

The next day the teenager comes down stairs, and the grandmother is sitting there with no top on.

The teenager wants to die. She explains to her grandmother that she has friends coming over and that it is just not appropriate. The grandmother says, "Loosen up, Sweetie. If you can show off your rose buds, then I can display my hanging baskets."

* * * *

"I feel sorry for people who don't drink. When they wake up in the morning, that's as good as they're going to feel all day." - Frank Sinatra

Running in Wellington

Wellington, its weather, you either love it or hate it but haven't we had a cold wet winter so far this year. Still, there are some great places to run around Wellington, and the scenery from some of the hills (after you have managed to run to the top), is absolutely breathtaking. In Wellington we usually get our best weather in the winter, with very little wind and cool, clear days.

Great scenery running is around the Miramar Peninsula, what most runners call "running around the bays". The Olympic Harrier Club runs its half marathon in January around the peninsula. As well as being a good race, if the weather is good and no strong winds, very varied scenery is abundant with all the little bays around the peninsula.

Other very interesting runs I have done is bush running from Cornish Street in Petone to the dam and up over the Korokoros and back to Lower Hutt - great running on the bush tracks. Also up the fire breaks over the hills from Lower Hutt to Wainuiomata - good hard running. I always enjoy the run around Titahi Bay Peninsula, about 8 to 9kms. Great running around the little inlets and up over the hills to the radio masts. Terrific views from different places.

I live in Johnsonville, so most of my running is from home, which is just under Mt Kaukau. Known as the training ground of the "mountain king" Barry Prosser. It is a tough climb to the top of Mt Kaukau. I run from Johnsonville, up through the park, through the bush to the ridge, turn left and along the ridge to Kaukau. Most people run from the Khandallah Reserve, which I think is steeper, but more running in the bush, but once on the top, what a great panorama. The views are breathtaking.

There are a lot of good places to run from my place. Running from Johnsonville up over the ridge and down the Ohariu Valley, using the Old Coach Road, which is still a public road, but you are running across farm lands. Standing on the ridge with Johnsonville behind you, there is a very good view of Cook Strait, the South Island, Makara and Ohariu Valley.

I also run north to Tawa and Porirua, and to the south Ngaio and Wadestown. For a change you can also run up to Newlands. Plenty of hills which are good for strength, and for speed I run to Tawa or Linden and back. Running from Glenside to Johnsonville is a good tough hill and when you reach the top, you know you have had a run.

A lot of interesting places to run to and a lot of great scenery once up on the tops of the hills or ridges.

So, if anyone outside of Wellington stays in the capital there is a wide variety of places to run to and from.

Brian Watson



The view one gets from Mt Kaukau looking down onto the Westpac Stadium

Health - General

Running Away from Injury

There are many different causes of running injuries. Usually we wait until we get an injury before we do anything about the causes. But it is often better to be proactive and run away from injury before it starts.

Training

By far the most common cause of injury is from overtraining and training errors. Overtraining can occur because of excessive volume, intensity or frequency. The most frequent time injuries occur is about five to six weeks after increasing your training program. The body can handle the extra workload for a few weeks before it breaks down. Any changes to your regular program can also increase injury risk. Changing the surface you run on, or the amount of hillwork or even cross-training may lead to injury as your body is stressed in a way it is not used to. All of the physical activities you engage in must be considered with respect to their effect on your training stress levels. The best way to avoid training errors is to make a plan, get advice from a coach and follow a program.

Recovery

It is while recovering that gains in performance are achieved. If there is inadequate recovery then you will not get any fitter and you will increase your injury risk. By scheduling regular easy weeks the body is allowed to adapt and grow stronger. It will also help you to stay fresh and excited about your training.

Footwear

Footwear can be a direct or contributing cause of injury. Most footwear related injuries are because of wearing shoes that have worn out. While the shoes may look fine the support that is needed for injury protection has gone.

A simple shoe test can help identify if your shoes are dead. It is the cushioning in the forefoot that usually goes first. Resistance is cushioning so if there is no resistance in the midsole at the forefoot then there is probably no cushioning. Just grab the heel and toe of your shoes and try to bend them back the opposite way it normally bends when running. If it is easy to do then your shoes are dead. It usually occurs before outsole wear but you should still look out for uneven wear on the outsole. This uneven wear can cause a wedging effect that can put excessive pressure on your feet.

Shoes that are inappropriate for you individual needs can also be a direct cause of injury. The best way to avoid footwear related injuries is to check your shoes regularly and seek expert advice.

Running Form

Poor running form is far more significant to injury risk than performance. It is not always the obvious form faults that have the greatest risk. You do not need to worry about a shuffling gait as this often has a much reduced injury risk in comparison to the beautiful bounding gait that everyone admires in many fast runners. Look out for excessive noise from slapping or pounding. This can be caused by overstriding or from having a poor feel for the ground. The more you run the better and more efficient your running style will become as it adapts to the increasing stress. Speedwork and faster running will also have a positive affect on your running style. In some people, interventions are required to fix form faults that lead to injury.

If you are becoming injured regularly with no identifiable reason it might be worth having your running style checked out by a running podiatrist or coach.

Strength

Runners often lack strength, balance and coordination. Because their training is limited to putting one foot in front of the other in a consistent pattern they will grow weak outside of that limited range of motion. Besides routine strengthening exercises you can develop more specific strength by running speedwork, cross-country or off road on a weekly basis. This forces you to adapt to a variety of movements. Wearing two different types of shoes on alternating days also gives you an extra level of protection. Running drills can help develop this strength while also having a positive affect on your running form.

Structure

In some cases the structure of your feet and legs are inadequate to allow you to run long distances without injury. There are many different types of structural problems and they are not always significant for every runner. Again a running podiatrist can help identify the significance of any structural issues you have and their contribution to injury.

Nutrition

One of the main reasons why people run is because they can then eat anything they want without gaining weight. But a body under physical stress requires good fuel to drive the engine. While you can cope with more snacks than an inactive person you also need to make sure that you have adequate calories, vitamins and minerals to recover. Good nutrition helps you heal from the destruction that occurs when training and racing. Good nutrition also means eating at the right time as well as eating the right things. If you think your diet may be inadequate or you feel totally drained when training it might be worth a visit to a sports dietitian.

LIVE LONG AND PROSPER, ME OLD MATE

Increasing your life expectancy: that's what friends are for

It's been known for a while that our relations with others can affect longevity – married men, for instance, live longer than unmarried ones on average. But a new study suggests that it's not just close family that counts.

Monitoring 1477 people over the age of 70 for ten years, Australian scientists found that those with the strongest network of friends tended to live longest, whereas contact with relatives didn't make that much difference.

The team suggests that friends might affect health behaviours such as smoking and drinking, as well as boosting mood and self-esteem, which can have a positive psychological effect in the same way stress, can have a negative one.

22nd JOHNSONVILLE 8km ROAD RACE & 6.4km RACE WALK

Sunday 23rd July 2006

A beautiful fine day with a light breeze greeted the entrants for the running of this event. The numbers were up on the past couple of years with 30 runners and 6 walkers taking part. The fastest male runner was Peter Wrigley (32:22) and the fastest women Sue Marfell (36:34). In the walk the fastest male was Peter Baillie (37:12) and fastest female Gretchen Lash (50:29). Thanks to all the officials and marshals and to Kathryn Fraser for once again taking all the entries and compiling the results.

Ellis Goodyear set an age-group record in the M75 and was the winner of the Mariette Hewitson Memorial Baton.

<u>Grade</u>	<u>Name</u>	<u>Time</u>	<u>Grade Pl.</u>
Men:			
35-39	Miles Coverdale	41:20	1
40-44	Juan McDonald	33:17	1
	Rob McCrudden	33:27	2
	Kevin Burney	34:35	3
	Steve Tait	34:43	4
	Glen Wallis	36:03	5
45-49	Peter Wrigley	32:22	1
50-54	Mike Rodden	36:23	1
55-59	Maurice Piper	34:13	1
	Paul Rodway	40:05	2
	Albert van Veen	42:04	3
	John Palmer	42:28	4
60-64	Ken Ritchie	40:38	1
65-69	Ray Wallis	40:35	1
	John Hammond	42:55	2
	Brian Watson	43:00	3
	Peter Hanson	44:42	4
70-74	John Barrington	38:22	1
	Roy Rogers	50:09	2
	Brian Read	1:02:26	3
75-79	Ellis Goodyear	40:42	1
	Peter Thomas	47:02	2
Women:			
35-39	Rose Ohlsson	50:01	1
45-49	Sue Marfell	36:34	1
	Sheryne Beeby	40:55	2
	Brenda Burke	42:42	3
	Tineke Hooft	46:47	4
	Loretta Desourdy	44:27	1
50-54	Maryanne Palmer	45:56	2
60-64	Meryl McKay	43:47	1
65-69	Diane Rogers	42:12	1

Walkers: Men:

55-59	Peter Baillie	37:12	1
70-74	John Hines	43:38	1

Women:

55-59	Margaret Bray	52:11	1
60-64	Dorothy Nisbet	53:35	1
65-69	Gretchen Lash	50:29	1

Colleen Singleton withdrew after 2 laps with a minor injury

Teams:

1	Olympic
2	Scottish
3	Trentham

WELLINGTON CROSS COUNTRY CHAMPIONSHIPS

Waikanae Park, Saturday 15th July 2006

While the weather in Wellington was wet, cold and miserable, the weather at Waikanae was fine with the course reasonably firm with the odd muddy patches. This probably had some bearing on why the fields were lighter in numbers this year. Wellington Masters members who competed were:

<u>Place</u>	<u>Name</u>	<u>Club</u>	<u>Time</u>
Men 40 8km			
5	Vaughan New	Valleys	31.00
19	Peter Wrigley	Scottish	33.20
22	Gordon Clarke	WHAC	33.55
24	Des Young	Scottish	34.13
36	Paul Homan	Trentham	36.05
44	Bruce Lake	Scottish	37.05
46	Neil Price	WHAC	37.17
79	Tony Freil	Kapiti	46.29
Men 50			
23	Dave Colquhoun	Scottish	34.00
26	Richard Brent	Scottish	34.28
41	John Skinnon	Scottish	36.41
45	Maurice Piper	Kapiti	37.09
55	Rupert Watson	Scottish	39.01
57	Richard Sweetman	Scottish	39.28
64	Phil Valentine	Scottish	41.39
78	Paul Rodway	Scottish	44.47
80	Colin MacLachan	Scottish	46.49
81	Brian Watson	Olympic	48.50
82	Peter Hanson	Olympic	50.48

Women 35: 6km

<u>Place</u>	<u>Name</u>	<u>Club</u>	<u>Time</u>
1	Michele Allison	Scottish	26.30
3	Robyn Stansfield	Scottish	28.50
5	Helen Willis	Scottish	29.26
14	Loretta Desourdy	Scottish	34.51
15	Diane Rogers	Trentham	35.12
17	Brenda Burke	Scottish	38.26

Some Truths about Running

The more expensive your running shoes, the sooner your dog will chew them up.

The further you plan to run in the morning, the more times you will be awakened in the middle of the night by wrong numbers.

Regardless of how bad you feel at the beginning of your run, you will feel even worse when it's over.

When you can no longer run to the top of a 3% grade, you may be already over the hill.

If you still have sex on your mind during a hard training run, you aren't putting enough effort into your training!

World Masters Track & Field Championships

Riccione, Italy 4 – 15 September 2007

Hotels – Facilities – Room types – Costs

All packages are per person and include bed & breakfast for 14 nights and 13 dinners, no dinner the party night. Based on 2006 fares. Shorter stay rates available. Prices do not include airport taxes are subject to currency variations and will be adjusted when 2007 fares are confirmed. Transfers from airports to Riccione extra.

Packages are ex Auckland flying Thai Air, Qantas through the UK also available.

If the UK, Italian or Austrian Champs are in late August a short tour may be on. Austrian Air also available. Cheques accepted, Credit cards add 2% for bank charges.

If the British Championships are in late August a short UK tour may be included.

Hotel Atilius - We have the entire hotel booked 51 rooms as below.

Dolphin Rooms. Sea views. Airfares & 14 nights Dinner/Bed/Breakfast **\$4530**

Choice of Double, One double & one single or 3 single beds. Single room plus **\$425.00.**

Starfish Rooms. Same as Dolphin, city view. Airfares + 14 nights D/B/B **\$4280**

All rooms have en suite bathroom, Sky TV, fridge, telephone, safe & hairdryer, use of Blue Line Gym and bicycles.

Hotel Novecento - Superior One & two bedroom apartments with lounge, fridge, Pool, sauna, gym, Sky TV, aircon, balcony Airfares & 14 nights D/B/B **\$5190 pp.**

The Antibes & the Nautilus Hotel offers similar facilities and service. We used the Antibes Hotel for the World Masters Swimming Champs and it was excellent, The Antibes is the only one with a pool. Airfares & 14 nights D/B/B **\$4530.**



Hotel Antibes



Hotel Nautilus



Hotel Atilius

The Hotels are located in a central and quiet position just 100 metres from the sea and 50 metres from the Viale Ceccarini (main street), ideal for shopping and walking. These hotels are fully air conditioned and renovated. The athletic track is less than 1km away and within easy walking distance.

A number of bicycles are at guest's disposal. The restaurants offer a delicious vegetable buffet a selection of traditional regional specialities, as well as renowned Italian and international meat and fish dishes prepared by their excellent chefs. Buffet breakfasts. Day trips arranged to Venice & San Marino

AFTER CHAMPS TOUR ITALY & TURKEY - 15th September – 2nd October 2007

Includes Coach Riccione to Ancona, Ferry Italy to Turkey. Fifteen day Turkey tour. The breathtaking beauty, unique historical sights and famed Turkish hospitality plus a stop at Gallipoli are just part of this exciting tour.

Daily breakfasts and 12 dinners are included. Escorted by Roy & Colleen plus English speaking guide in Turkey.

Saturday 15 September - 6:00pm depart Riccione by coach for Ancona. Check in 7:30pm for 10:30pm departure on the ferry to Cesme, Turkey. Sailing south through the Aegean Sea & Greek Islands. Choice of cabins.

Sunday 16 & 17 September - Breakfast included on board. 36 hours sailing to enjoy. We cruise the Aegean, around the southern tip of Greece and through the Greek Islands.

Tuesday 18 September - Arrive in Cesme at 7:00am. Meet our Tour Leader. Transfer to hotel in Kusadasi. Dinner and overnight in Kusadasi 3* Hotel.

Wednesday 19 September - After an early breakfast, we drive for less than an hour to the world-famous ancient Roman site of Ephesus, one of the largest and best-preserved ancient cities in the world. You can walk on the remarkably intact wide marble street lined by columns and envision ancient Hellenistic and Roman empires, see the theatre, walk through temples, visit the baths, and more. The Ephesus Museum and the house of the Virgin Mary, where it is believed Mary spent her last days. Overnight Kusadasi. **Meals included: Breakfast, Dinner.**

Thursday 20th September - Depart for Priene, the first planned city of the ancient world. Visit the theatre, the Temple of Athena, the prytaneion, the agora, and the Altar of Zeus and Cybele. Proceed to Miletus, one of the principal Ionian cities and home of Thales. Visit the theater, the Byzantine Fortress, the delphinium, the nymphaeum, the bouleterion, the Faustian Baths. Then, continue to Didyma and visit the Temple of Apollo. Arrival and overnight in Bodrum. **Meals included: Breakfast, Dinner.**

Friday 21 September - After breakfast, visit Bodrum Castle, central tour, Museum of the Underwater Archeology, Mausoleum of the King Mausolos then drive to Marmaris O/N in Marmaris. **Meals included: Breakfast, Dinner.**

Continued on next page

Saturday 22 September - After breakfast optional Boat Trip, Rafting or ferry to the Greek Island of Rhodes. O/N in Marmaris. **Meals included: Breakfast, Dinner.**

Sunday 23 September - After breakfast depart from hotel and visit a nature and wildlife preserve. Go by coach to Caunos then transfer to a small boat to visit the mud baths and beach. High on the cliff above Caunos you can see the unique and magnificently carved lycian tombs, Dalyan Delta is a natural conservation area and the home of the sea turtle and blue crabs. The area between the reed beds is a maze of waterways. Enjoy a day of peace and solitude. Two nights in Fethiye. **Meals included: Breakfast, Dinner.**

Monday 24 September - Today we visit Saklikent Gorge, the longest and deepest canyon in Turkey. Walk through icy water and battle numerous small waterfalls set in sculpted limestone canyon walls. Then we will visit the Rock Tombs and will have a swim break in Oludeniz. O/N in Fethiye. **Meals included: Breakfast, Dinner.**

Tuesday 25 September - Start the day with a panoramic view following the Mediterranean coast. This is a chill out day. We will visit ancient Myra, which is the hometown of St. Nicholas (Father Christmas). Phaselis is our next stop, a beautiful ancient harbour city where you also have the chance to take a dip in the sea. O/N Antalya. **Meals included: Breakfast, Dinner.**

Wednesday 26 September - A tour of the ancient ruins of Perge will impress you with the Seleucid walls, which have survived remarkably well over time. Close by we also tour Aspendos, which is known for its theatre. One of the best preserved theatres of Asia Minor, this impressive theatre is still used today. Its galleries, stage decorations and acoustics all testify to the architect's success. Overnight in Pamukkale. **Meals included: Breakfast, Dinner.**

Thursday 27 September - Take a dip in the hot springs of the magnificent white calcium formations of Pamukkale, followed by a visit to the ancient city of Hierapolis. Overnight in Pamukkale. **Meals included: Breakfast, Dinner.**

Friday 28 September - Step back in time today as we visit Troy and its famed Trojan Horse, followed by a tour of the magnificent acropolis of Pergamum. Its impressive temples, library and medical facilities made it a renowned cultural and political centre in its time. O/N in Guzelyali. **Meals included: Breakfast.**

Saturday 29 September - **Today** we visit the WWI Battlefields of Gallipoli including Lone Pine and Chunuk Bair Memorials, ANZAC Cove, the Nek, Johnston's Jolly and the Kaba Tepe Gallipoli Museum. 3 nights in Istanbul. **Meals included: Breakfast.**

Sunday 30 September - Free day in Istanbul the exotic city where East meets the West. Explore the former capital of the Roman Byzantium and Ottoman Empires. **Meals included: Breakfast.**

Monday 1 October - Tour of the City. **Meals included: Breakfast, Farewell dinner.**

Tuesday 2nd October - Our flight home departs at 12:30 or you may extend your travels. **Meals included: Breakfast.**

ESTIMATED COST NZ\$2895.00



Entry fees to sites, approx \$180.00 not included

Do not miss this one!

PAYMENTS:

Deposit Riccione - A\$200 28 February, \$500, balance 31 May.

Turkey tour - Deposit A\$300, 31 August \$500, balance 31 May.

Contact Roy Skuse Email roy@netfares.co.nz

ONLINE SPORTS TOURS

Our address is:

**PO Box 57
Gisborne. 3801
New Zealand
Telephone +64-6-8687700
Fax +64-6-8678366**

www.onlinesportstours.co.nz

We support Master Athletics

COMING EVENTS

2006

Aug

19	Wellington Centre Road Champs	Trentham
20	Manawatu Half Marathon + 5km & 10km Woodbourne Half Marathon	Palmerston Nth Blenheim
26	Hawkes Bay Marathon	Hastings

Sept

3	Scorching Duathlon	Scorching Bay
9	Marton to Wanganui Relay - 69km	Start Marton
17	Pelorous Trust Half Marathon + 5km & 10km	Petone
23	Berlin Marathon	Berlin
28 - 7 Oct	Round Rarotonga Road Race & Week of Running	Rarotonga

Oct

1	Scorching Duathlon Levin Half Marathon & 10km	Scorching Bay Levin
7	National Road Relay Dun Run - 25km Mountain Run	Fielding Nelson
8	Hamilton Half Marathon Melbourne Marathon	Hamilton Melbourne
15	Masterton Full & Half Marathon	Masterton
29	Auckland Full & Half Marathon	Auckland

Nov

5	Lower Hutt 10km Road Race & Walk	Huia Pool
12	Napier Half Marathon	Napier
18	Rimutaka Incline Run & Walk	Kaitoke
25	Kaikoura Crayfish Trail - 25km Off-road	Kaikoura

Dec

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

2007

April 22	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 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

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