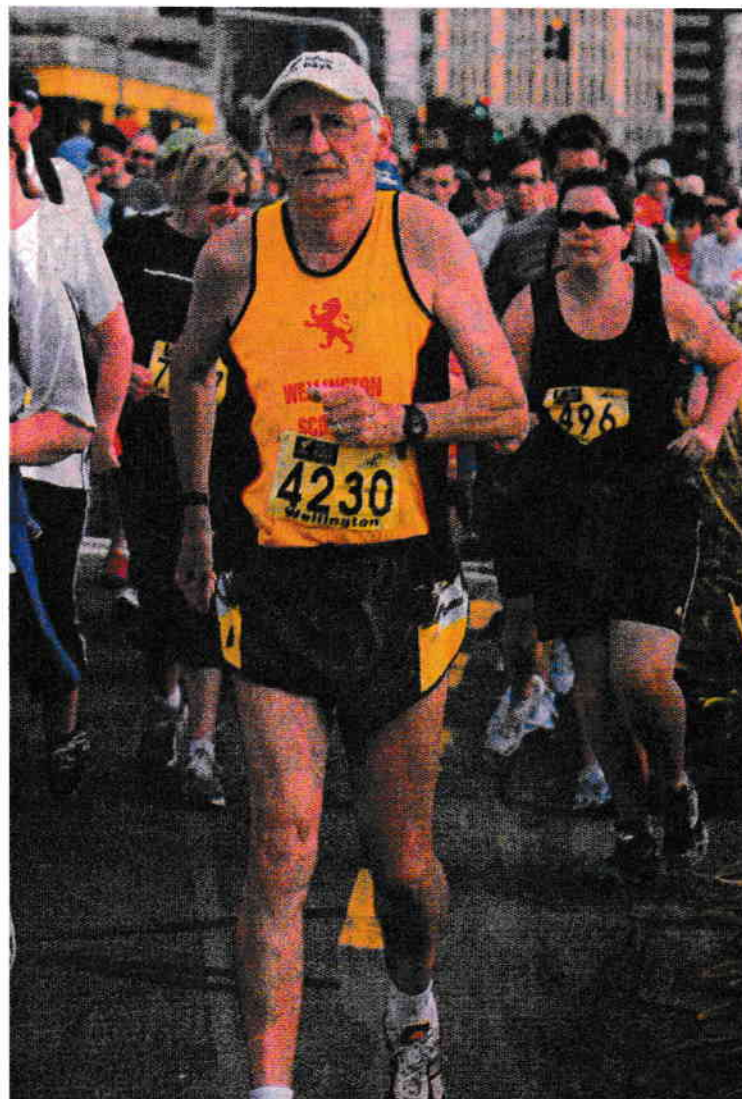


THE MASTER COPY

Newsletter of the Wellington Masters Athletics Inc.

Volume 6 Issue 1

February 2007



Robert Bennett, member of Wellington Masters and Wellington Scottish taking part in the Round the Bays - Photo courtesy Dominion Post

WELLINGTON MASTERS ATHLETICS INC.

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WGTN MASTERS:	Colleena Blair	43 Elmslie Road, Pinehaven, Upper Hutt 5019	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

Time for a rethink?

At the committee meeting held in early December, some time was spent discussing the events that Wellington Masters hold and the drop off in numbers supporting these events over the past few years. While the committee didn't come up with any concrete solutions, it was felt that the running calendar seems to be catering for everyone that wishes to put on an event, and with so many to choose from each weekend, the athletes are becoming more selective in choosing what they wish to participate in, rather than take part in the Masters event scheduled for that weekend.

The Classic Relay which has in the past been a well attended event, suffered badly last year with only 12 teams taking part – nine running and three walking teams. I have heard the excuse that some won't take part as it usually falls on Mother's day. We did trial moving the event away from Mother's Day one year, but this didn't increase the field by any significant number.

The Johnsonville 8km Race went against the trend last year with numbers up on the two previous years – 30 runners and six walkers taking part. I know a few runners won't take part in this race owing to the hill that they have to navigate five times. This event has been running since its inception in 1985 and no doubt it is probably the same format now as was back then – are athletes just bored with this event?

What was raised during the discussion was the possibility of maybe looking at revamping some of these events to make them more attractive to members. One thing for certain – we have to do something before the numbers fall away completely and the events are no longer viable to hold.

The Wellington Masters Track and Field Championships over the past few years have had very small fields in both the track and field events. This year in the 3000m Track Walk there were more walks judges than competitors. Owing to no available dates on the calendar during February, Masters held their second day of competition with the Wellington Centre Champs. This was also disappointing, as the numbers in some of the fields for both the Masters and Open events, were pretty dismal as well.

Perhaps some members have some ideas on how we can attract members along to the events we provide. Any feed back or thoughts would be welcomed by the committee. These can be sent to our President, Kathryn Fraser or addressed to the Editor – either way they will get to the committee and we will publish them if you so wish the editor to. The addresses are on the inside of the front cover.

Another matter of grave concern is the membership of the organization nationally. When Kathryn Fraser did the cull of the national database of the non-financial members in 2005/6 it left a membership of 844 members. Our Wellington membership stands at present, at 104 (119 at the same time last year). What is the membership of some of the other Centres then? One would assume that the bulk of the balance of the membership will be made up from the larger regions – are some of the smaller ones struggling to survive? This downward trend of numbers is a real worry and the question must be asked – is this the end for Masters as we know it?

On a final sad note, Margaret Bray recently went into hospital for some routine surgery and struck some complications. Last I heard she was still in hospital but making good progress. Get well soon, Margaret – we need you to make up the walking fields. Mick Rice a current member of Wellington Masters and his wife Joan are heading back to Canada to live on March 21st. It has been a pleasure knowing you both and I know you will miss the Masters and their friendship and camaraderie. Have a safe trip.

John Palmer

Editor

LIFE

On the first day God created the cow. God said, "You must go to field with the farmer all day long and suffer under the sun, have calves and give milk to support the farmer. I will give you a life span of sixty years."

The cow said, "That's a kind of a tough life you want me to live for sixty years. Let me have twenty years and I'll give back the other forty." And God agreed.

On the second day, God created the dog. God said, "Sit all day by the door of your house and bark at anyone who comes in or walks past. I will give you a life span of twenty years."

The dog said, "That's too long to be barking. Give me ten years and I'll give back the other ten." So God agreed (sigh).

On the third day God created the monkey. God said, "Entertain people, do monkey tricks, make them laugh. I'll give you a twenty year life span."

Monkey said, "How boring, monkey tricks for twenty years? I don't think so. Dog gave you back ten, so that's what I'll do too, okay?"

And God agreed again.

On the fourth day God created man. God said, "Eat, sleep, play, have sex, enjoy. Do nothing, just enjoy, enjoy. I'll give you twenty years."

Man said, "What? Only twenty years? No way, man. Tell you what, I'll take my twenty, and the forty cow gave back, and the ten dog gave back and the ten monkey gave back. That makes eighty, okay?"

"Okay," said God. "You've got a deal."

So that is why for the first twenty years we eat, sleep, play, have sex, enjoy, and do nothing; for the next forty years we slave in the sun to support our family; for the next ten years we do monkey tricks to entertain our grandchildren; and for the last ten years we sit in front of the house and bark at everybody.

Life has now been explained.

A blonde guy gets home early from work and hears strange noises coming from the bedroom. He rushes upstairs to find his wife naked on the bed, sweating and panting. "What's up?" he says. "I'm having a heart attack," cries the woman. He rushes downstairs to grab the phone, but just as he's dialing, his 4-year-old son comes up and says, "Daddy! Daddy! Uncle Ted's hiding in your closet and he's got no clothes on!" The guy slams the phone down and storms upstairs into the bedroom, past his screaming wife, and rips open the wardrobe door. Sure enough, there is his brother, totally naked cowering on the closet floor. "You rotten bastard," says the husband, "my wife's having a heart attack and you're running around naked scaring the kids!"

SIX DEGREES OF BLONDES

FIRST DEGREE

A married couple were asleep when the phone rang at 2 in the morning. The wife (undoubtedly blonde), picked up the phone, listened a moment and said, "How should I know, that's 200 miles from here!" and hung up. The husband said, "Who was that?" The wife said, "I don't know, some woman wanting to know if the coast is clear."

SECOND DEGREE

Two blondes are walking down the street. One notices a compact on the sidewalk and leans down to pick it up. She opens it, looks in the mirror and says, "Hmm, this person looks familiar." The second blonde says, "Here, let me see!" So the first blonde hands her the compact. The second one looks in the mirror and says, "You dummy, it's me!"

THIRD DEGREE

A blonde suspects her boyfriend of cheating on her, so she goes out and buys a gun. She goes to his apartment unexpectedly and when she opens the door she finds him in the arms of a redhead. Well, the blonde is really angry.

She opens her purse to take out the gun, and as she does so, she is overcome with grief. She takes the gun and puts it to her head. The boyfriend yells, "No, honey, don't do it!!!" The blonde replies, "Shut up, you're next!"

FOURTH DEGREE

A blonde was bragging about her knowledge of state capitals. She proudly says, "Go ahead, ask me, I know all of them." A friend says, "OK, what's the capital of Wisconsin?" The blonde replies, "Oh, that's easy: W."

FIFTH DEGREE

Bambi, a blonde in her fourth year as a UCLA freshman, sat in her US government class. The professor asked Bambi if she knew what Roe vs. Wade was about. Bambi pondered the question then finally said, "That was the decision George Washington had to make before he crossed the Delaware."

SIXTH DEGREE

Returning home from work, a blonde was shocked to find her house ransacked and burglarized. She telephoned the police at once and reported the crime. The police dispatcher broadcast the call on the radio, and a K-9 unit, patrolling nearby was the first to respond. As the K-9 officer approached the house with his dog on a leash, the blonde ran out on the porch, shuddered at the sight of the cop and his dog, then sat down on the steps.

Putting her face in her hands, she moaned, "I come home to find all my possessions stolen. I call the police for help, and what do they do? They send me a BLIND policeman."

WELLINGTON MASTERS T&F CHAMPIONSHIPS – RESULTS

Grade	Pl	Name	Club	Result	Wind	Grade	Pl	Name	Club	Result	Wind
100m											
M35	1	John Turner	PARA	12.74	+0.6	M65	1	Peter Hanson	OLY	24.18.05	
	2	Paul Brydges	SCOT	12.81		M70	1	John Hines	SCOT	28.39.75	
	3	Dean Packwood	WMA	13.17		M75	1	Ellis Goodyear	CAPH	25.03.81*	
M40	1	Rod Plimmer	WMA	12.54	+0.6		2	Michael Browne	SCOT	28.26.54	
M45	1	Gary Rawson	WMA	12.14	+0.6	10000m					
	2	Shaun McCarthy	WMA	13.65		M40	1	Robbie Robinson	OLY	43.39.10	
M50	1	Kevin Watson	WMA	14.60	+0.6	M45	1	Peter Wrigley	SCOT	40.53.87	
M55	1	Paul Rodway	SCOT	17.07	+0.6		2	Shaun McCarthy	WMA	44.46.94	
M80	1	Bill Nicholson	WMA	20.63	+0.6	M55	1	Maurice Piper	KAP	42.08.47	
W40	1	Lynne Plimmer	WMA	15.14	+0.6		2	Bruce McCallum	SCOT	44.21.41	
	2	Angela Berberic-Ozvar	WMA	15.56			3	Peter Baillie	SCOT	54.50.00	
W55	1	Veronica Gould	WHAC	14.57	+0.6	M70	1	John Hines	SCOT	56.23.94	
W65	1	Judy Hammond	WMA	16.81	+0.6	80m Hurdles					
200m						M75	1	Jim Blair	WMA	20.16	-0.3**
M35	1	Paul Brydges	SCOT	26.15	+2.1	110m Hurdles					
	2	Dean Packwood	WMA	28.67		M35	1	John Turner	PARA	19.36	+0.8*
M40	1	Rod Plimmer	WMA	25.57	+2.1	2000m S/Chase					
M45	1	Gary Rawson	WMA	24.88	+2.1	W70	1	Dawn Cumming	HBG	11.33.60	
	2	Shaun McCarthy	WMA	26.78		3000m Walk					
M50	1	Kevin Watson	WMA	30.73	+0.6	M50	1	John Leonard	SCOT	20.49.59	
M55	1	Rob James	OLY	29.01	+0.6	M55	1	Peter Baillie	SCOT	15.22.54*	
	2	Rupert Watson	SCOT	29.49		5000m Walk					
M80	1	Bill Nicholson	WMA	45.95	+0.6	M50	1	John Leonard	SCOT	40.30.4	
W40	1	Lynne Plimmer	WMA	31.12	+1.8	M55	1	Peter Baillie	SCOT	27.29.9	
W55	1	Veronica Gould	WHAC	30.95	+1.8	High Jump					
W65	1	Judy Hammond	WMA	36.13	+1.8	M35	1	John Turner	PARA	1.74	
400m						M40	1	Rod Plimmer	WMA	1.53	
M35	1	John Turner	PARA	57.20		M45	1	Gary Rawson	WMA	1.50	
	2	Paul Brydges	SCOT	57.39		M50	1	Kevin Watson	WMA	1.18	
M40	1	Rod Plimmer	WMA	58.13		M75	1	Jim Blair	WMA	1.15*	
M45	1	Shaun McCarthy	WMA	61.09		W55	1	Veronica Gould	WHAC	1.15*	
M50	1	Kevin Watson	WMA	1.17.45		W65	1	Judy Hammond	WMA	1.00	
M55	1	Rob James	OLY	67.70		Long Jump					
M80	1	Bill Nicholson	WMA	1.52.43		M35	1	John Turner	PARA	4.42	+1.3
800m						M40	1	Rod Plimmer	WMA	5.10	-0.9
M35	1	Murray Peebles	WHAC	2.25.78		M45	1	Gary Rawson	WMA	5.21	+0.2
M45	1	Shaun McCarthy	WMA	2.28.17		M50	1	Kevin Watson	WMA	3.25	+3.1
M55	1	Maurice Piper	KAP	2.52.86		M55	1	Rupert Watson	SCOT	3.53	-1.4
M65	1	Peter Hanson	OLY	3.01.24		M80	1	Bill Nicholson	WMA	2.09	0.0
W40	1	Helen Willis	SCOT	2.37.26		W55	1	Veronica Gould	WHAC	3.66	+2.7
W50	1	Jenny McDonald	SCOT	2.34.78*		W65	1	Judy Hammond	WMA	3.10	+2.1
1500m						W75	1	Colleen Blair	WMA	2.44	+1.3
M35	1	Paul Brydges	SCOT	4.43.49		Triple Jump					
M45	1	Shaun McCarthy	WMA	5.39.87		M35	1	Dean Packwood	WMA	8.66	-0.5
M50	1	Kevin Watson	WMA	5.56.51		M45	1	Gary Rawson	WMA	10.80	-1.5
M55	1	Rupert Watson	SCOT	5.51.84		M50	1	Kevin Watson	WMA	7.16	-0.5
	2	Paul Rodway	SCOT	6.09.62		W55	1	Veronica Gould	WHAC	7.69	0.0
M65	1	Peter Hanson	OLY	6.09.71		Shot Put					
M75	1	Ellis Goodyear	CAPH	6.42.14*		M35	1	John Turner	PARA	8.57	
	2	Michael Browne	SCOT	7.27.42		M40	1	Rod Plimmer	WMA	8.97	
W40	1	Helen Willis	SCOT	5.11.62		M45	1	Laurence Voight	KIWI	10.59	
W45	1	Brenda Burke	SCOT	6.50.69			2	Gary Rawson	WMA	8.29	
W55	1	Pam Graham	SCOT	5.26.42*		M50	1	Kevin Watson	WMA	5.92	
5000m						M55	1	Neville Isherwood	WMA	8.00	
M40	1	David Carrigan	WMC	16.42.72			2	Rupert Watson	SCOT	7.42	
	2	Robbie Robinson	OLY	20.50.10		M65	1	Fred Goodall	WHAC	8.25	
M45	1	Peter Wrigley	SCOT	19.28.48		M70	1	Richard Harris	KIWI	10.04	
	2	Shaun McCarthy	WMA	21.11.18							
M50	1	Vaughan New	VU	16.53.75							
M55	1	Richard Brent	SCOT	17.11.62*							
	2	Bruce McCallum	SCOT	22.47.05							

Results continued

Shot Put

M75	1	Jim Blair	WMA	8.41
M80	1	Bill Nicholson	WMA	6.22
W35	1	Michelle Ward	MAID	9.44
	2	Diane Turner	PARA	6.40
W40	1	Kathryn Fraser	SCOT	7.49
	2	Lynne Plimmer	WMA	6.72
	3	Angela Berberic-Ozvar	WMA	6.70
W45	1	Melanie Watson	WMA	6.02
W50	1	Diane Isherwood	WMA	5.95
W55	1	Veronica Gould	WHAC	7.81
W65	1	Judy Hammond	WMA	6.24
W75	1	Colleena Blair	WMA	6.31

Discus

M35	1	John Turner	PARA	22.74
M45	1	Gary Rawson	WMA	26.78
M50	1	Kevin Watson	WMA	17.76
M55	1	Neville Isherwood	WMA	25.96
	2	Rupert Watson	SCOT	19.40
M65	1	Fred Goodall	WHAC	28.95
M70	1	Richard Harris	KIWI	30.19
M75	1	Jim Blair	WMA	24.83
M80	1	Bill Nicholson	WMA	14.26
W35	1	Michelle Ward	MAID	23.81
	2	Diane Turner	PARA	20.66
W40	1	Kathryn Fraser	SCOT	18.47
	2	Lynne Plimmer	WMA	15.11
W45	1	Melanie Watson	WMA	16.94
W50	1	Diane Isherwood	WMA	12.67
W75	1	Colleena Blair	WMA	14.21

Hammer

M45	1	Laurence Voight	KIWI	27.21
M50	1	Kevin Watson	WMA	13.19
M55	1	Neville Isherwood	WMA	18.42
M70	1	Richard Harris	KIWI	22.06
M75	1	Jim Blair	WMA	20.63*
W35	1	Michelle Ward	MAID	21.43
	2	Diane Turner	PARA	18.45
W40	1	Kathryn Fraser	SCOT	18.86
W45	1	Melanie Watson	WMA	17.88
W55	1	Veronica Gould	WHAC	24.20*
W75	1	Colleena Blair	WMA	13.95

Weight Throw

M45	1	Laurence Voight	KIWI	10.50
M50	1	Kevin Watson	WMA	5.59
M55	1	Neville Isherwood	WMA	5.72
M75	1	Jim Blair	WMA	8.45
W35	1	Michelle Ward	MAID	7.38
	2	Diane Turner	PARA	6.66
W40	1	Kathryn Fraser	SCOT	6.68
W45	1	Melanie Watson	WMA	6.71
W55	1	Veronica Gould	WHAC	9.01
W75	1	Colleena Blair	WMA	8.55

Javelin

M35	1	Dean Packwood	WMA	35.77
M45	1	Gary Rawson	WMA	35.40
M50	1	Kevin Watson	WMA	18.84
M65	1	Fred Goodall	WHAC	29.77
M75	1	Jim Blair	WMA	24.70
M80	1	Bill Nicholson	WMA	15.20
W35	1	Diane Turner	PARA	17.83
W40	1	Kathryn Fraser	SCOT	12.58
W65	1	Judy Hammond	WMA	13.04
W75	1	Colleena Blair	WMA	13.76

*Centre Record

**Centre & NZ Record

WANGANUI MASTERS GAMES

Wellington Masters who took part in the Masters Games held in Wanganui. - Results courtesy Kathryn Fraser.

Grade	Place	Name	Result	Wind
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100m

W65	1	Judy Hammond	16.65	+2.0
M40	3	Dean Packwood	13.04	-0.4
	4	Paul Brydges	13.09	-0.4
M45	1	Gary Rawson	12.33	+0.5

200m

W65	1	Judy Hammond	35.93	+2.2
M35	2	Paul Brydges	25.41	+1.6
M45	1	Gary Rawson	25.16	+1.9
M55	3	Rob James	27.6	+4.2
M60	2	Ross McBeth	28.7	+1.3

400m

W65	1	Judy Hammond	01:26.41
M35	2	Paul Brydges	55.66
M55	2	Rob James	01:02.67
	6	Murray Robb	01:16.83
M60	1	Ross McBeth	01:07.29

800m

M35	1	Paul Brydges	02:10.81
M40	1	David Creamer	02:21.34
M55	1	Rob James	02:44.46
	3	Murray Robb	03:08.40
M75	2	Michael Browne	03:36.15

1500m

M35	1	Paul Brydges	04:41.84
M40	2	David Creamer	05:05.65
M75	1	Ellis Goodyear	06:50.4
	3	Michael Browne	07:27.2

3000m

M35	1	Paul Brydges	11:03.40
M75	1	Ellis Goodyear	14:16.22
	4	Michael Browne	15:52.34

Long Jump

W65	1	Judy Hammond	3.11	+1.5
M35	3	Dean Packwood	4.46	0.0
M45	1	Gary Rawson	5.56	-1.2
M60	2	Ross McBeth	3.79	+0.5

Triple Jump

M35	2	Dean Packwood	7.73	+2.2
M45	1	Gary Rawson	10.95	+2.0

Shot Put

M55	5	Murray Robb	7.20
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Discus

M35	1	Dean Packwood	24.45
M45	4	Gary Rawson	24.14
M55	4	Murray Robb	22.21

Javelin

M35	1	Dean Packwood	34.50
M45	3	Gary Rawson	33.66

Bills travel through the mail at twice the speed of cheques.

BITS and PIECES

Membership

Our membership for the year now stands at 104 members. Welcome to new members and returning members Julie Roots (Masterton); David Bade (WMA); Lynne Plimmer (WMA); Rupert Watson (Scottish); Murray Peebles (WHAC); David Carrigan (WMC); Paul Brydges (Scottish); Angela Berberic-Ozvar (WMA); Dean Packwood (WMA) and Pam Graham (Scottish).

* * * * *

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* * * * *

Peter Wrigley Appointed as IAAF Race Walking Judge for New Zealand

Peter Wrigley of Wellington has been advised by the IAAF that he has been appointed as one of the 30 Area Race Walking Judges, level III, for 2007 to 2010. Immediately after officiating at the Long Distance walking Championships in Hastings at Labour Weekend Peter went to Paris for the selection process. He undertook the theory, practical and physical tests and was successful in gaining a high pass mark. Of the 30 appointed 21 are existing members who successfully re-completed the selection process. There is one Australian judge appointed.

Peter is a very active member of Wellington Scottish Athletic Club and committee member for Wellington Masters, and while he has never race walked he has completed well over 100 marathons. These include almost every marathon on the New Zealand calendar, and a number overseas, including the infamous Siberian

Winter Marathon. This experience of long hard work seems to have given him a good empathy with race walkers.

Peter is looking forward to his forthcoming IAAF appointments overseas, but he is keeping busy here at home at present.

* * * * *

JOHN BARRINGTON

In the December issue of The Master Copy reference was made to John Barrington coming third in the 70-74 age group at the New York marathon in November. This was a culmination of a good couple of years for John who turned 70 in January 2006.

In 2005 he won the 65-69 New Zealand half marathon title at Huntly in 1 hour 34 minutes. 2006 began with a win in the 10km at Newtown Park in January, followed by wins in the Christchurch marathon in 3 hours 36 minutes, and the Sydney, Wellington and Manawatu half marathons.

Nearly 50 years ago, in 1958, John was flanker in the Victoria University rugby team that won the Jubilee Cup.

* * * * *

The head Greenie Tree Hugging Lady Activist, who was responsible for getting horses banned from National Parks & State Forests, was climbing a big tree to have a look out over the forestry when a Tawny Frogmouth Owl attacked her for invading its nesting site. In a panic to make her escape, she slid down the tree, getting many splinters in the crotch of her designer shorts. In considerable pain she hurried to the nearest Doctor, told him she was an environmentalist, and how she got all the splinters.

The Doctor listened with great patience and then told her to go into the examining room and he would see if he could help her. She waited for three hours before the Doctor reappeared.

The angry woman demanded: "What took you so long?"

He smiled and then told her: "Well, I had to get permits from the Environmental Protection Agency, the Forestry Service, National Parks and Wildlife Service, Rural Fire Service, and Conservation and Land Management, before I could remove "Old Growth Timber" from a recreational area..... I am sorry but they turned me down."

The Song of the Ungirt Runners

- Charles Hamilton Sorley

We swing ungirded hips,
And lightened are our eyes,
The rain is on our lips,
We do not run for prize.
We know not whom we trust
Nor whitherward we fare,
But we run because we must
Through the great wide air.

The waters of the seas
Are troubled as by storm.
The tempest strips the trees
And does not leave them warm.
Does the tearing tempest pause?
Do the tree-tops ask it why?
So we run without a cause
'Neath the big bare sky.

The rain is on our lips,
We do not run for prize.
But the storm the water whips
And the wave howls to the skies.
The winds arise and strike it
And scatter it like sand,
And we run because we like it
Through the broad bright land.

The above was supplied by Ellis Goodyear - thanks Ed.

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LEFT BRAIN vs RIGHT BRAIN

The brain has two hemispheres that are separate and don't interconnect. The logical left brain does our business activities, trying to steer us into pleasure and away from discomfort. The creative and intuitive right side is an unlimited source of solutions to problems and connects us to hidden strengths.

As we accumulate stress, the left brain sends us a stream of messages telling us to "slow down" and "this isn't your day" and even philosophical messages like "why are you doing this." We are all capable of staying on track, and even pushing to a higher level of performance-even when the left brain is saying these things.

The first important step in taking command over motivation is to ignore the left brain unless there is a legitimate reason of health or safety (very rare), or in fact, you are running a lot faster than you are ready to run. You can deal with the left brain, through a series of mental training drills.

* * * *

SIGNS OF INJURY

1. Inflammation - any type of swelling.
2. Loss of function - the foot, etc. doesn't work correctly.
3. Pain - that does not go away when you "shuffle" for a few minutes.

* * * *

HOW FAST WILL I LOSE MY CONDITIONING?

Studies have shown that you can maintain conditioning even when you don't exercise for 5 days. Surely you want to continue regular walking if you can, but staying injury free has an even higher priority. So don't be afraid to take up to 5 days off when a "weak link" kicks in. In most cases you will only stop for 2-3 days.

* * * *

Subject: Italian Lover

A virile, middle aged Italian gentleman named Guido was relaxing at his favorite bar in Rome when he managed to attract a spectacular young blonde woman.

Things progressed to the point where he invited her back to his apartment and, after some small talk, they retired to his bedroom where he rattled her senseless.

After a pleasant interlude he asked with a smile, "So, you finish?" She paused for a second, frowned, and replied, "No."

Surprised, Guido reached for her and the rattling resumed. This time she thrashed about wildly and there were screams of passion. The sex finally ends and, again, Guido smiles and asks, "You finish?"

Again, after a short pause, she returns his smile, cuddles closer to him and softly says, "No."

Stunned, but damned if he was going to leave this woman unsatisfied, Guido reaches for the woman yet again. Using the last of his strength, he barely manages it, but they end together screaming, bucking, clawing and ripping the bed sheets.

Exhausted, Guido falls onto his back, gasping. Barely able to turn his head, he looks into her eyes, smiles proudly and asked again, "You finish?"

Barely able to speak, the beautiful blond whispers in his ear, "No, I Norwegian."

HEALTH

Five Ways to Take a Load Off Your Joints

1. Lose weight

You won't just look better - you'll feel better, too. Even a small weight loss will considerably lessen the stress on your knees. Research has shown that losing as little as five kilograms may cut your risk of osteoarthritis of the knee by 50 per cent.

2. Do low-impact exercise

Swimming, cycling, strength-training and gardening will help firm up your arms and legs and go a long way towards burning off some calories. Weight-bearing exercise creates denser bones and builds stronger muscles that help stabilize and protect joints. Yoga, pilates, tai chi and Swiss ball exercises will help you improve strength and balance.

3. Wear sensible shoes

Rubber-soled shoes provide cushioning. Women take note - experts say a three-inch high heel stresses your foot seven times more than a one-inch heel. High heels also put extra stress on your knees and may increase your risk of developing osteoarthritis.

4. Lift with care

Hold items close to your body, which is less stressful for your joints. Slide objects whenever possible rather than lift them. And of course, always bend your knees when picking up anything, to protect your back.

5. Build strong bones

Boost your calcium intake with foods such as low-fat milk, yoghurt, broccoli and figs. Omega-3 fatty acids, found in cold-water fish such as salmon and mackerel, can help keep your joints healthy. Studies show omega-3s can reduce the pain and inflammation of stiff joints in people with arthritis. And go easy on the coffee. Extra caffeine can weaken your bones.

* * * *

The Chemical Brothers

The chemicals that are our hormones - or more specifically, the endocrine system in which they operate - could be one of the most underrated, overlooked and unfairly judged phenomena in our

bodies. Often referred to in a derogatory fashion, hormones get blamed for personal failings or erratic behaviour: "Don't worry, it's his hormones" or "She's all hormonal."

Yet the endocrine system influences almost every cell, organ and function of our bodies. It works in tandem with the nervous system, enabling communication to every part of us. Hormones are instrumental in regulating mood, growth and development, tissue function and metabolism, sexual function and reproductive processes. We could not survive without them.

Hormone Imbalance

Acne

Spots are common, especially with teenagers, but for some, one or two spots can turn to thousands causing physical and emotional problems. While puberty and stress are common triggers, the hormone testosterone plays an integral part in developing this painful condition. An unusual reaction to testosterone from the sebaceous glands of tiny hair follicles causes them to overproduce the oily substance, sebum. The sebum, along with dead skin cells, blocks the follicles causing a build up of grease and bacteria. The area becomes inflamed, and more inflammation can occur if the follicle ruptures.

Diabetes

Type-1 Diabetes occurs when the pancreas fails to produce enough of the hormone insulin. Symptoms include excessive thirst, hunger, urination, and weight loss. The condition is caused by an immune system disorder causing immune system cells to destroy insulin-producing cells in the pancreas. Complications from the disease include kidney problems, blindness, nerve damage and heart disease. Patients with the disorder require regular injections of insulin to control their blood sugar levels.

Type-2 Diabetes occurs as a result of the body's inability to respond normally to insulin. One of the most common causes of insulin-resistance is excess body fat. The symptoms and complications are the same as Type-1, and if dietary changes, exercise and oral medications fail to help control blood sugar levels in the patient, insulin injections are required.

Thyroid problems

Hyperthyroid - In some people, an overactive thyroid gland can produce excess hormones causing weight loss

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rapid heartbeat, tremors, excessive sweating, anxiety, and in women, irregular periods. The most common cause is autoimmune disease or a cyst or growth in the thyroid.

Hypothyroid - This condition occurs when the thyroid gland does not produce enough hormones. A person suffering from the condition won't have enough energy and will feel slow, tired and lethargic. Other symptoms include weight gain, depression, constipation, cold tolerance and in women, heavy periods. Common causes include the ageing process and menopause (the condition is ten times more common in women).

Top 10 Hormone Secretors

Pituitary Gland - The Master Gland - This pea-sized gland found at the base of the brain, controls most of the hormone activity in the body.

Thyroid Gland - The thyroid gland is located at the back of the neck and is attached to the windpipe. It secretes thyroxine which regulates metabolism and calcitonin which keeps calcium levels in check.

Stomach - Glands in the stomach lining produce the hormone gastrin, which stimulates the production of digestive acids.

The Pancreas - This elongated structure is found deep within the abdomen, behind the stomach. It secretes the hormones insulin and glucagons, which regulate blood glucose levels.

Testes - Located in the male reproduction organs, the testes produce testosterone and other male sex hormones that control sperm production and sexual development.

Pineal Gland - Located near the centre of the brain, the pineal gland secretes melatonin, which controls body rhythms.

Heart - This organ produces natriuretic hormone, which controls blood pressure during exertion.

Adrenal Glands - Adrenal glands are located above the kidneys and secrete hormones involved in energy use, salt regulation and stress or excitement response.

Kidneys - Located in the posterior part of the abdomen, the kidneys secrete the hormone erythropoietin, which stimulates production of red blood cells.

Ovaries - Located in the female reproductive organs, the ovaries secrete the female sex hormones oestrogen and progesterone.

The Fear Response

When we are scared, the hormone adrenalin is secreted into the blood. Our breathing rate increases and our hearts beat faster, sending oxygen-rich blood to the muscles to prepare us to fight or flee.

* * * *

DON'T FORGET TO SLEEP

Sleep helps the brain consolidate memories so that they're readily available during waking hours.

Belgium researchers compared the brain functioning of well-rested and sleep-deprived people who explored a complex computerized town.

Afterwards, 12 participants went home to sleep, while 10 were kept awake a further period of time. A few days later, when all the participants had rested, they were tested again.

Those who were better rested showed more activity in a section of the brain called the caudate nucleus, which is linked to automatic activities.

According to the researchers, the findings indicate that sleep helps the brain reorganize information it takes in during the day.

* * * *

Stone Fruit Ripe for the Picking

With the stone fruit season in full swing, here are some tips for getting the best out of your trip to the fruit market.

Peaches should be smooth and have unwrinkled skin with no blemishes or bruises. Select firm, plump fruit that give a little to gentle pressure. Sniff the stem end and if it smells fragrant, the peach is ripe.

Plums have about 85kJ each on average. Look for a rich and vibrantly coloured plum. Store at room temperature. Once ripe, pop in the fridge for up to five days.

Nectarines are best eaten with the skin on as it holds a lot of the goodness and flavour. Pick a red and yellow fruit, with glossy smooth skin.

* * * *

Men, Women and Arthritis

Women are more likely than men to suffer rheumatoid arthritis (RA). Men get RA later in life, say experts, but it is more damaging. New research from the University of California, finds that women sufferers who have a brother with RA have higher levels of antibodies that indicate a more severe case.

THE ATHLETE'S KITCHEN

Copyright: Nancy Clark, MS, RD, CSSD



Nutrition — Your missing link?

"I've got my training down to a science, but nutrition is my missing link. My diet is horrible. I'm so good at exercising but I'm so bad at eating. I'm running hard but not getting the results I want. I guess I should eat better...?"

Some runners joke about their seafood diet. They "see" food, and they eat it. Sometimes they eat too much, and often they eat the "wrong" foods. While there's no secret some good runners have junky diets, the question arises: How much better could those athletes perform if they were to eat better?

The answer, as documented by research studies, suggests 6% to 20% better. Wow — that's a lot! Eating the right foods at the right times makes a significant improvement not only in today's running performance and weight management, but also in tomorrow's health and well-being. I've helped many very good runners build stronger muscles, run faster marathons, compete with higher energy; and many fitness joggers to train better, lose weight, and improve dramatically. Perhaps this can be your year to significantly enhance your health and performance by fueling your body appropriately.

Don't just eat; eat right

To their demise, many runners not only fail to eat well, they are also unaware of the benefits to be gained by consulting with a sports dietitian. The common explanation is "I know what I should eat, I just don't do it." If this sounds familiar, you undoubtedly do know you should get your Vitamin C from fruits and veggies, not from C-3 supplements (translation: Chocolate Chip Cookies). And you undoubtedly know you shouldn't dive into the half-gallon container of ice cream the minute you return home from a long run. But why do you continue these behaviors? And how can you revise those habits? These are the issues that deserve your attention.

Nutrition information often goes in one ear and out the other, without getting stuck in your brain and put into action. That's because you may be confusing "eating well" with undesired feelings of denial and deprivation, or with a deficiency of fun-foods and an excess of duty-foods. Life without cookies can seem dark and gloomy. Plus, on a sub-conscious level, you may be responding to media's messages that persuade you to indulge. You deserve a food reward today. Right?

Given that you know what you should eat for health and performance, you have no need to team up with a sports dietitian, right? (After all, why would you pay someone to embarrass yourself while confessing your quirky food habits?) A sports dietitian can help you have cake and eat it too — and find a livable balance between a "junky diet" and a good fueling plan that is both enjoyable and benefits your training and performance.

Knowledge is power

You don't know what you don't know. I work with a lot of highly intelligent runners with lots of nutrition knowledge, but they are not registered dietitians (RDs) with at least four years of undergraduate education related to food and nutrition sciences and another year or two of a dietetics internship and/or graduate school. Your coach, exercise physiologist, parents and teammates may appear to be nutrition experts and offer nutrition advice, but only registered dietitians (RDs) have the training that makes them professionally recognized as the true nutrition experts.

RDs who specialize in sports nutrition can now take an exam to become Board Certified as a Specialist in Sports Dietetics (CSSD). The American Dietetic Association, the nation's largest group of nutrition professionals, acknowledges this specialty niche — just as they have for RDs who specialize in renal disease and pediatrics. Sports dietitians who meet specific educational requirements and work experiences are eligible to take the exam and qualify for this meaningful CSSD title. CSSDs know the ins and outs of foods and fluids as they relate to physical activity and athletic performance.

What can you learn from a CSSD/sports dietitian?

- How many calories you deserve to eat ... and how many of them can be from junk food (if desired).
- When to eat so you optimize energy, muscle growth and repair, and performance. No more running out of gas during workouts...or at work, for that matter!

continued on next page

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- The right balance of carbs to fuel your muscles and protein to build your muscles — with sample menus and food ideas.
- How much dietary fat is OK to eat — without clogging your arteries — and how to choose foods with the health-protective fats.
- How to sneak more fruits and veggies into your daily food plan so you effortlessly enjoy these sources of abundant all-natural vitamins and minerals.
- Tips to tame the cookie monster. (Hint: The cookie monster visits when you get too hungry; front-load your calories.)
- How to get enough protein at meals, even if you are a vegetarian. The money you save on protein supplements can likely pay for your nutrition consultation!

The bottom line

If you show up for training, physical therapy, massages, etc., but do not show up for sports meals, think again. When your goal is to move to the next level of performance, consulting with a sports dietitian can be your winning edge.

Nancy Clark, MS, RD, CSSD is board Certified as a Specialist in Sports Dietetics. She counsels causal and competitive athletes in her private practice at Healthworks, the premier fitness center in Chestnut Hill MA (617-383-6100). She is author of the best selling Nancy Clark's Sports Nutrition Guidebook, her Food Guide for Marathoners, and her Cyclist's Food Guide, available at www.nancyclarkrd.com. See also www.sportsnutritionworkshop.com.

Editor's note: This article has been reproduced with the kind permission of Nancy Clark. For more information on this article and others relating to sports nutrition etc. visit the websites as listed above.

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STRETCHING: Before running? After running? When, then?

Before running?

Most runners think they should stretch just before running. You see them everywhere, legs on benches, leaning against buildings-getting ready to run. I don't recommend this. Just before running, the muscles are tight and may pull or strain easily. You are particularly at risk early in the morning when you're cold and blood flow is minimal. Pushing a cold muscle, tendon or joint often leads to injury.

After running?

Stretching right after running is also a risky proposition. The muscles don't simply stop all activity when you stop running. They are still "revved up" and ready to respond for about 30 minutes; stretching may cause them to spasm. When they are working hard like this, a stretch often activates the stretch reflex - leaving you tighter than before.

When, then?

The best time to stretch is after the body is warmed up, relaxed, and when the blood is moving. Since many runners do stretch incorrectly, it's best to wait and stretch after warming up. Don't stretch to warm the muscles up; it won't work. Stretch in the evening, for example, or throughout the day as you have time. Many of my friends use stretching as a nice way to prepare for sleep.

From Galloway's Book on Running

THE SECRET TO IMPROVEMENT

You cannot improve if you cannot run. The single greatest cause of improvement is remaining injury-free. If you're like most runners, you push it to the limit, and then Mother Nature steps in and forces you to rest. This slows your progress, for you must rebuild after each "down" period. But if you build rest into your training program you can avoid injuries and interruptions in your progress. -

From Galloway's Book on Running

Step Up a Gear

If your running engine only has two modes – start and stop – it's time to tune up with a progressive speed increase workout.

Would you call yourself a plodder? When you try to slip up a gear do you get stuck somewhere between first and neutral, or sometimes slip back into reverse? Don't despair. Even the most hardened plodder can find some zip by following the basic principle: progressive speed increase.

Kenyan runners are renowned for their smooth, fast-paced running. Watch them on the track and you'll notice how when everyone else is hanging in, they are able to change gears and crank up the pace without looking as if they're making any extra effort. You may not have the talent of a Paul Tergat, but you can still learn a thing or two from the runners who make it all look so easy. Here's a typical Kenyan approach to running: the eight gears.

Start your run in first gear – at a very slow and relaxed pace, well below your regular training speed. If you're running in a group, use this time to have a good chat but be mindful not to increase the tempo through the distraction of chatter.

After five minutes of slow, first-gear running, move into second gear with a slight adjustment to the running speed. The change in running pace should be noticeable but not dramatic, and there should be no sense of labouring at all.

Reaching the 10-minute mark, the lever moves to gear three as another slight increment occurs. You will now be approaching what you would term normal training pace, but still be totally controlled and enjoying the scenery around you.

Gear 4 starts after 15 minutes when you are well and truly warmed up. It's time now to slip into training mode as you adopt the cadence and rhythm of a standard run. At this point, reinforce your mental image of good running posture and run high with a controlled and comfortable heel-to-toe footfall. Hold this for another five minutes before the fun begins.

At the 20-minute mark you've reached the halfway point in the session and the change into fifth gear occurs. Ignore the sound of those slipping cogs and push just beyond what has been comfortable for a sustained period. Settle into this pace for five minutes and switch your brain on because its time to think about what you're doing and not just rely on auto pilot.

Gear six takes you up again and further away from the comfort zone. After the jerky transition out of gear four, the move away from five should be smooth and silky as you perfect the art of pace increase. Now you should be feeling like a Kenyan, traversing the high plains of the Rift Valley with grace and speed. Hold onto this pace until you reach 30 minutes.

You're nearly there now and its time to really focus as you change to gear seven. By this point the pace should be quick, but there should always be the feeling that there is another gear to come. For most runners this pace will be approaching your 10km race speed and you'll be feeling as if you're racing: your heart rate will be up, the sweat will be dripping and the leg muscles will be starting to tire. Hold this for a solid five minute stretch.

Then it's time for the final change. Slipping into overdrive you go beyond your race pace and this really tests the limits of your engine. With the smooth and consistent build-up of race pace behind you, the lift in momentum should carry you through for the last five minutes. As you approach 40 minutes, hold your form, concentrate on running well and finish with pride. You've done it – moved through all the gears and experienced a well-tuned and responsive engine.

Slip down a few gears and continue running in a smooth, easy way for another five to 10 minutes just to loosen up again and congratulate yourself on a job well done. You've just mastered the fine art of regulated pace increase.

* * * * *

With age comes wisdom

A wealthy old lady decides to go on a photo safari in Africa, taking her faithful aged poodle named Cuddles, along for company. One day the poodle starts chasing butterflies. Before long, he discovers he's lost. Wandering about, he notices a leopard heading rapidly in his direction with the intention of having lunch. Cuddles thinks, "Oh, oh! I'm in deep doo-doo!" Noticing some bones on the ground close by, he settles down to chew on the bones with his back to the approaching cat. Just as the leopard is about to leap, the old poodle exclaims loudly, "Boy, that was one delicious leopard! I wonder if there are any more around here?"

Hearing this, the young leopard halts his attack in mid-strike, a look of terror comes over him and he slinks away into the trees. "Whew! That was close! That old poodle nearly had me!"

Meanwhile, a monkey watching the whole scene from a nearby tree, figures he can put this knowledge to good use and trade it for protection from the leopard. The old poodle sees him heading after the leopard with great speed, and figures something must be up. The monkey soon catches up with the leopard, spills the beans and strikes a deal for himself with the leopard.

The young leopard is furious at being made a fool of and says, "Here, monkey, hop on my back and see what's going to happen to that conniving canine!"

Now, the old poodle sees the leopard coming with the monkey on his back and thinks, "What am I going to do now?" but instead of running, the dog sits down with his back to his attackers, pretending he hasn't seen them yet. Just when they get close enough to hear, the old poodle says.

"Where's that damn monkey? I sent him off an hour ago to bring me another leopard!"

Natural Remedy but comes with warnings

Do you have feelings of inadequacy?
Do you suffer from shyness?
Do you sometimes wish you were more assertive?

If you answered yes to any of these questions, ask your doctor or pharmacist about White Wine.

White Wine is the safe, natural way to feel better and more confident about yourself and your actions. White Wine can help ease you out of your shyness and let you tell the world that you're ready and willing to do just about anything.

You will notice the benefits of White Wine almost immediately, and with a regimen of regular doses you can overcome any obstacles that prevent you from living the life you want to live. Shyness and awkwardness will be a thing of the past, and you will discover many talents you never knew you had. Stop hiding and start living, with White Wine.

White Wine may not be right for everyone. Women who are pregnant or nursing should not use White Wine. However, women who wouldn't mind nursing or becoming pregnant are encouraged to try it. Side effects may include dizziness, nausea, vomiting, incarceration, erotic lustfulness, loss of motor control, loss of clothing, loss of money, loss of virginity, delusions of grandeur, table dancing, headache, dehydration, dry mouth, and a desire to sing Karaoke and play all-night rounds of Strip Poker, Truth or Dare, and Naked Twister.

~~~~~ WARNING:

The consumption of alcohol may make you think you are whispering when you are not.

~~~~~ WARNING:

The consumption of alcohol is a major factor in dancing like a retard.

~~~~~ WARNING:

The consumption of alcohol may cause you to tell your friends over and over again that you love them.

~~~~~ WARNING:

The consumption of alcohol may cause you to think you can sing.

~~~~~ WARNING:

The consumption of alcohol may lead you to believe that ex-lovers are really dying for you to telephone them at four in the morning.

~~~~~ WARNING:

The consumption of alcohol may make you think you can logically converse with members of the opposite sex without spitting.

~~~~~ WARNING:

The consumption of alcohol may create the illusion that you are tougher, smarter, faster and better looking than most people.

~~~~~ WARNING:

The consumption of alcohol may lead you to think people are laughing WITH you.

~~~~~ WARNING:

The consumption of alcohol may cause pregnancy.

HOW TO STAY YOUNG

1. Throw out the non-essential numbers. This includes age, weight and height. Let the doctor worry about them. That is why you pay him/her.
2. Keep only cheerful friends - the grouches pull you down.
3. Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain be idle. "An idle mind is the devil's workshop." And the devil's name is Alzheimer's.
4. Enjoy the simple things.
5. Laugh often, long and loud. Laugh until you gasp for breath.
6. The tears happen. Endure, grieve, and move on. The only person who is with us our entire life is ourselves. Be ALIVE while you are alive.
7. Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.
8. Cherish your health: If it is good, preserve it. If it is beyond what you can improve, get help.
9. Don't take guilt trips. Take a trip to the mall, to the next country, to a foreign country but NOT to where the guilt is.
10. Tell people you love that you love them, at every opportunity.

"Beer is proof that God loves us and wants us to be happy." - Benjamin Franklin

"24 hours in a day, 24 beers in a case. Coincidence? I think not." - Stephen Wright

HEALTH

TOP EATING TIPS FOR A HEALTHIER YOU

Reduce Junk and Toxins Unhealthy Fats:

Cut out Trans Fats: These are found in commercial margarines, deep fried foods, some muesli bars, nutella, and many commercially made cakes, crackers and biscuits. Trans fat is also known as hydrogenated vegetable oil and is known to increase your risk of heart disease. This is an artificially hardened vegetable oil, and is banned in Europe (but not unfortunately in New Zealand!)

Reduce Arachidonic acid: This fat is mainly found in organ meats, egg yolks and the fat in most red meats. This fat is the building blocks of inflammatory hormones, so if you have any inflammation it is best to cut these foods from your diet.

Reduce Omega 6 oils: These are found in safflower, sunflower, soybean oil and most other vegetable seed oils. The typical western diet is too high in this fat and excess is made into hormones that increase inflammation.

Reduce Saturated fat: This fat is solid at room temperature and is found in dairy (cream and cheese) and red meats. Saturated fat stiffens cell membranes in your body so they function less efficiently.

Bad Carbohydrates:

The White Menace! White carbohydrates are generally highly processed and have all the fibre and nutrient rich parts removed. For example: white flour has the bran and germ removed, these are the high fibre, nutrient rich parts of the wheat seed. When any grain is refined up to 95% of vitamins, minerals and fibre is removed. Sugar is all calories and no nutrients. Cut out refined grains (white rice, white flour products, white pasta, white potatoes etc.) and all types of sugar and foods containing added sugar.

Unhealthy Proteins:

Cut out processed meats: such as luncheon sausage, salami, ham and some types of bacon. Most contain nitrites, MSG and other unhealthy additives. Look for bacon and ham not processed with chemicals, such as the Freedom Farm range.

Reduce animal protein to one meal per day: Excess animal protein increases your levels of homocysteine, a risk factor for heart disease and inflammation. Red meat also contains saturated fat and arachidonic acid. Limit animal protein to one serving per day, choose lean cuts and use game and organic meats if possible.

Eat fish, seafood, tofu, low fat dairy (e.g. cottage cheese) and high quality protein powders for other meals.

Cut Down on Excess Alcohol

The news is not all bad with respect to alcohol, as a number of studies show a small amount each day: 1 x 150ml glass for women, and 2 glasses of wine for men, reduces the risk of heart disease. More than this increases the risk of health problems.

Reduce known harmful food additives

Some food additives such as artificial colours and MSG, have been linked to behavioural problems in children, such as temper tantrums, hyperactivity and difficulty going to sleep. Cutting them out can hugely improve some children's behaviour and health.

Asthmatics are most likely to be affected by sulphite preservatives (220-228). Some asthma sufferers improve dramatically when sulphites are removed from their diet. (Sulphites are found in many foods especially dried fruit.)

Here is a list of additives to avoid as they have been linked to sensitivities:

Preservatives: Sorbates (200-203) Benzoates (E210-213), Sulphites (E220 - E228) Nitrites (E249 - 252) Propionates (E280 - 283)

Flavour Enhancers: Glutamates, MSG (E620 - 625) plus 627, 631, 635

Artificial Sweeteners (E950, 951, 954)

Synthetic Antioxidants: Gallates (E310 - 312), plus 319-321

Artificial Colours: (E102, 104, 107, 110, 122, 123, 124, 127, 128, 129, 132, 133, 142, 143, 151, 155)

Foods listing artificial flavours

For more information on the issues with food additives click on <http://www.fedupwithfoodadditives.info/> and www.fabresearch.org

continued on next page.

Food Intolerances:

Many people have intolerances to food and don't know it. A study in England found that as many as one in 100 children may have celiac disease (intolerance to gluten found in wheat and other grains). Currently, fewer than one in 2,500 children eat a gluten free diet for this disease. The study also found that on average the children with the antibodies to gluten were 2.7cm (1in) shorter and 1kg (2.2lb) lighter than those who did not. Gluten intolerance affects absorption of nutrients.

Symptoms linked to food intolerances include abdominal bloating, flatulence and loose stools or constipation, and IBS. Sensitivities to certain foods can also be the cause inflammation, eczema, headaches, asthma, arthritis, and autism.

A typical food intolerance sufferer may suffer migraine and unexplained fatigue (central nervous system symptoms) abdominal pain, bloating and frequent diarrhoea (gastrointestinal system symptoms) unexplained muscle and joint pains (musculoskeletal system symptoms) and unexplained nasal congestion and discharge (upper respiratory symptoms).

Further information can be found on this website:
<http://www.allergyclinic.co.uk/foodintolerance.htm>

Try an Elimination Diet

If you suspect that you may have food intolerances the best solution is to try an elimination diet.

Foods most commonly linked to intolerances:

- o Wheat and gluten containing foods
- o Dairy products
- o Corn
- o Eggs
- o Peanuts
- o Caffeine
- o Processed foods with additives (see additives section above).

Food to Eat More Of

Now you are thinking...what can I eat?

We'll think back to the way we were designed to eat food. Eat food as close to how it comes from nature as possible.

Protein:

Fish and seafood
Egg whites
Lean meat, especially game meat.
Lean poultry
Low fat dairy

Tofu and soy products (check labels of processed "soy meat" alternatives for unwanted additives)
Protein powder, free of artificial colours and flavours.

Carbohydrates:

Legumes and beans

Whole grains, try gluten free grains such as quinoa, buckwheat and brown rice.

Lots of coloured and fibrous and leafy vegetables, aim for 8 - 10 servings per day.

Small amounts of root vegetables

Low sugar raw fruits - berries are best, also pip fruit, stone fruit, citrus and kiwifruit.

Fat:

Olive oil, cold pressed virgin oil

Fresh nuts such as almonds, walnuts, pecans or hazelnuts, have a handful each day.

Ground flaxseed: 2 tablespoons daily, is also high in fibre.

Other healthy oils are canola, rice bran, avocado, sesame and all nut oils.

Fish oil / Omega 3 supplement

The Zone Balance

Study after study has now shown that the Zone balance of foods works better than both the high carbohydrate diet and the high protein diet.

Protein: At each meal have a portion of protein the size and thickness of the palm of your hand.

Carbohydrate: Add a small amount (about $\frac{1}{2}$ cup) of starchy vegetables or whole grains and eat a lot of fibrous and colourful salads and vegetables. Then add small portion of fresh fruit to top the meal off.

Fat: Add a dash of fat - about 1 - 2 teaspoons of oil, a tablespoon of nuts, or 3 - 4 tablespoons of avocado.

Supplements:

Take a good quality multivitamin, mineral and antioxidant daily.

Dr Sears Micronutrient is an excellent choice.

Add a purified fish oil supplement daily, if you take a high dose make sure you add extra vitamin E and C.

If you have gut problems, or have recently taken antibiotics, add a course of probiotics such as Kyodophilis to your regime.

These products can be found on www.zonediet.co.nz



RECIPE

Poached Salmon with Steamed Vegetables

Ingredients:

1 Salmon fillet
1 Celery stalk, diced
Pinch of lemon pepper
Assorted raw vegetables

Method:

Put the salmon fillet, celery and lemon pepper in a pot filled with just enough water to cover the fish completely. (Don't fill the pot more than you have to). Bring the water to a slow boil and let it continue for about 10 minutes or until the thickest part of the fish is done. Using a spatula, remove the salmon, gently turn it over and scrape the skin from the underside.

At the same time in a separate pot, steam some mixed vegetables. You can use a metal steamer that rests on the bottom of the pot. Just fill it with about two centimetres of water, drop in the vegetables, bring the water to the boil and cover the pot for three to five minutes.

Here's another easy dish when strapped for time. You can make enough for two meals and store the leftovers in the fridge.

Pan-Cooked Pineapple Chicken

Ingredients:

¼ Cup diced onion
Pinch of black pepper
1 Tsp olive oil
2 Boneless, skinless chicken breasts, cut into 2cm cubes
1 Tbsp orange juice
220g Can diced pineapple
1 Banana, sliced
1 Tsp maple syrup

Method:

In a frying pan over medium heat, cook the onion, black pepper and olive oil for a minute, until the onion is slightly browned. Add the chicken-breast cubes, orange juice and pineapple, stirring as you do. Once it all comes to the boil, immediately reduce the heat to medium and add the banana and maple syrup. Reduce the heat, stir, cover and simmer for another five minutes.

Serve as is or over a small bed of rice.

Things that are difficult to say when you're drunk...

- a) Innovative
- b) Preliminary
- c) Proliferation
- d) Cinnamon

Things that are VERY difficult to say when you're drunk...

- a) Specificity
- b) British Constitution
- c) Passive-aggressive disorder
- d) Transubstantiate

Things that are ABSOLUTELY IMPOSSIBLE to say when you're drunk...

- (a) Thanks, but I don't want to sleep with you.
- (b) Nope, no more booze for me.
- (c) Sorry, but you're not really my type.
- (d) No kebab for me, thank you.
- (e) Good evening officer, isn't it lovely out tonight?
- (f) I'm not interested in fighting you.
- (g) Oh, I just couldn't - no one wants to hear me sing.
- (h) Thank you, but I won't make any attempt to dance, I have no coordination. I'd hate to look like a fool.
- (i) I must be going home now as I have work in the morning.

GREAT SAYINGS

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

The trouble with being punctual is that nobody's there to appreciate it.

We must believe in luck. For how else can we explain the success of those we don't like?

It's amazing that the amount of news that happens in the world everyday always just exactly fits the newspaper.

Life is pleasant. Death is peaceful. It's the transition that's troublesome.

Help a man when he is in trouble and he will remember you when he is in trouble again.

Complex problems have simple, easy to understand wrong answers.

Whoever said money can't buy happiness, didn't know where to shop.

Alcohol doesn't solve any problems, but then again, neither does milk.

Most people are only alive because it is illegal to shoot them.

Forgive your enemies but remember their names.

The number of people watching you is directly proportional to the stupidity of your action.

No great genius has ever existed without some touch of madness.

Anatomy of a Sport Shoe

Shoes have three basic components:

The **Upper** is the cloth/leather or synthetic material that physically covers the top of the foot. The upper must conform to the foot, and hold the shoe on the foot, while allowing the foot to breathe. Features may include a high top for ankle support, as in a basket ball boot, reinforced stitching or materials in areas of stress, or a sock like conforming fit utilising neoprene.

The **Mid sole** is the thick portion that is below the foot and above the tread of the shoe. Its role is two fold: to provide shock absorption, and to help control motion. **Shock absorption** is provided by the materials of the midsole, aided by features such as air bags or gel pockets. "**Motion control**" features attempt to restrict an abnormal amount of a "normal" motion that the foot goes through called "pronation". Control features include dense materials in the inside heel area to resist the "rolling in" of pronation. A stiff heel counter bolstered by a plastic reinforcement also aides in control.

The ultimate control and support in the shoes is provided by an **orthotic device** that a podiatrist can prescribe.

The **Outsole** is the part of the shoe that hits the ground and provides traction. Different materials and tread patterns are designed for varying activities and surfaces.

Tips on Fitting Sports Shoes:

Sizing:

If you buy shoes in the morning, bear in mind that the foot swells up to a full size during the day in many people. Make an allowance for this.

Thumb Rule:

Place your thumb at the end of the longest toe on the larger foot (most people have one foot slightly larger than the other). A full thumb's width should be between the end of the shoe and your toe. Buying a shoe too long or too short may both result in toenail trauma.

The Workout – Hill Repeats

Hill repeats are designed to develop your strength endurance and running economy which will improve your middle and long distance running. The downhill running helps you build speed and flexibility while the uphill develops your strength and endurance. It's an ideal session for anyone running from 10km to a marathon.

To stimulate this session you will need a course that covers varying gradients. Ideally, a course about 600 metres in distance, which has flat, an uphill and a downhill section. After a 2-3km warm-up begin the first of six hill repeats. Running at 75 to 80 percent effort start with a 150 metre run on the flat, then take it downhill striding out for 200 metres. Then it's a surge uphill for 150 metres finishing off with the downhill for 100 metres. Try and hold good form all the way through the session. The hill is only 150 metres but after three repeats you are really starting to work hard. This is the time when your form can begin to slump, so try to stay focused and concentrate on a good running posture.

Follow each hill repeat with a rest recovery of one to two minutes and finish the session with a 2km cool-down run, followed by stretching.

Variation:

Pick a 500m hill of moderate grade and do two to four repeats, running at high intensity. This would be close to your 10km race pace. Run a 2-minute uphill effort, recovering downhill for 3 minutes. Immediately start your next repeat when you reach the bottom of the hill. Finish with a cool-down run and stretch.

As this is a solid workout, ensure that you have a rest day before and after the session. These sessions are recommended for the more advanced senior runner.

Bill Clinton, Al Gore, and George W. Bush went to a fitness spa for some fun. After a stimulating, healthy lunch, all three decided to visit the men's room and they found a strange-looking gent sitting at the entrance.

He said, "Welcome to the gentlemen's room. Be sure to check out our newest feature, a mirror that, if you look into it and say something truthful, you will be rewarded with your wish.

But, be warned: if you say something FALSE, you will be sucked into the mirror to live in a void of nothingness for all eternity!"

The three men quickly entered and upon finding the mirror, Bill Clinton stepped up and said, "I think I'm the most intelligent of us three," and he suddenly found the keys to a brand new Bentley in his hands.

Al Gore stepped up and said, "I think I'm the most aware of the environmental problems of us three," and in an instant, he was surrounded by a pile of money to fund his next Presidential Campaign.

Excited over the possibility of finally having a wish come true, George W. Bush looked into the mirror and said, "I think..." and was promptly sucked into the mirror.

Health - General

Bananas

Never, put your banana in the refrigerator! This is interesting. After reading this, you'll never look at a banana in the same way again.

Bananas contain three natural sugars - sucrose, fructose and glucose combined with fiber. A banana gives an instant, sustained and substantial boost of energy. Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes.

But energy isn't the only way a banana can help us keep fit.

It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

Depression: According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

PMS: Forget the pills - eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

Anemia: High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.

Blood Pressure: This unique tropical fruit is extremely high in potassium yet low in salt, making it perfect to beat blood pressure. So much so, the US Food and Drug Administration has allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

Brain Power: 200 students at a Twickenham (Middlesex) school were helped through their exams this year by eating bananas at breakfast, break, and lunch in a bid to boost their brain power.

Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

Constipation: High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

Hangovers: One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.

Heartburn: Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

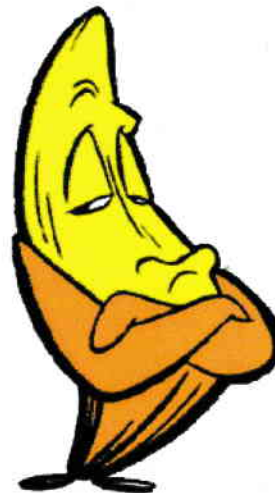
Morning Sickness: Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.

Mosquito bites: Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

Nerves: Bananas are high in B vitamins that help calm the nervous system.

Overweight and at work? Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate and crisps. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady.

Ulcers: The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.



Temperature control: Many other cultures see bananas as a "cooling" fruit that can lower both the physical and emotional temperature of expectant mothers. In Thailand, for example, pregnant women eat bananas to ensure their baby is born with a cool temperature.

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Seasonal Affective Disorder (SAD): Bananas can help SAD sufferers because they contain the natural mood enhancer tryptophan.

Smoking and Tobacco Use: Bananas can also help people trying to give up smoking. The B6, B12 they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.

Stress: Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high-potassium banana snack.

Strokes: According to research in *The New England Journal of Medicine*, eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%!

Warts: Those keen on natural alternatives swear that if you want to kill off a wart, take a piece of banana skin and place it on the wart, with the yellow side out. Carefully hold the skin in place with a plaster or surgical tape!

So, a banana really is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around. So, maybe its time to change that well-known phrase so that we say, "A banana a day keeps the doctor away!"

* * * *

Weight Gain Linked to Risk of Breast Cancer

Need a little motivation to drop those extra kilos? Being overweight can raise the risk of breast cancer. And a new study from Brigham and Women's Hospital and Harvard University shows that losing weight, especially after menopause, may cut that risk.

Researchers tracked 87,143 women. Those who gained 10kg or more after menopause were 18% more likely to develop breast cancer than those who gained little or no weight. But those who lost 10kg or more after menopause lowered their cancer risk by 40%; those who were able to keep the weight off for at least four years cut it by 60%. How can fat become fatal? It produces oestrogen, which can fuel breast cancer growth.

* * * *

Good Food to Boost Your Mood

For a mood pick-me-up, ditch the doughnuts. Lack of important vitamins may be the cause of your blue feelings – eating more of foods rich in vitamin B, folic acid and iron is a healthy way to improve your mood. If you want

a feel-good snack, up your vitamin B intake by eating Vegemite on wholegrain toast or a handful of dried fruit.

Grab an orange, which is rich in folic acid, or choose a breakfast cereal fortified with iron.

Some studies suggest that a low intake of selenium may affect your mood. A handful of brazil nuts, a boiled egg or grilled fish are all excellent sources.

* * * *

Get Off on the Right Foot

Don't pound the pavement in any old shoes. The right exercise footwear will prevent problems, says podiatrist Mike O'Neill. "I regularly see bruised toenails from too-short shoes or compression on joints from too-tight shoes", says O'Neill. "You must match your shoe to your exercise. Runners should look for hard soles to sustain vigorous use. If you play squash, look for grip laid out in circles for multidirectional movement."

Find a shop whose staff are knowledgeable about the way feet work. Anyone exercising for five hours a week or more should change shoes regularly. "The shock-absorption compartments and grip will wear and you'll lose stability and control," says O'Neill. "And never put shoes in the washing machine. It breaks down fabric and softens plastic. Hose them down outside.

* * * *

Oils Essential

The heart-healthy reputation of olive oil is well known, but eating a variety of plant oils can give healthy – and tasty – benefits.

Avocado – Rich in vitamin E for healthy skin. Enjoy its subtle, nutty taste cold, or cook with it.

Flaxseed – Mild-flavoured and full of essential omega-3 fats that fight inflammatory disease. Omega-3s are destroyed by heat, so use cold in salads, smoothies and yoghurt.

Grapeseed – A light flavour and high smoke point; good for salad dressings and for cooking at high temperatures.

Hemp seed – Derived from cannabis, but it won't get you high. Hemp seed is a good source of omega-3s and has a mild, sweet, nutty flavour; use cold.

Pumpkin seed – Has a toasted flavour. It may alleviate prostate and bladder problems. High in omega-3s.

Sesame – Adds strong flavour to Oriental food. High in vitamin E; may reduce blood pressure.

* * * *

Thought for the Day:

Two secrets to keep your marriage brimming:

1. Whenever you're wrong, admit it.
2. Whenever you're right, shut up.

COMING EVENTS

2007

March

2-5	NZMA Track & Field Championships	Christchurch
3	NGC Marathon - includes NZ Championships	New Plymouth

April

16	Boston Marathon	Boston
22	Flora London Marathon	London
28	Rotorua Marathon	Rotorua

May

13	Masters Classic Relay	Trentham Memorial Park
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June

24	Harbour Capital Full & Half Marathon	Westpac Stadium
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July

1	Gold Coast Airport Full & Half Marathon	Gold Coast, Brisbane
22	Johnsonville 8km Road Race & Walk	Johnsonville

Sept

4-15	World Masters Athletic Championships	Riccione, Italy
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Nov

4	Lower Hutt 10km Road Race & Walk	Lower Hutt
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.

MASTERS RECORDS

If any member sets a record at the track or any of the various races around the region, can they please fill in the appropriate form, obtain all the necessary signatures to verify the record, and send to Kathryn Fraser. Kathryn has taken over maintaining the records for the Centre and has now posted our Masters records on the Athletics Wellington website - for details see <http://www.athletics.org.nz/well/Article.aspx?ID=1330>.

At some stage she would like to expand on the details recorded to include places and dates; that will require a massive amount of digging through bits of paper so it's not likely to happen for a while. Details of how to claim a record for Wellington Masters are also posted within the realms of the Records/Ranking area of the site.

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

✂ -----

WELLINGTON MASTERS ATHLETICS

If unclaimed please return to:-

122 Onslow Road, Khandallah, Wellington 6035