

# THE

# MASTER

# COPY

Newsletter of the Wellington Masters Athletics Inc.

Volume 5 Issue 4

December 2006



# **WELLINGTON MASTERS ATHLETICS INC.**

## **COMMITTEE MEMBERS 2006-07**

PATRON:	Arthur & Heather May	24 Motuhara Road, Plimmerton, Porirua	233 9412
PRESIDENT:	Kathryn Fraser	49 Dress Circle, Newlands, Wellington 6037	477 4914
IP PRESIDENT:	John Palmer	122 Onslow Road, Khandallah, Wellington 6035	479 2130
VICE PRESIDENT:	Brian Watson	58 Bannister Avenue, Johnsonville, Wellington	478 6232
SECRETARY:	Veronica Gould	95A Ellice Street, Mt Victoria, Wellington	973 6741
TREASURER:	Dick Harris	11 Whitu Street, Khandallah, Wellington 6035	971 5993
COMMITTEE:	Peter Wrigley	42 Judd Crescent, Naenae, Lower Hutt	973 6637
	John Hammond	148 Wellington Road, Paekakariki, Kapiti 5034	04 292 8030
	Michael Browne	85 Owen Street, Newtown, Wellington	973 7404
	Laurence Voight	17 Tarras Grove, Kelson, Lower Hutt	565 0718
SUBSCRIPTIONS:	Veronica Gould	95A Ellice Street, Mt Victoria, Wellington	973 6741
EDITOR:	John Palmer	122 Onslow Road, Khandallah, Wellington 6035	479 2130
MASTERS RECORDS:	Michael Clark	12B City View Grove, Lower Hutt	566 8755

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## **CLUB CO-ORDINATORS**

CAPITAL RUNNERS:	Ray Marten	68 Donald Street, Karori, Wellington	476 8292
H V HARRIERS:	Ian Blyth	3 Chilton Grove, Lower Hutt	934 9350
H V MARATHON:	Trevor Knowles	105 Major Drive, Lower Hutt	565 0294
KAPITI:	John Hammond	148 Wellington Road, Paekakariki, Kapiti 5034	04 292 8030
KIWI:			
OLYMPIC:	Brian Watson	58 Bannister Avenue, Johnsonville, Wellington	478 6232
RIMUTAKA:	Mike Clark	12B City View Grove, Lower Hutt	566 8755
TRENTHAM UNITED:	Diane Rogers	42 Elmslie Road, Pinehaven, Upper Hutt	528 2316
SCOTTISH:	John Hines	Flat 88, Central Park Flats, 20 Nairn St, Wellington	384 3231
UNIVERSITY:	Colin Sasse	42 Naenae Road, Naenae, Lower Hutt	567 9516
VALLEYS UNITED:	Don Brodie	30 Sunshine Crescent, Kelson, Lower Hutt	565 0705
WAIRARAPA:	John Eccles	30 Cole Street, Masterton	06 377 3479
WGTN HARRIERS:	Neil Price	11 Hurman Street, Karori, Wellington	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	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

## PRESIDENT'S REPORT

### **Wellington Masters Athletics Inc. 2005-2006**

It gives me great pleasure in presenting this report for the Wellington Masters Athletics covering the period 1 September 2005 through to 31 August 2006. I have tried to give an overall view of the year by covering certain aspects of the past 12 months as follows:

#### **Membership:**

Our membership has been maintained at a level comparable with previous years ending with 130 members for the year – slightly down on the numbers for last year. This figure was reached early in the year and has remained static since then without any further members joining. This year we had 22 new members join but unfortunately a large number of members from previous years did not keep their membership current for this year. Thanks to Veronica Gould for her role as Subscription Secretary. She efficiently maintains an up-to-date database of all our members, which in turn ensures members receive their Vetline and masters newsletter. However, we must not be complacent in regard to membership and should always be on the lookout for opportunities to recruit new members.

#### **Masters Events:**

##### Lower Hutt 10km – Sunday 6th November 2005

Peter Wrigley was again race director for this event and for this I offer my thanks for his continuing support in this important role. The field was slightly down on the previous year with 22 runners and 13 walkers taking part. We trialed a new start for the race this year with competitors starting from outside Sacred Heart College and eventually joining up with the old course by the railway line. The change to the start was to enable us to be closer to the facilities at Huia Pool and also a safety factor with fewer roads to cross. Most comments were in favour of the new start. Again this event incorporated the Wellington Masters Championships and certificates were sent out to the winners and place getters in each 5-year-age group. Peter has again offered to be Race Director for this year's event, set down for Sunday 5<sup>th</sup> November.

##### North Island Masters Track and Field Championships – Friday 2nd to Sunday 4th December 2005:

The Wellington Masters were the host of this year's track and field championships held at Newtown Park. With the delays with the June Vetline being distributed which contained the entry form, things were looking pretty grim near the closing date for entries. We were still well short of the numbers required that we felt were necessary for the Championships to proceed. With the closing past, the LOC decided that we had received enough entries for the championships to proceed. The final number of entries we received was 110.

The weather over these championships was generally fine, but on most days there was a strong wind which the competitors had to contend with. On the Sunday morning the weather was at its worst when some light rain fell for part of the morning. Even with the windy conditions, there was still some close fought competition and a number of Best Performances were set. From the results posted over the weekend there were 31 Best Performances, of these, five were recognised as New Zealand records.

Even though there were a number of competitors who had registered and didn't show up for the championships, and some of the fields were small in number, the competition over the weekend was fiercely contested. It was disappointing at the Stadium where the 10km Run and Walk was held, we only had nine competitors start in the race walk and six in the run.

I would like to thank the other members of the LOC, Kathryn Fraser, Laurence Voight and Veronica Gould for the many hours they put in to ensure that the championships ran as successfully as they did. Also to all the Wellington officials who again gave up their time to officiate and assist over the weekend. I would also like to specially thank those officials who actually competed and officiated at the same time.

Finally, we have received some good feed back from other Centres when the results were sent out of a well organised and well run North Island Masters Track and Field Championships.

##### Wellington Masters Track and Field Championships - Sunday 5th and 12th February 2006:

Over the two day's of competition there were 10 Wellington Records and one World Record set. Bernie Portenski failed to break the world W55-59 record for the 10,000m but did set a new national W55-59 mark and the world single year age record of a time of 38:40.2. The strong northerly wind down the back straight put paid to the world record being set – still a fantastic effort under the circumstances. On the first day of competition Peter Baillie walked his way into the Athletics Wellington record book in the M55 3000m Walk in a time of 15:25.99.

Also on the second day of competition, evergreen Michael Browne set a Wellington record in the M75 800m in a time of 3:23.1 and Peter Baillie a Wellington record in the M55 1500m Walk of 7:24.7. Congratulations to all the other athletes who set records over the two weekends of competition.

I would also like to thanks all the officials and helpers who gave up their weekends to help make the Championships a success.

After completion of the competition on the second day the Wellington Masters Sportsperson of the Year trophy was presented to Bill Nicholson.

##### NZ Masters Track & Field Championships – Friday 3rd to Monday 6th March 2006 at Wanganui:

Athletes faced blustery conditions over this weekend but there were still some great performances from Wellington Masters taking part. Anne Hare broke New Zealand Masters Championship records over 800m and 1500m in the W40 age group. Anne ran 4:46 on Saturday to beat Bernie Portenski's record of 4:49 set in 1994. On Sunday Anne ran 2:20 to beat the previous record set in 1991 of 2:23.

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Masters Classic Relay - Sunday 14th May 2006:

This year the event attracted only 12 teams - 9 running and 3 walking teams. The conditions were not the best with bands of rain sweeping in, adding to the slippery muddy conditions underfoot. Scottish took out the Open Men, Women and the Walk; Olympic the 250+; and Kapiti, once again took out the mixed grade. There were no entrants in the 300+ grade.

Johnsonville Road Race and Walk – Sunday 23<sup>rd</sup> July 2006:

A beautiful fine day with a light breeze greeted the competitors in this year's event. The numbers were up on the past couple of years with 30 runners and 6 walkers taking part. Thanks to everyone that acted as officials and marshals and thanks must go again to Brian Watson for organising this event – something he has been doing since its inception in 1985.

**Newsletter (The Master Copy):**

The newsletter continues to be published on a regular basis. I am most grateful to the continuing support of Printlink in Petone who print our newsletter at no cost to Wellington Masters. This is a big saving in costs over the year and I would ask members to please support Printlink should they require any printing requirements.

Wherever possible I have handed out copies of the newsletter at different events where Masters have been competing in an attempt to cut down the cost of postage as well.

**Financial:**

Our finances (as presented in the statement of accounts) show that our financial situation is in a reasonably healthy state though we did make a loss on some of the events that we ran over the year. Thanks to Dick Harris for the sturdy work in his role as Treasurer. His astute financial head ensures that our term deposits are always re-invested at the best interest rate available.

**Committee:**

I would like to take this opportunity to thank all the committee members for their input and support during the year. Each member has contributed in some way to assure the success of Wellington Masters. I would like to thank Jim Blair for all the effort and time that he spent at meetings trying to get a resolution to the on-going saga of the 35 versus 40 starting age for Masters. His efforts finally paid off and we have now come to a resolution with the Cross Country and Road Committee. I would also like to thank the committee members for the times that they have assisted as timekeepers, marshals, recorders and "general dog's bodies" at the various events that we put on. All members of this year's committee have again put their nomination forward for the upcoming year and I am truly grateful for that. The only person standing down from office is yours truly, who felt that after three years it was time that someone else took over the reins of Wellington Masters. I will still be on the committee in the role as Immediate Past President and will continue to be the Editor of the Master Copy.

**General:**

During the year a number of our members suffered ill health and spent some time in hospital or at home recuperating. Mick Rice and Vic Marks are two that spring to mind – Mick had a back problem which laid him low for a while and recently suffered a minor stroke, while Vic has been having ongoing problems with infections and his knee. To anyone else that may have lost a family member or have suffered health problems and the committee missed hearing about, our thoughts and best wishes are with you as well.

I would like to thank Kathryn Fraser, who received all the entry forms for all our events we ran, entered them all into the laptop, and then after each event had finished, produced a set of results, quickly and efficiently, so that we could have the prize giving. Kathryn also enters all the entries and produces all the results at all the major Wellington meetings at Newtown Park. Thank you Kathryn for all the tremendous work you continue to do for Masters and the Wellington Centre.

**Bereavements:**

It was with sadness that we record the passing of Wellington Masters and Kapiti Harriers stalwart, Don Melrose. Don passed away on 27<sup>th</sup> April at Mary Potter Hospice after a short battle with cancer. The funeral was attended by many members of Wellington Masters, Kapiti Harriers and the Wellington Centre. This showed what high regard Don was held in by his colleagues. Jim and Colleena Blair both gave a tribute to Don at the funeral service. As well as being top athlete in his running days, Don was also an accomplished official.

We also record the passing of Vic Marks who died peacefully on the morning of Monday 11<sup>th</sup> September. Vic had been in failing health for some time, but in typical style had been assuring everyone that he was "coming right".

Vic was a long serving Track & Field Official and stalwart of the Kiwi Athletic Club.

**Conclusion:**

Finally, I would like to thank all those Members who have supported the Centre throughout the year, whether as an entrant in one of our events, acting as a marshal, timekeeper, recorder, or in some other capacity. Without your continuing support the Centre wouldn't function as well as it does.

*John Palmer*

President, Wellington Masters Athletics

# **WELLINGTON MASTERS ATHLETICS INC.**

## **Statement of Receipts and Payments for the period ending 31 August 2006**

<b><u>2005</u></b>	<b><u>RECEIPTS</u></b>	<b><u>2006</u></b>
1,803.94	Balance of Current Account 31 August 2005	2,285.64
21,383.86	Total of Term Deposits 31 August 2005	20,953.54
<hr/>		<hr/>
23,187.80		23,239.18
3,935.00	Subscriptions Received	4,275.00
39.47	Interest on Current Account	33.74
1,592.21	Interest on Term Deposits	1,323.59
-	North Island Championship Entry Fees	2,727.00
2,235.00	Race Fees	1,187.00
36.00	Uniforms Sold	-
250.00	Track and Field Entry Fees	625.00
-	Grant from the 4th Games Trust	-
8,087.68		10,486.33
<hr/>		<hr/>
31,275.48		33,725.51
	<b><u>PAYMENTS</u></b>	
4,020.00	Subscriptions to NZMA	3,875.00
1,886.31	Race Expenses	1,145.84
525.87	Telephone, Postage and Newsletter expenses	774.39
-	North Island Championship Levy to NZMA	550.00
505.12	North Island Championship Expenses	2,421.76
-	Athletic Gear Purchased	2,466.25
-	Donation to NZMA	1,000.00
-	Track & Field Levy to Wellington Centre	200.00
1,099.00	Purchase of Computer	-
<hr/>		<hr/>
8,036.30		12,433.24
23,239.18	<b>TOTAL FUNDS AT 31st August 2006</b>	<b>21,292.27</b>
	Represented by:-	
2,285.64	National Bank Current Account	1,061.21
10,000.00	National Bank Term Deposit due 05/10/06	10,000.00
10,953.54	National Bank Term Deposit due 12/02/07	10,231.06
<hr/>		<hr/>
23,239.18		21,292.27

### **Statement of Accounting Policies**

The above statement is prepared on the basis of Receipts and Payments through the Associations banking accounts. No provision is made for accruals of any amounts due at the end of the period. As the Association is not GST registered the amounts in the Statement include GST.

### **Audit Report**

To the readers of the financial report of the Wellington Masters Athletics Inc. I have audited the financial report. The financial report provides information about the financial performance of the association and its financial position as at 31<sup>st</sup> August 2006.

### **Committee's Responsibilities**

The Committee is responsible for the preparation of a financial report which fairly reflects the financial position of the association as at 31<sup>st</sup> August 2005 and of the results of the operations for the period ended 31<sup>st</sup> August 2006.

### **Auditor's Responsibilities**

It is my responsibility to express an independent opinion on the financial report presented by the committee and report my opinion to you.

### **Basis of Opinion**

An audit includes examining, on a test basis, evidence relevant to the amounts and disclosures in the financial report. It also includes assessing:

- the significant estimates and judgments made by the committee in the preparation of the financial report, and
- whether accounting policies are appropriate to the association's circumstances, consistently applied and adequately disclosed.

I conducted my audit in accordance with generally accepted auditing standards in New Zealand except that my work was limited as explained below. I planned and performed my audit so as to obtain all the information and explanations which I considered necessary. I obtained sufficient evidence to give reasonable assurance that the financial report is free from material misstatements, either caused by fraud or error. In forming my opinion I also evaluated the overall adequacy of information in the financial report.

### **Qualified Opinion**

Control over the revenues prior to being recorded is limited, and there are no practical audit procedures to determine the effect of this limited control. In this respect alone I have not obtained all the information and explanations that I have required as per all organisations of a similar nature.

In my opinion the financial report fairly reflects the financial position of the organisation as at 31<sup>st</sup> August 2006.

My audit report was completed on 16/09/2006 and my qualified opinion is expressed at that date.

G. H. Gould, BCA CA

# BITS and PIECES

## Membership

Our membership for the new financial year now stands at 66 members. Welcome to new members Michelle Ward (Maidstone); Michael Chadwick (WMA); Anna Jones (WMA); Bernard Whaanga (WMA); Ralph Tonks (Capital) and Amelia de Lorenzo (Scottish).

\* \* \* \* \*

## Athletics NZ Media Releases

**29 July 2006**

### **Leon Blanchet - President of Athletics New Zealand**

Leon Blanchet of Canterbury was elected president of Athletics New Zealand at the annual general meeting in Wellington yesterday.

Blanchet was a track umpire at the 1990 Auckland Commonwealth Games, a technical official at the 2000 Sydney Olympic Games and was on the jury of appeal at the Melbourne Commonwealth Games earlier this year. He takes over from retiring President Colin MacLachlan of Wellington.

Mhyre Oman of Waikato was elected vice-president. Les Mills, who has competed at four Olympic and four Commonwealth Games was made patron of the association. Gary Clareburt and Alan McCauley of Wellington along with Annette Purvis of Canterbury were elected to the board of directors. An additional position on the board will be sought by postal ballot.

John Bowden of Auckland and Ken Simpson of Canterbury were returned as track and field selectors along with a new member to the selection panel Graham O'Brien of Auckland. Blanchet and Fred Holmes of Wanganui were elected to the national technical committee.

Merit awards were presented to Pat Boland and Arthur Grayburn of Canterbury, George McConachy of Palmerston North and Auckland's Murray McKinnon.

Chairman of the board Stephen Underwood said that the association is dependent on Sparc for funding especially for high performance, leading to winning medals as well as increasing participation at all levels.

**15 August**

### **Athletics New Zealand gets behind SPARC high performance strategy**

Athletics New Zealand has declared its support for SPARC's high performance strategy.

"Athletics has a strong heritage in New Zealand and is delighted that it has been classified as a performance sport for the next 6 years. After great results at the 2006 Commonwealth Games we are a sport capable of achieving on the world stage," said Chairman Stephen Underwood.

"Support from SPARC is critical if we are to develop the sport of athletics and ensure we get the best possible results at key international competitions. SPARC has been very supportive of the new athletics high performance programme based on the achievement of internationally relevant performances as the criteria for selection in a New Zealand representative team".

"The board and national office of Athletics New Zealand look forward to working with SPARC to raise performance levels within the current high performance squad of athletes and coaches, add ability and depth to coaching, identify and develop potential international athletes, and lift the overall level of performance, profile and professionalism of our sport."

**21 August 2006**

### **Geoff Jackman dies**

A stalwart of New Zealand athletics, Geoff Jackman died in Wellington on Saturday morning, after suffering from a heart attack last Wednesday.

Jackman, who turned 90 last weekend, was President of Athletics New Zealand 1962-63 and was made a life member of the national body.

He was heavily involved with athletics in the Wellington region for many years, leading to life membership of the Wellington Centre and the Kiwi Athletics Club.

Jackman managed a number of New Zealand teams and was deputy chef de mission of the 1958 Cardiff British Empire Games team.

In 1962 he managed Peter Snell on his tour to the United States where Snell set a world indoor mile record in Los Angeles.

He was an outstanding athletics official and was second to only Ces Blazey in the knowledge of the constitution and the rules of running the sport.

In 1963 Jackman accompanied the Queen and Prince Philip at a special invitational athletic meeting in Dunedin in 1963.

Jackman was a member of the organising committee for the 1974 Commonwealth Games in Christchurch.

He was a member of the New Zealand Society of Accountants being made an ACA in 1960, and was the Registrar of the Pharmaceutical Society of New Zealand. In 1974 Jackman was made an honorary member of the Pharmaceutical Society of New Zealand.

A Justice of the Peace since 1961, Jackman was honoured in the 1982 Queen's Birthday honours with an OBE for his services to athletics.

Jackman is survived by his wife Marion, also a life member and past president of Athletics New Zealand 1977-78, and sons Malcolm and Sam.

## **25 August 2006**

### **Public Statement – Athletics New Zealand**

Athletics New Zealand has received the resignation of its Chief Executive, Jeremy F Kennerley, who has advised that, after two years leading the sport, he wishes to leave his present position in order to pursue other career opportunities.

Jeremy joined the Association at a difficult time and oversaw a restructuring of the head office and the resolution of a number of longstanding disputes with various parties.

Jeremy developed comprehensive strategic and business plans for the Association and the sport at levels not seen in the past. The securing of the Lion Foundation as the major sponsor of the Rotorua Marathon was a significant achievement and a number of other significant sponsorship and funding relationships have been established. He also led the development of the High Performance Department and the significant increase in high performance funding.

Athletics New Zealand thanks Jeremy for his contribution to the development of the Association and the sport of athletics in New Zealand and wishes him every success with his career.

Stephen Underwood, Chairman

## **28 August 2006**

### **Marion Jackman passes away**

Marion Jackman who became the first woman president of Athletics New Zealand in 1977, passed away at the age of 82 in Wellington on Sunday.

Jackman, like her husband Geoff who passed away last week, was stalwart of the sport of athletics, involved in a number of areas for over 40 years.

Jackman was made a life member of the Kiwi Athletic Club in 1972, was president of the Wellington Centre 1973-76 and was made a life member of Athletics Wellington in 1976.

From 1973 to 1986, Jackman was a council member of Athletics New Zealand. Held the position of president 1977-78 and was elected a life member in 1977.

Jackman was the women's manager of the New Zealand team to the 1978 Edmonton Commonwealth Games, and was an official at the 1974 Christchurch and 1990 Auckland Commonwealth Games.

Jackman was also heavily involved in the New Zealand Girl Guide Association. Jackman was a council and executive member for 10 years, was a delegate to overseas conferences and was made a life member of the Association in 1979.

In 1987 Jackman was awarded an IAAF diploma for service to the sport and in 1988 received the IAAF medal and certificate for the year of the women in athletics.

Jackman was honoured in the 1977 Queen's Birthday honours with an MBE for services to youth and sport.

## **11 September 2006**

### **Vic Marks dies**

Wellington's athletics community is mourning the death of long-time administrator Vic Marks, who passed away on Monday after a long battle with illness. Marks was a life member of the Kiwi Athletic Club and Athletics Wellington.

During the 1950s and 1960s he was a goal kicking lock for Wellington College Old Boys and was also a member of the Miramar Golf Club before pouring his efforts into athletics.

Vic was also a long serving Track & Field official.

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## **NZMA SERVICE AWARDS**

The following Service Awards were presented at the Annual General Meeting to the following members:

### **Silver Awards: 10 years**

Noeleen Perry  
Bruce Perry

### **Gold Awards: 20 years**

Jim Blair  
Rob McGregor  
Dick Harris

Vic Marks also qualified for a Gold Award for 20 years service, but owing to Vic's failing health, this award was presented previous to the AGM by Jim Blair and Peter Jack.

\* \* \* \*

2 women meet in heaven

1st woman: Hi! My name is Wanda.

2nd woman: Hi! I'm Sylvia. How'd you die?

1st woman: I froze to death.

2nd woman: How horrible!

1st woman: It wasn't so bad. After I quit shaking from the cold, I began to get warm & sleepy, and finally died a peaceful death. What about you?

2nd woman: I died of a massive heart attack. I suspected that my husband was cheating, so I came home early to catch him in the act. But instead, I found him all by himself in the den watching TV.

1st woman: So, what happened?

2nd woman: I was so sure there was another woman there somewhere that I started running all over the house looking. I ran up into the attic and searched, and down into the basement. Then I went through every closet and checked under all the beds. I kept this up until I had looked everywhere, and finally I became so exhausted that I just keeled over with a heart attack and died.

1st woman: Too bad you didn't look in the freezer - we'd both still be alive!

# HEALTH

## The Famous Five Vegies

Do you want to know the five super vegetables identified by scientists as being able to unclog your arteries and keep your bones, teeth and skin healthy?

They are carrots, green beans, peas, corn and broccoli - so start stocking up on them for a healthier heart. Researchers at Wake Forest University School of Medicine in North Carolina undertook a 16-week study on mice with high levels of cholesterol, testing a vegetable diet versus a non-vegetable diet. They believe the findings translate to humans and that by eating a mix of the five vegetables; you can reduce the formation of plaques in arteries. This cuts the risk of heart attacks and strokes by up to 38%. The study is the first to link vegies with preventing atherosclerosis, a potentially lethal disease that occurs when blood vessels get clogged.

\* \* \* \*

## FOOD MYTHS

### *Organic Foods are Better for You*

Nutritionally, there's little evidence to support this claim. Nor is there any evidence organic food tastes better. They are, however, GM-free and are less likely to contain synthetic pesticides. Keep in mind that non-organic food has conservative safety limits and pesticide residues are well within these limits.

### *Canola Oil was used to make Mustard Gas and isn't fit for Human Consumption*

This myth has been around for years. Canola oil comes from the rapeseed plant, a member of the mustard family. The only connection with mustard gas is the name. Other mustard-family members include broccoli, cauliflower and cabbage - all nutritious and harmless foods. Canola oil is an excellent source of the "good" omega-3 and monounsaturated fatty acids. But remember that any oil is 100% fat, if you eat too much you may put on extra kilos.

### *Eating Too Many Eggs Will Raise Your Cholesterol*

Egg yolks contain cholesterol - but its dietary cholesterol and only has a small influence on your blood cholesterol levels compared with the saturated fat in your diet. Eggs are a good source of protein, vitamin B12 and monounsaturated fat. Eating four or five eggs a week is unlikely to harm your health.

### *Chocolate is a Health Food*

Please God let this be true! The cocoa beans used in chocolate contain flavonoids, which have been shown to reduce the "bad" LDL cholesterol and enhance the "good" HDL cholesterol. Dark chocolate has more flavonoids than milk chocolate, and white chocolate has none.

But sorry - chocolate still isn't good for you. It contains 15 to 20% saturated fat and usually lots of sugar. Small quantities of chocolate won't do you any harm, but its best to get your flavonoids from fruit and vegetables. Forget about choosing carob over chocolate if you're trying to cut back on fat and kilojoules - it can have just as much fat and as many kilojoules.

### *Eating Fish May Give You Mercury Poisoning*

There are important nutritional benefits for all people from eating fish - it's a good source of omega-3. But some species accumulate higher levels of mercury, so you need to be careful about the fish you choose. Shark (lemonfish), swordfish, orange roughy, ling, fresh tuna, and trout have higher levels of mercury and should be eaten in moderation. There is little concern over tarakihi, red cod, blue cod, hoki, warehou, flounder, salmon and canned tuna. Pregnant women need to take particular care because a developing foetus is potentially more sensitive to the effects of mercury.

### *Oysters are Good for Your Sex Life*

If only! There's no proof oysters improve sexual performance. Their reputation possibly arose when their contribution of zinc to the mineral-deficient diets of the past could improve overall health and increase sex drive. So - the hunt for the elusive love drug persists. But there's something to be said for the placebo effects ....

### *Herbal Tea Has Many Health Benefits*

Tea is full of antioxidants that prevent the formation of harmful free radicals and some studies show that drinking tea may counteract some cancers and reduce the risk of heart disease. Green tea contains more antioxidants than black tea - but herbal teas don't count as they don't contain real tea.





## Self Decorated Christmas Cake

### Ingredients:

*3½ cups of fruit mix*  
*1 cup ginger ale*  
*200 grams butter*  
*1½ cups brown sugar*  
*3 eggs*  
*2 cups flour*

### Topping:

*¼ cup blanched almonds*  
*¼ cup glace cherries*  
*¼ cup mixed peel*

### Method:

Line a 20 cm-square tin with a double layer of newspaper and one of brown or greaseproof paper.  
Grease well with butter.  
Soak cake fruit mix overnight in the ginger ale.  
Cream butter and sugar until light and fluffy.  
Add eggs one at a time; mix well.  
Stir in fruit mixture.  
Sift flour; mix in thoroughly.  
Press spoonful of mixture in each corner of prepared tin first, then spoon in remaining mixture, pressing firmly at edges.  
Make sure mixture is evenly spread; sprinkle top lightly with water.  
Sprinkle topping mixture over cake.

### Topping:

Roughly chop blanched almonds and cherries.  
Add peel; mix well.  
Bake at 140 to 150 degrees C for 3 to 3½ hours.

## Health Loaf

*1 cup fruit*  
*1 cup sugar*  
*1 cup bran*  
*1 cup milk*

Mix together and soak overnight.  
Add 1 cup self raising flour.  
Bake 1 hour at 375°

## Athletics NZ Media Release

**3 November 2006**

### **Derek Turnbull dies**

The fastest old man in the world, Derek Turnbull of Southland, has died.

Turnbull aged 79 died in his sleep on Thursday.

The sheep farmer from Tussock Creek started masters running at the age of 40. Since 1975 the greatest veteran runner of all time claimed 25 world age group records.

His best year of running was 1992 when he set six 65-69 age group world records and two world best times as well as running a time of 2h 41m at the age of 65 in the London Marathon.

At world veteran track and field championships Turnbull won 28 gold medals. At the 1997 championships in Durban South Africa, at the age of 71 he won six individual gold medals.

Turnbull had no set training programmes, no stop watch or coach, he just got out and ran the hills for enjoyment.

His philosophy was: "find enjoyment in it and never give up".

He was born in Waikaka in 1926 and attended Southland Boys High School. He attained a Diploma of Agriculture with honours at Massey University, scooping New Zealand University Blues in athletics and cross country.

Turnbull has been farming his own Sherwood Farm, 260 acres at Tussock Creek 30km north of Invercargill for the past 26 years.

The Southland Masters Athletics had arranged an 80th birthday bash run for Turnbull on 10 December around Turnbull's old stomping ground of Forest Hill Reserve, Tussock Creek.

Turnbull was awarded the QSM for his services to athletics and was patron of CCS (Crippled Children), Sport Southland, Invercargill Harrier and Athletic Club and New Zealand Masters Games.

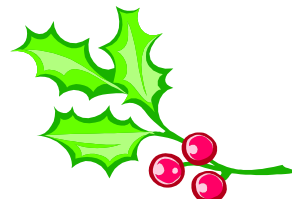
Turnbull had a mild stroke in 2001, which he recovered from and he was bright, alert and very active right up to his unexpected passing.

Derek Turnbull and his wife Pat had a family of six, including triplets, and have 14 grandchildren and four great grand children.

A great runner is laid to rest.

### Thought for the Day

"Without question, the greatest invention in the history of mankind is beer. Oh, I grant you that the wheel was also a fine invention, but the wheel does not go nearly as well with pizza".



# Winter Weight Pentathlon Challenge 2006

Athletes from Manawatu/Wanganui, Hawkes Bay and Wellington met at the Massey Stadium, Palmerston North on Sunday 10<sup>th</sup> of September for this year's round of the competition.

This is a postal event organised by Christine McCahill of Auckland, the competition has been expanded to be an Australasian Competition as it was some years ago.

The assemble athletes also had the added incentive of competing for the Lawrence Devlin Memorial Shield, honouring our recently departed friend and superb throwing athlete.

The weather was fine if a little blustery and after a fine lunch, organised by the Manawatu/Wanganui Centre, eleven hardy souls went into battle.

Competition was keen but jovial as is normally the case with throwers who are always encouraging of their rivals.

## Results

### Women

W35	Michelle Ward	1755 pts
W40	Kathryn Fraser	1643 pts
W55	Veronica Gould	2326 pts
W75	Colleena Blair	3206 pts

### Men

M45	Laurence Voight	2351 pts
M50	Neville Isherwood	1467 pts
M60	Phillip Cox	3302 pts
	Keith Bade	2423 pts
M65	Fred Goodall	1516 pts
M70	Richard Harris	2524 pts
M75	Jim Blair	2984 pts

### Lawrence Devlin Memorial Shield

1 <sup>st</sup>	Phillip Cox	3302 pts
2 <sup>nd</sup>	Colleena Blair	3206 pts
3 <sup>rd</sup>	Jim Blair	2984 pts

Congratulations to Bo Cox on winning the inaugural competition for the Lawrence Devlin Memorial Shield.

Top individual event performance, Colleena Blair, W75, Weight Throw, 8.30m, 847 points.

Thanks to Jim Blair for commissioning the Lawrence Devlin Memorial Shield.

Many thanks to Manawatu/Wanganui Centre, supporters and everyone else who contributed to making this a very enjoyable day.

Laurence Voight

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## Training Course for Officials

The Wellington Centre of ANZ is running a number of training courses for Track and Field Officials. They will all be held at the premises of Sport Wellington Region, Level 2, 113 Adelaide Road, Wellington.

The objectives are:

- to further advance the qualifications of existing officials;
- to recruit and train new officials to qualification levels; and
- to help ensure that we have enough officials for the Colgate Games in January.

Courses proposed are:

<b>THROWS</b> - Javelin, Shot, Discus, Hammer	11 November 2006 - Venue: Board Room
<b>JUMPS</b> - High, Long, Triple, Pole Vault	25 November 2006 - Venue: Coaching Centre
<b>WALKS</b> -	3 December 2006 - Venue: Coaching Centre
<b>TRACK</b> - Judging, starting etc.	9 December 2006

All courses will start at 9am and a light luncheon will be provided.

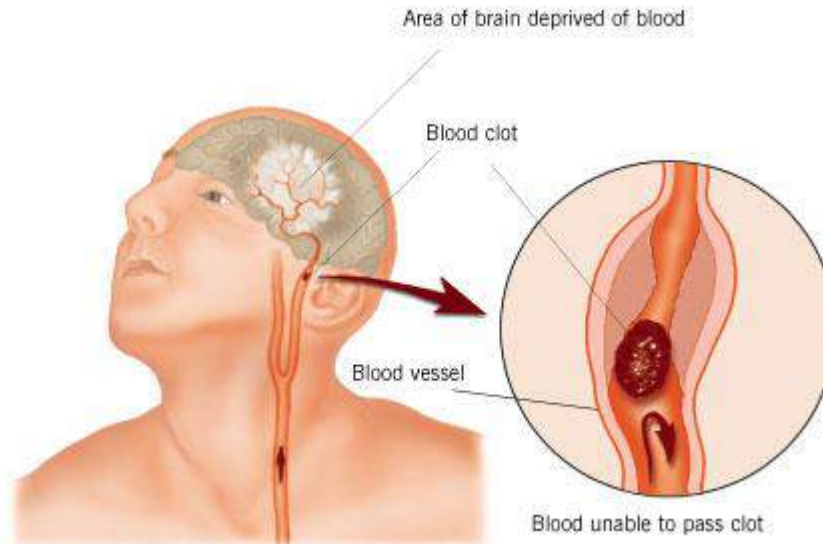
The Centre is very short of trained officials. We also need trained people to help manage the Colgate Games this summer. Athletes, parents and Club officials who would like to participate will be very welcome.

**Enquiries to:** Bruce Perry, Officials Co-ordinator – Telephone 473 0877 or e-mail [Nicola.wasley@wcc.govt.nz](mailto:Nicola.wasley@wcc.govt.nz)

# Health - General

## Everyone should know this . . .

STROKE: - Remember the 1st Three Letters ... S.T.R.



## STROKE IDENTIFICATION

During a BBQ, a friend stumbled and took a little fall - she assured everyone that she was fine (they offered to call paramedics) and just tripped over a brick because of her new shoes. They got her cleaned up and got her a new plate of food - while she appeared a bit shaken up, Ingrid went about enjoying herself the rest of the evening. Ingrid's husband called later telling everyone that his wife had been taken to the hospital - (Ingrid passed away.) She had suffered a stroke at the BBQ. Had they known how to identify the signs of a stroke, perhaps Ingrid would be with us today. Some don't die. They end up in a helpless, hopeless condition instead.

It only takes a minute to read this:

*A neurologist says that if he can get to a stroke victim within three (3) hours he can totally reverse the effects of a stroke ... totally. He said the trick was getting a stroke recognised, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.*

## RECOGNISING A STROKE

Thank God for the sense to remember the "3" steps, STR. Read and Learn!

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking three simple questions:

- S** Ask the individual to **SMILE**. Is their smile crooked or normal/symmetrical?
- T** Ask the person to **TALK** to **SPEAK A SIMPLE SENTENCE** (coherently) (i.e. . . It is sunny out today). Can they do it?
- R** Ask him or her to **RAISE BOTH ARMS**. If they cannot do this there is a real problem!

**NOTE:** Another 'sign' of a stroke is this: Ask the person to 'stick' out their tongue... if the tongue is 'crooked', if it goes to one side or the other that is also an indication of a stroke.

If he or she has trouble with ANY ONE of these tasks, call 111 immediately and describe the symptoms to the dispatcher.

## WELLINGTON ROAD CHAMPS

CIT Circuit, Trentham, Saturday 19th August 2006

Wellington Masters members who braved the elements are as follows:

Place	Name	Club	Time
<b>Women 35 and over (6km):</b>			
2	Helen Willis	Scottish	24.29
17	Brenda Burke	Scottish	29.43
18	Diane Rogers	Trentham	29.48
19	Loretta Desourdy	Scottish	30.47
<b>Women Open (10km):</b>			
6	Bernie Portenski	Scottish	38.41
7	Michele Allison	Scottish	39.31
<b>Men 40 and over (10km):</b>			
3	Vaughan New	Valleys	34.58
7	Paul Homan	Trentham	37.08
10	Dave Colquhoun	Scottish	37.57
11	Des Young	Scottish	38.04
17	Peter Wrigley	Scottish	38.47
18	Steve Plowman	Scottish	39.14
25	Neil Price	WHAC	40.55
31	John Skinnon	Scottish	42.17
32	Bob Stephens	Scottish	42.18
34	Mike Winsborough	WHAC	42.26
53	Richard Owen	Victoria	47.11
55	John Barrance	WHAC	48.14
56	Ellis Goodyear	Capital	49.02
59	Albert van Veen	Valleys	49.39
61	Tony Fraei	Kapiti	50.25
62	Brian Watson	Olympic	50.42
64	Peter Hanson	Olympic	52.50
<b>Walkers 5km unjudged:</b>			
5	John Eccles	Masterton	40.16
6	Neville Isherwood	Wainuimata	43.59
<b>Walkers 10km unjudged:</b>			
2	John Hines	Scottish	1:07:30
7	Murray Gowans	Scottish	1:15:00
9	Daphne Jones	W for H	1:18:26
<b>Walk 10km Judged:</b>			
1	Peter Baillie	Scottish	57:08
4	Sevana Minassian	Victoria	1:06:36
9	Margaret Bray	Scottish	1:27:44

Two ninety year old men, Nev and Vic, have been friends all their lives. It seems that Vic is dying, and so Nev comes to visit him every day.

"Vic," says Nev, "You know how we have both loved cricket all our lives, and how we played together for so many years. Vic, you have to do me one favour. When you get to Heaven, and I know you will go to Heaven, somehow you've got to let me know if there's cricket in Heaven."

Vic looks up at Nev from his death bed, and says, "Nev, you've been my best friend many years. This favour, if it is at all possible, I'll do for you."

And shortly after that, Vic passes on.

It is midnight a couple of nights later. Nev is sound asleep when he is awakened by a blinding flash of white light and a voice calls out to him, "Nev....Nev...."

"Who is it?" says Nev sitting up suddenly. "Who is it?"

"Nev, it's me, Vic."

"Come on. You're not Vic. Vic just died."

"I'm telling you," insists the voice. "It's me, Vic!"

"Vic? Is that you? Where are you?"

"I'm in heaven," says Vic, "and I've got to tell you, I've got really good news and a little bad news."

So, tell me the good news first," says Nev.

"The good news is that there is cricket in heaven. Better yet, all our old buddies who've gone before us are there. Better yet, we're all young men again. Better yet, it's always spring time and it never rains or snows. And best of all, we can play cricket all we want, and we never get tired!"

"Really?" says Nev, "That is fantastic, wonderful beyond my wildest dreams! But, what's the bad news?"

"You're opening the batting next Tuesday".

## No, You Are Not Dying

### Tension headache or brain tumour?

Tension headaches feel like a pressure on or a tight band around the head, and may recur for months or years. Headaches caused by brain tumours may worsen rapidly over days or weeks and are accompanied by symptoms such as vomiting, fits, severe unsteadiness, numbness on one side of the body, confusion and blurred vision.

### Pulled muscle or heart attack?

A pulled chest muscle hurts when you prod your ribcage, cough or laugh. The pain is sharp, mild, recurrent and localized in a small area. Typically, a heart attack is a one-off, severe pain lasting more than half an hour, with a feeling of crushing weight on the centre of your chest. The pain may spread to your neck or left arm.

### Piles or colon cancer?

Piles are varicose veins in the anus that produce bright red blood when you open your bowels. There are no other symptoms. Colon cancer can cause weight loss, recurrent diarrhea, abdominal pain, bleeding and a mucus-like discharge from the back passage, but can be symptom-free, so any rectal bleeding must be checked by a GP, especially if you're over 40.

### Trapped nerve or stroke?

Trapped nerves cause numbness, pins and needles or pain in one area only. Symptoms may be intermittent and affected by movement. Stroke causes persistent symptoms, often all down one side of the body and possibly face.

### Acid indigestion or stomach cancer?

If you have none of these symptoms, you probably have simple acid indigestion: unexplained weight loss, difficulty swallowing, persistent vomiting, black tarry stools. If you do have any of these, see your doctor.

### Tummy bug or appendicitis?

A bug causes vomiting, intermittent stomach-ache and diarrhea. Appendicitis starts with central abdominal pain that develops after about 12 hours into constant pain below and to the right of the belly button. This area will be tender and you won't be able to stand up.

# Choices - an Everyday Decision

From the time that we wake up in the morning to the moment our head hits the pillow at night we are faced with a myriad of choices. Some of them may seem trivial, such as whether to add fruit to our cereal while others may loom larger than life - like which university course to enroll in or where to live. Regardless of the 'size' of the choice, each and every decision that we make can have a big impact not only on our lives but the lives of others.

Consider for a moment our country. As a democracy, the way in which New Zealand is governed is determined by a decision that voters make every three years during our general election. The choice of the almost 3 million New Zealanders who turned out to vote at last year's election had a direct impact on the next three years of our country's economic and political future.

Choices can also impact greatly on our health and wellbeing. The founder of Weight Watchers, Jean Nidetch once said "It's choice - not chance - that determines our destiny." Her weight-loss theory was based on the fact that seemingly minor decisions about what foods we eat, can lead to major health problems such as obesity. Many people will tell you that the obesity epidemic is the consequence of a lot of people making a lot of bad food choices, which seem small choices at the time.

Not only do our decisions influence our health and country, the choices we make can also impact on the lives and experiences of other people. Take drink driving and speeding. What may seem like a personal choice can have a lasting and devastating impact on others. Yet other decisions can be immensely rewarding and, indeed, heroic.

Take the Australian grandmother who put aside her own personal safety and jumped onto a crocodile's back to save a friend from the jaws of the giant reptile. Or how about the two children from India who chased militants after they killed their schoolteacher and succeeded in apprehending one of them!

While our lives in New Zealand typically don't involve crocodiles and warfare, even the small choices we make do count. As French author Albert Camus once said, "Life is the sum of all your choices."

So, make your life an abundance of good choices.

\* \* \* \* \*

## **Remember**

You are running too much if the only erotic experience you can immediately recall is spreading Vaseline on the inside of your thighs or when the first thing you notice about a member of the opposite sex is that he or she pronates.

\* \* \* \* \*

## **BEING A KIWI**

Being a Kiwi is about driving in a German car to an Irish pub for a Belgian beer, then traveling home, grabbing an Indian curry or a Turkish kebab on the way, to sit on Swedish furniture and watch American shows on a Japanese TV.

### **Oh and...**

Only in N.Z. ... can a pizza get to your house faster than an ambulance.

Only in N.Z. ... do supermarkets make sick people walk all the way to the back of the shop to get their cough, cold, aspirin while healthy people can buy cigarettes at the front.

Only in N.Z. ... do people order double cheeseburgers, large fries and a DIET coke.

Only in N.Z. ... do banks leave both doors open and chain the pens to the counters.

Only in N.Z. ... do we leave cars worth thousands of dollars on the drive and lock our junk and cheap lawn mower in the garage.

Only in N.Z. ... do we use answering machines to screen calls and then have call waiting so we won't miss a call from someone we didn't want to talk to in the first place.

Only in N.Z. ... are there disabled parking places in front of a skateboard park.

### **NOT TO MENTION...**

3 Kiwis are injured each year testing if a 9v battery works on their tongue.

58 Kiwis are injured each year by using sharp knives instead of screwdrivers.

31 Kiwis are injured each year by watering their Christmas tree while the fairy lights were plugged in.

8 Kiwis had burns trying on a new jumper with a lit cigarette in their mouth.

A massive 543 Kiwis were admitted to emergency in the last two years after opening bottles of beer with their teeth.

### **and finally.....**

In 2005 eight Kiwis cracked their skull whilst throwing up in the toilet.

## Barrington Bites into NY

MANY people celebrate turning 70 with a tippie of sherry, but Wellington man John Barrington chose a slightly more strenuous option to mark the occasion.

The former Victoria University professor ran the New York City Marathon in a bid to become the first Kiwi to win the 70-79 year old age group.

And though he didn't quite achieve his goal, Barrington arrived home satisfied yesterday after finishing third in an impressive time of 3h 40 min 13s.

"I was third out of 46 in my age group and I was the only New Zealand placegetter on the day, so I think I did okay," he said.

"My time would have given me first in the last three years in the age group, but I chose the wrong year. I was still ahead of 31,000 other people, so that's not too bad".

The winner of the 70-79 age group, Manfred Ritter, of Liechtenstein, set a record in 3h 17min 03s, with 71-year-old Manuel Rosales, of Spain, second in 3.27:26.

Along with Nina Rillstone, who was seventh overall in the women's field, Barrington helped return New Zealand runners to the top placings in New York for the first time since the days of Allison Roe, Rod Dixon and John Campbell in the 1980s and early 1990s.

New Zealand's last age-group winners were Southland farmer Derek Turnbull, who died last week at the age of 79, and Wellington's Roger Robinson, who set a New York's over 50 record in 1989.

Barrington, who won a Jubilee Cup title with Victoria University in 1958, was unsure whether he would have another crack at the 70-79 title next year.

"At the moment I just need a rest, but you never say never".

*The Dominion Post, November 9, 2006*

Editor's note: John Barrington was a member of Wellington Masters up until the end of the financial year on 31 August.

\* \* \* \*

## Tinned Food Can be Good for You

Choose these canned foods when making meals and you'll boost your diet with essential vitamins and minerals easily, says nutritionist Lisa Miles.

**Fruit:** Canned apricots and pineapple are loaded with vitamin C.

**Tomatoes:** The body absorbs lycopene (the antioxidant found in tomatoes) better than when the tomato has been cooked in small amounts of olive oil.

**Chickpeas:** Five tablespoons provide 6g of your recommended daily fibre intake of 18g. Buy in water and rinse thoroughly.

**Salmon:** The small edible bones found in a tin of salmon are able to provide half of our daily calcium.

\* \* \* \*

## Employee Evaluations

Quotes from Federal Employee Evaluations

"Honesty" and "government" don't often go hand in hand. However, honesty takes centre stage in these

actual excerpts from Federal employee performance evaluations.

"Since my last report, this employee has reached rock bottom and has started to dig."

"I would not allow this employee to breed."

"This employee is not really so much of a has-been, but more of a definite won't be."

"Works well when under constant supervision and cornered like a rat in a trap."

"When she opens her mouth, it seems that it is only to change feet."

"He would be out of his depth in a parking lot puddle."

"This young lady has delusions of adequacy."

"He sets low personal standards and then consistently fails to achieve them."

"This employee is depriving a village somewhere of an idiot."

"This employee should go far, and the sooner he starts, the better."

"Got a full six-pack, but lacks the plastic thing to hold it all together."

"A gross ignoramus--144 times worse than an ordinary ignoramus."

"He doesn't have ulcers, but he's a carrier."

"I would like to go hunting with him sometime."

"He's been working with glue too much."

"He would argue with a sign post."

"He brings a lot of joy whenever he leaves the room."

"When his I.Q. reaches 50, he should sell."

"If you see two people talking and one looks bored, he's the other one."

"A photographic memory but with the lens cover glued on."

"A prime candidate for natural de-selection."

"Donated his brain to science before he was done using it."

"Gates are down, the lights are flashing, but the train isn't coming."

"Has two brains: one is lost and the other is out looking for it."

"If he were any more stupid, he'd have to be watered twice a week."

"If you gave him a penny for his thoughts, you'd get change."

"If you stand close enough to him, you can hear the ocean."

"Some drink from the fountain of knowledge; he only gargled."

"Takes him two hours to watch 60 Minutes."

"The wheel is turning, but the hamster is dead."

# HEALTH

## COFFEE AS A HEALTH DRINK?

By Nicholas Bakalar, Science Times

Coffee is not usually thought of as health food, but a number of recent studies suggest that it can be a highly beneficial drink. Researchers have found strong evidence that coffee reduces the risk of several serious ailments, including diabetes, heart disease and cirrhosis of the liver.

Among them is a systematic review of studies published in "The Journal of the American Medical Association," which concluded that habitual coffee consumption was consistently associated with a lower risk of Type 2 diabetes. Exactly why is not known, but the authors offered several explanations.

Coffee contains antioxidants that help control the cell damage that can contribute to the development of the disease. It is also a source of chlorogenic acid, which has been shown in animal experiments to reduce glucose concentrations.

Caffeine, perhaps coffee's most famous component, seems to have little to do with it; studies that looked at decaffeinated coffee alone found the same degree of risk reduction.

Larger quantities of coffee seem to be especially helpful in diabetes prevention. In a report that combined statistical data from many studies, researchers found that people who drank four to six cups of coffee a day had a 28 percent reduced risk compared with people who drank two or fewer. Those who drank more than six had a 35 percent risk reduction.

Some studies show that cardiovascular risk also decreases with coffee consumption. Using data on more than 27,000 women ages 55 to 69 in the Iowa Women's Health Study who were followed for 15 years, Norwegian researchers found that women who drank one to three cups a day reduced their risk of cardiovascular disease by 24 percent compared with those drinking no coffee at all.

But as the quantity increased, the benefit decreased. At more than six cups a day, the risk was not significantly reduced. Still, after controlling for age, smoking and alcohol consumption, women who drank one to five cups a day - caffeinated or decaffeinated - reduced their risk of death from all causes during the study by 15 to 19 percent compared with those who drank none.

The findings, which appeared in May in The American Journal of Clinical Nutrition, suggest that antioxidants in coffee may dampen inflammation, reducing the risk of disorders related to it, like cardiovascular disease.

Several compounds in coffee may contribute to its antioxidant capacity, including phenols, volatile aroma compounds and oxazoles that are efficiently absorbed.

In another analysis, published in July in the same journal, researchers found that a typical serving of coffee contains more antioxidants than typical servings of grape juice, blueberries, raspberries and oranges.

"We were surprised to learn that coffee quantitatively is the major contributor of antioxidants in the diet both in Norway and in the USA," said Rune Blomhoff, the senior author of both studies and a professor of nutrition at the University of Oslo.

These same anti-inflammatory properties may explain why coffee appears to decrease the risk of alcohol-related cirrhosis and liver cancer. This effect was first observed in 1992. Recent studies, published in June in The Archives of Internal Medicine, confirmed the finding.

Still, some experts believe that coffee drinking, and particularly caffeine consumption, can have negative health consequences. A study published in January in The Journal of the American College of Cardiology, for example, suggests that the amount of caffeine in two cups of coffee significantly decreases blood flow to the heart, particularly during exercise at high altitude.

Rob van Dam, a Harvard scientist and the lead author of The Journal of the American Medical Association review, acknowledged that caffeine could increase blood pressure and slightly increase levels of the amino acid homocysteine, possibly raising the risk for heart disease. "I wouldn't advise people to increase their consumption of coffee in order to lower their risk of disease," van Dam said, "but the evidence is that for most people without specific conditions, coffee is not detrimental to health. If people enjoy drinking it, it's comforting to know that they don't have to be afraid of negative health effects."

\* \* \* \*

"I don't worry about terrorism. I was married for two years." - Sam Kinison

\* \* \* \*



# WELLINGTON TRACK and FIELD PROGRAMME 2006/07

Date	Event	Venue
<b>2006</b>		
4 November	NTC First Round Qualifier	Hastings
11 November	Officials Throws Training Course	Sport Wellington
11 November	Black Programme	Newtown Park
18 November	NTC Second Round Qualifier	Newtown Park
24-26 November	South Island Masters Championships	Timaru
25 November	Officials Jumps Training Course	Sport Wellington
25 November	Gold Programme	Newtown Park
1-3 December	North Island Masters Championships	Whakatane
2 December	NTC Third Round Qualifier	Palmerston North
3 December	Officials Walks Course	Sport Wellington
9 December	Black Programme	Newtown Park
16-17 December	NTC Finals	Wanganui
23 December	Scottish Night of Miles	Newtown Park
<b>2007</b>		
5-7 January	North Island Colgate Games	Newtown Park
13 January	Kiwi 80 <sup>th</sup> Jubilee Meeting incorporating Gold Programme	Newtown Park
20 January	Black Programme	Newtown Park
24 January	Black Singlet Meeting – Caledonian Classic	Dunedin
13 January	Capital Classic	Newtown Park
27 January	Black Singlet Meeting – Cooks Garden Classic	Wanganui
3 February	Gold Programme	Newtown Park
3 February	Sylvia Potts Classic	Hastings
<b>4 February</b>	<b>Wellington Masters T&amp;F Championships – Day 1</b>	<b>Newtown Park</b>
6 February	Black Singlet Meeting – Porritt Classic	Hamilton
10 February	Black Singlet Meeting – Capital Classic	Newtown Park
<b>17 February</b>	<b>Wellington Masters T&amp;F Championships – Day 2</b>	<b>Newtown Park</b>
18 February	Wellington Championships - all day meeting	Newtown Park
21 February	IAAF Permit Meet	Christchurch
24 February	Blackboard Programme/Requested Events	Newtown Park
2-4 March	NZ Track & Field Championships and Combined Events	Inglewood
2-4 March	NZ Masters Track & Field Championships	Christchurch
9-11 March	Australian Track & Field Championships	Brisbane
10 March	Mayor's Mile Race	Wanganui
10 March	Blackboard Programme	Newtown Park
13 March	CSW Regional Championships	Newtown Park

## **Black Programme**

Time	Track	Field
1.30pm	3000m Track Walk	
2.00pm	80/100/110 hurdles on request	Long Jump/Shot/Pole Vault
2.10pm	800m	
2.25pm	100/60m sprints	
2.35pm	400m	Triple Jump
2.40pm	3000/5000m Men & Women	
3.00pm	200m	Discus

## **Gold Programme**

Time	Track	Field
1.30pm	5000m Track Walk	
2.00pm	300/400m Hurdles on request	High/Triple Jumps/Hammer
2.15pm	100/60m Sprints	
2.25pm	1500m/1 mile/2000m	
2.45pm	200m	Long Jump
2.50pm	3000m/1500m/2000m steeplechase or other dist event on request	
3.00pm	400m (if no steeplechase on completion of 200m)	Javelin

## **Notes**

Only two throws per meeting have been programmed due to lack of sufficient officials to run the events. Athletes competing in any unscheduled throwing event are not entitled to any records that may be broken.

All field events will commence at set start time. Warm up 15 minutes prior to start times please.

Times for Black and Gold Programmes may be altered depending on attendances. Please do not assume that your favoured event will be run at the stated time.



# Don't forget nominations for

## WELLINGTON MASTERS

## ATHLETICS INC.



## SPORTSPERSON OF THE YEAR

It is time to put forward nominations for the Sportsperson of the Year Award.

**Award:**

Known as the Sportsperson of the Year Award.

**Period Covered:**

From 1 January to 31 December.

**How Nominated:**

Nominations may be made by Clubs, Centre Committees, and individuals or by athletes themselves.

**Criteria for Award:**

Achieving a medal at the WAVA or (WMA) Championships or World Masters Games.

Achieving a World Record or a World Best Performance.

Achieving a New Zealand Record or New Zealand Best Performance.

Achieving 90% or higher performance on the Age Graded Tables.

Achieving a meritorious performance or performances.

**Closing Date:**

The 20<sup>th</sup> January following the year for consideration.

**Selection:**

This is to be made by the Committee of Wellington Masters Athletics.

**Presentation Date:**

Either on the second day of the Wellington Masters Athletics Track and Field Championships in February following the year of consideration or at a special presentation dinner.

**Form of Award:**

A trophy has been donated by Jim and Colleena Blair and this year was awarded to Bill Nicholson.

# Wellington Masters 10k Road Run and Walk

Lower Hutt - 5 November 2006

Name	Category	Time	Place	Grade
Robert Crowe – Tattenhall (England)	R	38.10	1	M35
Robbie Robinson – Olympic	R	42.24	1	M40
Paul Homan – Trentham	R	36.16	1	M45
David Henderson – Trentham	R	44.04	2	M45
Gary Eng – Tokyo	R	45.09	3	M45
Vaughan New – Valleys United	R	34.36	1	M50
Dave McIlwraith – Olympic	R	44.12	2	M50
Maurice Piper – Kapiti	R	41.07	1	M55
Ken Ritchie – Olympic	R	46.14	1	M60
Albert van Veen – Valleys United	R	47.28	2	M60
John Hammond – Kapiti	R	47.26	1	M65
Brian Watson – Olympic	R	49.00	2	M65
Peter Hansen – Olympic	R	51.49	3	M65
Ellis Goodyear – Capital	R	45.53	1	M75
Peter Thomas – Trentham	R	56.14	2	M75
Caroline Elliot – Nth Canterbury	R	39.21	1	W35
Fiona McCrudden – Aurora	R	42.57	2	W35
Karen Auld – Olympic	R	50.26	1	W40
Suzanne Marfell – Trentham	R	43.31	1	W45
Tineke Hooft – Olympic	R	48.16	2	W45
Annie van Herck – no club	R	46.27	1	W50
Loretta Desourdy – Scottish	R	54.29	2	W50
Kevin Watson – WMA	W	62.53	1	M45
John Leonard – Scottish	W	69.47	1	M50
Peter Baillie – Scottish	W	53.43	1	M55
Brendon McCauley – Wainuiomata	W	75.30	2	M55
Mick Rice – Scottish	W	75.45	3	M55
Bart Jones – Scottish	W	69.53	1	M60
John Hines – Scottish	W	62.50	1	M70
Peter Tearle – Scottish	W	72.09	1	M80
Melissa Carr – Olympic	W	63.52	1	W35
Melanie Watson – WMA	W	73.25	1	W45
Karena Blyth – no club	W	65.33	1	W50
Margaret Bray – Scottish	W	78.59	1	W55
Colleen Singleton – Olympic	W	78.49	1	W60
Daphne Jones – Scottish	W	72.08	1	W65
Anna Jones – WMA	W	81.20	2	W65



*Wishing all members a very  
Merry Christmas  
and a Happy and Prosperous New Year*

# **WE NEED YOU!**

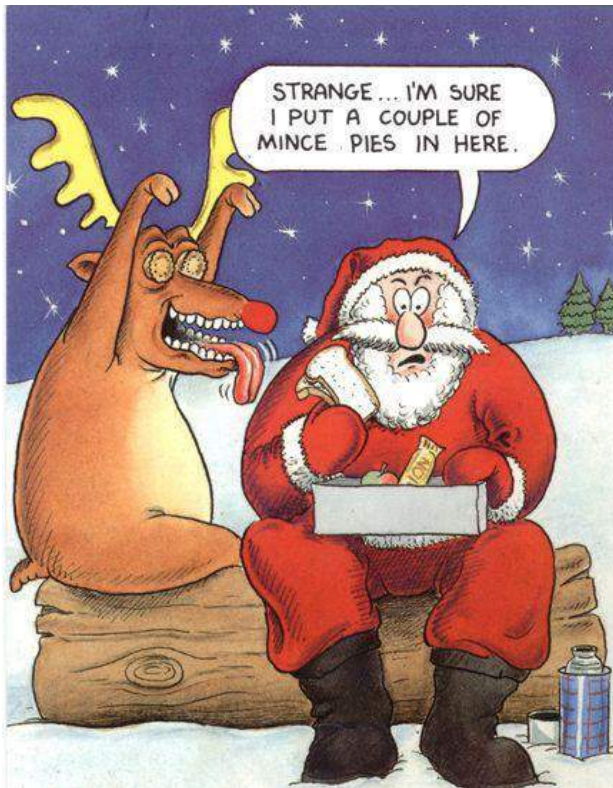
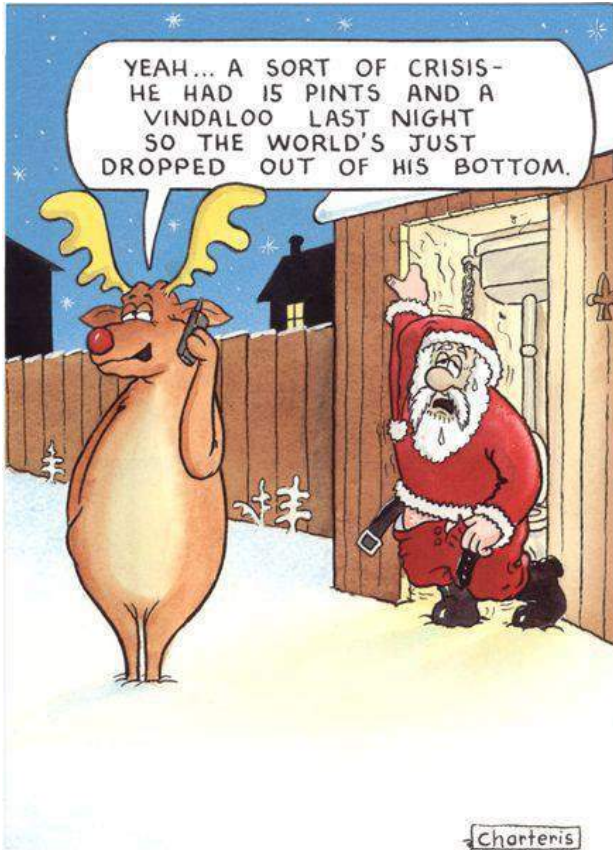
**Athletics Officiating is Fun and Right Now we need Timekeepers, Measurers, Checkers, Result Recorders and more . . . . . become an official because officiating means:**

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

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

***For more information contact Bruce Perry on Telephone 04 473 0877***

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



## Bill Gates vs General Motors

For all of us who feel only the deepest love and affection for the way computers have enhanced our lives, read on. At a recent computer expo (COMDEX), Bill Gates reportedly compared the computer industry with the auto industry and stated, "If GM had kept up with technology like the computer industry has, we would all be driving \$25.00 cars that got 1,000 miles to the gallon."

In response to Bill's comments, General Motors issued a press release stating:

If GM had developed technology like Microsoft, we would all be driving cars with the following characteristics:

1. For no reason whatsoever, your car would crash twice a day.
2. Every time they repainted the lines in the road, you would have to buy a new car.
3. Occasionally your car would die on the freeway for no reason. You would have to pull to the side of the road, close all of the windows, shut off the car, restart it, and reopen the windows before you could continue. For some reason you would simply accept this.
4. Occasionally, executing a manoeuvre such as a left turn would cause your car to shut down and refuse to restart, in which case you would have to reinstall the engine.
5. Macintosh would make a car that was powered by the sun, was reliable, five times! As fast and twice as easy to drive - but would run on only five percent of the roads.
6. The oil, water temperature, and alternator warning lights would all be replaced by a single "This Car Has Performed An Illegal Operation" warning light.
7. The airbag system would ask "Are you sure?" before deploying.
8. Occasionally, for no reason whatsoever, your car would lock you out and refuse to let you in until you simultaneously lifted the door handle, turned the key and grabbed hold of the radio antenna.
9. Every time a new car was introduced car buyers would have to learn how to drive all over again because none of the controls would operate in the same manner as the old car.
10. You'd have to press the "Start" button to turn the engine off.

# COMING EVENTS

## 2007

### **Jan**

14 Shoe Clinic Handicap Half Marathon Maitai Valley, Nelson

### **Feb**

10 Buller Gorge Full & Half Marathon Westport

11 City of Wellington Full & Half Marathon Kilbirnie

17 Great Lake Relay - 160km Taupo

### **March**

2-5 NZMA Track & Field Championships Christchurch

3 NGC Marathon - includes NZ Championships New Plymouth

4 Riwaka Half Maraton Motueka, Nelson

### **April**

16 Boston Marathon Boston

22 Flora London Marathon London

28 Rotorua Marathon Rotorua

### **June**

24 Harbour Capital Full & Half Marathon Westpac Stadium

### **July**

1 Gold Coast Airport Full & Half Marathon Gold Coast, Brisbane

### **Sept**

4-15 World Masters Athletic Championships Riccione, Italy

### **Nov**

6 ING New York Marathon New York

**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

A RANGE OF VARIOUS SIZES OF THE NEW LOOK WELLINGTON MASTERS SINGLET AND TEE SHIRT ARE NOW AVAILABLE. THE SINGLETS ARE \$30 AND THE TEE SHIRTS \$50 AND MADE FROM DRI FIT MATERIAL. THESE CAN BE ORDERED THROUGH VERONICA GOULD - TELEPHONE 973 6741.

## OLD UNIFORMS

If any member wishes to purchase any of the old shorts or singlets that are left in stock for training purposes, these can be purchased from Veronica Gould at a cost of \$5 each. Limited sizes available only.

## 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 2006/2007 YEAR**

**(1 September 2006 to 31 August 2007)**

**\$45 = NZMA**

**NAME(S):** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

\_\_\_\_\_

**BIRTH DATE(S):** \_\_\_\_\_ **EMAIL:** \_\_\_\_\_

**CONTACT PHONE No.** \_\_\_\_\_ **CLUB (if any)** \_\_\_\_\_

\$45 (Couple \$90) Enclosed. Cheques made out to Wellington Masters Athletics – WMA

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

***Please advise any change of address as soon as possible***

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