

# THE

# MASTER

# COPY

Newsletter of the Wellington Masters Athletics Inc.

Volume 6 Issue 3

August 2007



The small field of walkers on their way at the Race Walk at the Johnsonville 8km.

# **WELLINGTON MASTERS ATHLETICS INC.**

## **COMMITTEE MEMBERS 2006-07**

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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

What to write for this Editorial? If I was a well known author one might suggest that I had "writers block", but alas that isn't the case – I have put together the rest of the magazine, and now I have just the editorial to finish, but can't think of anything inspiring and topical that might generate a response, or cause some debate among members. So I guess that I will just finish the editorial with some minor bits and pieces.

The Johnsonville 8km held recently looked like it was going to be an event only for the "brave and hearty souls" with the weather in the early part of the morning throwing everything at us from rain to sleet. The walkers got a few light drops of rain when they started their 6.4km race walk, but by the time the runners lined up, 15 minutes later, the conditions were greatly improved. Numbers were slightly up on last year's event. The Masters are grateful to Olympic Harriers for the use of their clubrooms and a special thanks to Brian Watson for organising this event for the 23<sup>rd</sup> year. The results are published elsewhere in this copy of the magazine.

The Annual General Meeting of Wellington Masters will be held on Tuesday 18<sup>th</sup> September at 7pm at the Scottish Harrier clubrooms. The formal notice will be issued after our next committee meeting in early August. Members are invited to attend this AGM and we can guarantee that there will be no arm twisting to get you nominated onto the committee. But on a serious note we are on the lookout for a President since Kathryn Fraser departed for Timaru. Jim Blair has gratefully been standing in as Acting Chairman, but this was on the understanding that it was only until the AGM in September. If anyone is interested in standing for President, please contact Jim Blair so that we can put forward a nomination for the AGM. The committee would also welcome any member who wishes to be nominated for the new committee. It would be nice to have a good gathering for the AGM, as in the past there has been the situation arise where we haven't had enough members present for a quorum, so we have had to reschedule the meeting for a later date.

The next event of Wellington Masters is the Lower Hutt 10km to be held on Sunday 28<sup>th</sup> October. Because the Race Director will be out of the country, we have brought this event forward by a couple of weeks from the usual November date. It will be interesting to see if the change of date has any effect on the number of members that enter.

Finally, keep up the good training as the weather is showing signs of spring coming with the odd sprinkling of daffodil plants making an appearance around some of the areas that I train around.

*John Palmer*

Editor

## BE WINTER-WISE

**It's the traditional cold and flu season, but you can aid your body's natural defence mechanisms to ward off the bad bugs and keep your glow.**

**Veg Out:** Eat plenty of fruit and vegetables containing carotenoids and antioxidants, which enhance immune function. These include yellow-orange varieties such as pumpkin, carrots, oranges and sweet potato. Drop some greens onto your plate, including spinach, silverbeet and Asian greens.

**Scrub Up:** Viruses can survive for more than eight hours on hard surfaces such as stainless steel and plastic. A recent report shows that washing your hands with soap and water is as effective as using sanitizers and antibacterial soaps. Lather for 10-15 seconds, wash thoroughly and dry.

**Go out on a Limb:** Another recent study found that adults who do regular moderate exercise catch fewer colds. Aim for at least 30 minutes of brisk walking, cycling or swimming three times a week.

**Use your Duvet:** Get cosy and enjoy at least 6-8 hours sleep each night. This will assist your body in developing natural immune cells.

**Relax:** Stress produces excess corticosteroid hormones which reduce your body's germ-fighting ability.

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## CHOLESTEROL

### What is cholesterol?

Cholesterol is a fatty, waxy substance that is mainly produced by our liver. Too much saturated fat in our diet contributes to high blood cholesterol. Most saturated fats come from the animal products we eat, such as butter, whole milk, cheese, pies, pastries and cakes, as well as potatoes and kumara with butter added eg: hot chips, hash browns.

Apart from too much saturated fat in our diet, high blood cholesterol levels can also be due to genetic (inherited) disorder.

Whatever the cause of your high cholesterol, it is important to lower your levels through lifestyle changes and possibly medication.

### What does cholesterol do?

Cholesterol is important as it helps our bodies function properly. However, if there is too much cholesterol in your blood, it will build up in your artery walls, causing narrowing of the arteries. This increases your risk of developing heart disease or stroke.

Cholesterol and other fats are called lipids. There are different types of lipids within our body. Each has a different function:

**High Density Lipoprotein Cholesterol (HDL)** is often called the 'good' cholesterol because it helps remove cholesterol from the artery walls reducing the risk of heart disease.

**Low-Density Lipoprotein Cholesterol (LDL)** is often called the 'bad' cholesterol because it deposits cholesterol into the artery walls increasing your risk of heart disease.

**Triglycerides** are the most common form of fat in our body. They are a storage form of energy for the body. High triglyceride levels are associated with many diseases, including heart disease and stroke.

### How you can lower blood cholesterol levels:

- ❖ Follow a heart healthy dietary pattern.
- ❖ Lose weight if you are overweight.
- ❖ Do moderate physical exercise for at least 30 minutes on most days or daily
- ❖ Avoid excessive drinking of alcohol.

You can further reduce your cholesterol by:

- ❖ Having more servings of dried peas (eg chickpeas) and beans (eg red kidney beans), soy products, oats, cereals, whole grains and high-fibre cereals.
- ❖ Including sterol-fortified margarine spreads.
- ❖ Checking food labels and choosing those that are low in saturated fats.
- ❖ **NOT** having foods prepared with butter, hydrogenated oil, coconut or palm oil.
- ❖ **NOT** eating white meat fat, chicken skin or processed meats or chicken.

If your cholesterol level is too high, your doctor may recommend taking medication.

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## QUIRKY SAYINGS

As you get older, your secrets are safe with your friends because they can't remember them either.

Don't worry about avoiding temptation. As you grow older, it will avoid you.

My wild oats have turned into prunes and all bran.

# BITS and PIECES

## Membership

Since the last newsletter there has been only one new member join up. Welcome to David Trow (Hutt Valley Harriers). Our current membership now stands at 107 members.

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## Wellington Masters AGM

**The Annual General Meeting of Wellington Masters Athletics Inc. will be held on Tuesday 18<sup>th</sup> September at the Wellington Scottish Harriers Clubrooms commencing at 7pm.**

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## Political Correctness

Following is the winning entry from an annual contest calling for the most appropriate definition of a contemporary term.

This year's term: Political Correctness.

"Political Correctness is a doctrine fostered by a delusional liberal minority and by the mainstream media, which holds forth the proposition that it is entirely possible to pick up a turd by the clean end."

\* \* \* \* \*

## Goal, Set & Match

### **Goal Setting advice:**

1. Be specific. What do you want to achieve? "I want to do more exercise" is vague. "I want to do 30 minutes of walking a day" is precise – and measurable.
2. Go on the record. Writing down your goals helps imprint them on your brain and shows your commitment to them. Place your list somewhere you can see it as a daily reminder.
3. Divide and conquer. Arrange your list into short- and long-term goals, then break them down into steps. Set a completion date for each step.
4. Start easy. If your aim is 30 minutes walking a day, beginning with 10 minutes each morning is a realistic and achievable small win. Building the habit every day over two weeks will boost your confidence and momentum.
5. Tell someone. Sharing your goals with your family or a "goal friend" will help keep you accountable.

6. Reward yourself. Acknowledge your achievement of each step or the goal itself with a special treat.

\* \* \* \* \*

"You know when you are getting old" my friend asked.

"I give up," I said.

"When you tell your best friend you're having an affair and they ask - "Are you going to use caterers to provide the food?"

\* \* \* \* \*

## Reducing Your Risk

### **How you can improve your health**

There are some risk factors for cardiovascular disease that cannot be changed. These include age, gender, ethnicity and family history.

Do you know that two out of five deaths in New Zealand are due to cardiovascular disease?

Heart attacks, angina, stroke, transient ischaemic attacks (TIAs) and peripheral vascular disease are all forms of cardiovascular disease.

Often, the first time many people know they have cardiovascular disease is when they experience a heart attack or stroke.

By knowing your risk of cardiovascular disease and making lifestyle changes, you have a better chance of enjoying a long and healthy life.

The Good News is there are many ways to reduce your risk. Work with your healthcare professional to make lifestyle changes that will improve your health and modify the risk.

### **Ways to avoid cardiovascular disease**

- ❖ Increase physical activity/keep fit
- ❖ Maintain a healthy weight
- ❖ Lower your blood cholesterol
- ❖ Lower your blood pressure
- ❖ Be smokefree
- ❖ Control your blood sugar.

A 'Risk Assessment' booklet is available from your doctor or the Heart Foundation. This provides more detailed information on risk factors, lifestyle changes and treatment options.

# WELLINGTON MASTERS ATHLETICS

## 8k Road Run, 6.4k Road Walk - Olympic Harrier Clubrooms, Johnsonville Sunday 22 July 2007

Fastest male walker over the hilly four-lap course was Scottish stalwart Peter Baillie, followed by his club mates Kevin Watson and John Hines. Top walkers on the female side were Andrea Adams (Olympic), Melanie Watson (Scottish) and Colleen Singleton (Olympic).

Fastest runner over the five-lap course was Steve Tait (Olympic), chased home by Paul Homan (Trentham) and young Glen Wallis (Scottish). The first two women's places were held by Katrina Cowie (no club) and Geraldine Smith (Olympic).

Host club Olympic won this year's team prize for a mixed team with 21 points: Steve Tait, Malcolm Standrill, Geraldine Smith, and Ken Ritchie. Second was Scottish with 40 points: Glen Wallis, John Palmer, Paul Rodway and Loretta Desourdy. Trentham United were third with 65 points (Paul Homan, Harry Ross, Diane Rogers and Peter Thomas).

We were lucky with the weather - foul conditions happened in the hour before the start with sleet and wind. Then the clouds parted and the sun came out. It wasn't perfect - some of us battled a headwind going up the hill. Otherwise, it was another successful bit of stage-managing by Brian Watson in his 23rd running of this event.

Sheryne Beeby won the Jim Lockhart and Mariette Hewitson Memorial Baton for 2007 for having the closest time to an age-group record.

### **Run (8k)**

<b>Name</b>	<b>Club</b>	<b>Age</b>	<b>Race Time</b>	<b>Av min/k</b>	<b>Race Pl</b>	<b>Grade Pl</b>
Steve Tait	Olympic	M40	33:21	4:10	1	1
Paul Homan	Trentham United	M45	35:46	4:28	2	1
Glen Wallis	Scottish	M40	38:03	4:45	3	2
Malcolm Standrill	Olympic	M45	39:31	4:56	4	2
Katrina Cowie	No club	W35	39:57	5:00	5	1
John Palmer	Scottish	M55	41:01	5:08	6	1
Geraldine Smith	Olympic	W40	41:16	5:10	7	1
Paul Rodway	Scottish	M55	41:28	5:11	8	2
Ken Ritchie	Olympic	M60	41:42	5:13	9	1
Ray Wallis	Ruamahanga Ramblers	M65	41:45	5:13	10	1
Miles Coverdale	Olympic	M35	41:56	5:15	11	1
Sheryne Beeby	Olympic	W45	42:24	5:18	12	1
Loretta Desourdy	Scottish	W50	42:52	5:22	13	1
Annie van Herck	Olympic	W50	43:19	5:25	14	2
Brenda Burke	Scottish	W45	43:21	5:25	15	2
Albert van Veen	Hutt Valley Harriers	M60	43:41	5:28	16	2
Harry Ross	Trentham United	M65	43:59	5:30	17	2
John Hammond	Kapiti	M65	44:14	5:32	18	3
Brian Watson	Olympic	M65	44:33	5:34	19	4
Maryanne Palmer	Scottish	W50	46:00	5:45	20	2
Rose Ohlsson	Olympic	W35	47:34	5:57	21	2
Diane Rogers	Trentham United	W65	48:22	6:03	22	1
Michael Browne	Scottish	M75	50:31	6:19	23	1
Peter Thomas	Trentham United	M75	53:38	6:42	24	2
Elizabeth Dixon	HV Marathon Clinic	W45	54:49	6:51	25	3
Roy Rogers	Trentham United	M70	54:49	6:51	26	1
Dave Ohlsson	Olympic	M40	57:28	7:11	27	3

### **Walk (6.4k)**

Peter Baillie	Scottish	M55	34:20	5:22	1	1
Kevin Watson	Scottish	M50	44:02	6:53	2	1
John Hines	Scottish	M70	44:52	7:01	3	1
Ian Andrews	Scottish	M60	48:16	7:32	4	1
Murray Gowans	Scottish	M60	44:48	7:00	5	2
Andrea Adams	Olympic	W	50:17	7:51	6	1
Melanie Watson	Scottish	W45	51:53	8:06	7	1
Colleen Singleton	Olympic	W50	55:40	8:42	8	1



## **BAKED SALMON WITH SPICES**

With this recipe the salmon is really moist and tasty. Very quick to prepare and can be done in advance of guests for a dinner party. Since the salmon is cooked in baking paper there isn't much washing up – brilliant!

### **Ingredients:**

4 slices of salmon fillets (about 150g per serve is plenty)  
2 tsp of coriander seeds  
2 tsp cumin seeds  
1 tsp dried, crushed chillies (optional)  
1 tsp black peppercorns  
Sea salt  
Finely grated rind and juice of 1 large lemon

### **Method:**

Preheat the oven to 190°C/375F.  
Cut four pieces of non-stick baking paper each large enough to wrap a piece of salmon. Place a slice of fillet on each.  
Put the seeds, chillies, peppercorns and salt in a mortar and crush with pestle and mortar to break them up a bit (or lightly grind in blender or crush with the bottom of a cup or glass in a strong bowl).  
Stir in the lemon rind.  
Scatter the spice mixture over the salmon, then drizzle with a little lemon juice. Fold the paper over the fish and twist the edges to secure. Make four parcels.  
Place the parcels on a baking tray and bake for 20 minutes.  
You can serve the salmon in its parcels, just open carefully as steam is very hot or you can transfer to a plate.  
Serve with new potatoes and vegetables or salad.

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## **INFORMAL "BRING A FRIEND" TRACK & FIELD BLACKBOARD MEETS**

Newtown Park has been booked for informal "bring a friend" athletic meets or training sessions (depending on numbers interested) on the following Sundays:

**19 August 2007**

**23 September 2007**

**10am - 12 pm**

These meets will be open to all athletes and will be "self serviced".

All participants will be expected to help run either their own events or events for other athletes.

So this is your chance to get in some practice as an official!

**Please note: As Soccer has the Park booked for the winter months they have first call on the grounds. However, WCC only has 14 days notice of the timing of matches so we may have to cancel for reasons other than bad weather.**

**Cancellation notices will be broadcast on 2ZB and The Breeze.**

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## **NOTICE OF ANNUAL GENERAL MEETING**

**THE ANNUAL GENERAL MEETING OF THE WELLINGTON TRACK & FIELD COMMITTEE WILL BE HELD ON MONDAY 27 AUGUST 2007 AT SPORT WELLINGTON REGION ROOMS, 2ND FLOOR, 113 ADELAIDE ROAD, WELLINGTON AT 7.00PM.**

Nominations are called for positions of:

Chairman  
Secretary  
Treasurer

Nominations for the Committee will be accepted from the floor at the meeting.

Remits may be submitted to the Secretary no later than 10 August 2007 for consideration at the meeting.

### **AGENDA**

- 1 Roll Call
- 2 Apologies
- 3 Minutes of last AGM
- 4 Chairman's and Financial Reports
- 5 Election of Officers:  
Chairman, Secretary, Treasurer, Committee
- 6 Remits
- 7 General Business

# 10 BEST RUNNING TIPS

## 1. Set Realistic Goals:

The thing that causes the most off days from training isn't injury - it is motivation. Goals give you the reason to put necessary effort and commitment to succeed. They are the criteria that evaluate your performance and the factor that determines success. Goals keep you focused on what is required and set minimum levels on your commitment so that you do not fall behind with your training. Goals must be realistic. They have to take into account time to train and injury or other issues that may affect your performance like weather conditions. There is nothing more satisfying than achieving your goal on race day.

## 2. Use the right equipment:

Like many sports, running requires specialized equipment to help you succeed. Fortunately the equipment requirements are relatively simple and inexpensive. Running shoes are designed to give you the optimum amount of cushioning and stability for forward motion. You would not play golf with a hockey stick and so you should not be running without proper running shoes and clothing. Using cross trainers for running will increase your risk of injury that could prevent you from making it to race day. Running shoes allow you to roll smoothly off the toe, are lighter weight and breathe better than most other sports shoes. It is the intensity of the effort and the constant and consistent action that has driven running shoe technology. Other equipment requirements include socks with wicking fibres, wristwatches with memory and split times, nutritional supplements, and running clothing for comfort, coolness and protection.

## 3. Follow a Training Program:

While goals keep you focused on what you want to achieve - a training plan will set out the specific steps and sessions that are needed to achieve your goals. By keeping a diary with your training program you can easily see how you have been going in comparison to the plan. If things do not go to plan you can make the necessary adjustments to get back on track.

## 4. Plan Progression and Peaking:

Training the same all the time will cause your fitness to plateau out after six weeks. Progression should be planned for total mileage, speed sessions, long runs and races. A cyclic system over a few weeks will give you adequate recovery so that you will be able to pass smoothly onto the next stage. Progression over the whole program should be planned out rather than haphazard to give you control over your performances. Periodisation and planned progression leads to achieving your greatest fitness when you need it the most - at major goal race time. All that is then required is tweaking of your training so that mentally and physically you are primed to race at a level that you have never achieved before.

## 5. Be Specific:

Training must stimulate racing if it is going to be effective. Speedwork must target different energy

systems at different times. Subtle variations in quantity, intensity and recovery of your training will create the adaptations required to achieve your racing goals. The purpose of training is to help you race faster - it is not an end in itself. Every session you should answer the question of "how will this help me meet my racing goals". If you are training for a long race then you need long runs while a short race will require more speedwork. More hills are needed for hilly races but will not help for a flat race.

## 6. Add Variety:

Training should be fun. Variety helps you avoid staleness and keeps you motivated by giving you new challenges to master at regular intervals. This variety includes the progression built into your training program but also includes a variety of different sessions each week and over the whole program. Variety might also include some cross training on your recovery days and running over different terrain and courses.

## 7. Train Hard - Recover Well:

To improve you must train harder than you ever have before, but hard training also breaks you down. It is while recovering from the hard training that you adapt and improve. Both training hard and adequate recovery are necessary to run faster. If you push too hard too frequently your body will be not be able to absorb the training and will become run down leading to injury or illness. You must give your recovery in your training program as much respect as your hard sessions.

## 8. Listen to your Body:

While it is great to have a program to follow it does not mean that the program will always work out. We are biological organisms rather than machines so sometimes our bodies do not adapt as quickly as planned. You need to listen to what your body is telling you about how it is coping with the training. If you have a niggle that lasts longer than two weeks or that stops you running then you need to get it checked out. It is better to get on top of an injury early before it puts you out for too long.

## 9. Avoid Injury:

There are many different strategies for avoiding injury. Because overtraining is the major cause of injury in runners then a training program is the most crucial step in avoiding injury. Other things to consider when preventing injury are: safety on the run; your physical factors like running form, flexibility, strength and foot structure; mental attitude, stress and recovery; diet; equipment; and injury management strategies.

## 10. Have Fun:

The last and most important tip for runners is enjoy the experience. It does not take too long to get hooked but you should make sure that you have fun too. If running is a positive experience it will be easier to maintain. Make running a social occasion by running with friends. Give yourself rewards along the way for achieving goals.



# HEALTH

## EAT FOR HEALTH

Choose from the four main food groups.

**Breads and Cereals:** Provide carbohydrates for energy, dietary fibre to assist digestion and regulate bowel movement. Eat at least six servings each day.

**Serving examples:**

1 slice of bread  
1 bun or bread roll  
2 cabin bread  
1 cup of cooked rice/pasta or porridge  
1 weetbix,  $\frac{1}{2}$  cup of cornflakes.

Make the most of bread and cereals - Try wholemeal and wholegrain varieties which are high in fibre. Try bread without spreads or with minimal spread. Enjoy cereals without adding sugar.

**Fruit and Vegetables:** Provide carbohydrates, fibre, vitamins and minerals. Vitamins are essential for normal growth and protection from some diseases. Minerals are important for all functions of the body. Eat at least five servings each day.

**Serving examples:**

1 medium fruit - eg apple, banana, mango  
 $\frac{1}{2}$  cup of raw, cooked or canned fruit or vegetables  
1 cup cooked potato, kumara or taro  
1 medium cooked green banana.

Make the most of fruit and vegetables - Enjoy fruit and vegetables often, raw or cooked. Cook vegetables or fruit in a little water, add little or no salt or sugar. Use herbs or spices to add flavour instead of salt, stocks and sauces. Choose fruit canned in unsweetened juice and canned vegetables without added salt.

**Milk and Milk Products:** Provide calcium for strong bones and teeth and protein for growth and repair. Eat two servings each day.

**Serving examples:**

1 glass of milk (250ml)  
1 carton of yoghurt (150ml)  
2 thin slices of cheese (40g)  
2 scoops of ice cream (140g) occasionally

Make the most of milk and milk products - Choose low-fat milk, cheese and yoghurt. Enjoy cottage cheese as a spread.

**Lean Red Meat, Fish and Seafood, Chicken, Dried Beans, Nuts or Eggs:** Provide protein, vitamins and minerals. Red meat is rich in iron and easily absorbed by the body. Eat one serving each day.

**Serving examples:**

2-3 slices cooked meat (approx 100g)  
 $\frac{3}{4}$  cup of stew, mince or casserole (195g)  
1 medium steak (120g)  
1 medium fillet of fish - cooked (100g)  
1 chicken leg or 2 drum sticks (no skin)  
 $\frac{3}{4}$  cooked dried beans  
 $\frac{1}{2}$  cup nuts or seeds  
1 egg (3 per week if blood cholesterol is high).

## Cook With Little or No Fat:

**Boiling or Steaming** - avoid overcooking.

**Grilling** - Trim fat off meat and throw away. Use baking tray to drain fat.

**Stirfry** - Use water or a little oil. Avoid overcooking.

**Stewing** - Use lean meat. Add more vegetables to make it go further.

**Roasting** - Use baking tray to drain fat. Remove skin before serving.

**BBQ** - Remove excess fat.

## Simple Steps to Good Health:

1. Eat a variety of foods each day from the four main food groups.
2. Eat foods low in fat, salt and sugar.
3. Keep yourself in shape with regular physical activity and health eating.
4. Drink at least eight glasses of liquid each day - water is best.
5. If you drink alcohol limit your intake to:  
**NO** more than three standard drinks per day for MEN.  
**NO** more than two standard drinks per day for WOMEN.

A standard drink is a small glass of wine or one can or glass of beer or one nip (30ml) of spirit.

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Reproduced from a Heart Foundation brochure supported by the Ministry of Health. For more information go to: [www.heartfoundation.org.nz](http://www.heartfoundation.org.nz)

## Help Still Wanted

With Kathryn Fraser having left for greener pastures, the Centre is looking for someone who has some computer programming knowledge, is interested in athletics, and who would be willing to run the programmes on the Masters laptop used to record the results for Masters events and the Track & Field competitions. Anyone interested in this important role for the Centre and Masters, please contact Jim Blair on 528 2992.

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## President for 2007-08

Also with Kathryn leaving, there is a vacancy for the position of President to be filled at this year's AGM that will be held on September 18th. Jim Blair has kindly offered to fill the role as Acting Chairman until the AGM. Could members give some consideration to this matter or if they think of anyone who would be suitable for President, to approach them and see if they would be willing to stand. If anyone would like any more information regarding the role, please contact either Jim Blair on 528 2992 or John Palmer on 479 2130.

\* \* \* \*

## The Boss

A large company, feeling it was time for a shakeup, hired a new CEO.

The new boss was determined to rid the company of all slackers.

On a tour of the facilities, the CEO noticed a guy leaning on a wall.

The room was full of workers and he wanted to let them know that he meant business.

He walked up to the guy leaning against the wall and asked, "How much money do you make a week?"

A little surprised, the young man looked at him and replied, "I make \$400 a week. Why?"

The CEO then handed the guy \$1,600 in cash and screamed, "Here's four weeks' pay, now GET OUT and don't come back."

Feeling pretty good about himself the CEO looked around the room and asked, "Does anyone want to tell me what that goof-ball did here?"

From across the room came a voice, "He's the Pizza delivery guy from Domino's."

\* \* \* \*

### SO YOU THINK YOU KNOW EVERYTHING?

"Stewardesses" is the longest word typed with only the left hand and "lollipop" with your right.

No word in the English language rhymes with month, orange, silver, or purple.

"Dreamt" is the only English word that ends in the letters "mt".

Our eyes are always the same size from birth, but our nose and ears never stop growing.

The sentence: "The quick brown fox jumps over the lazy dog" uses every letter of the alphabet.

The words 'racecar,' 'kayak' and 'level' are the same whether they are read left to right or right to left (palindromes).

There are only four words in the English language which end in "dous": tremendous, horrendous, stupendous, and hazardous.

There are two words in the English language that have all five vowels in order: "abstemious" and "facetious."

TYPEWRITER is the longest word that can be made using the letters only on one row of the keyboard.

A cat has 32 muscles in each ear.

A goldfish has a memory span of three seconds.

A "jiffy" is an actual unit of time for 1/100th of a second.

A shark is the only fish that can blink with both eyes.

A snail can sleep for three years.

Almonds are a member of the peach family.

An ostrich's eye is bigger than its brain.

Babies are born without kneecaps. They don't appear until the child reaches 2 to 6 years of age.

February 1865 is the only month in recorded history not to have a full moon.

In the last 4,000 years, no new animals have been domesticated.

If the population of China walked past you, 8 abreast, the line would never end because of the rate of reproduction.

Rubber bands last longer when refrigerated.

The average person's left hand does 56% of the typing.

The winter of 1932 was so cold that Niagara Falls froze completely solid.

There are more chickens than people in the world.

Women blink nearly twice as much as men.

Now you know everything!

# THE ATHLETE'S KITCHEN

Copyright: Nancy Clark, MS, RD, CSSD



## Liquids with Calories:

If you are among the many sweaty runners who wonders what to drink to quench your thirst, you may feel confused by the abundant choices of fluids. There's plain ol' water, sports drinks, soft drinks (sugar-sweetened or diet), 100% fruit juices, juice drinks, milk (skim, low fat, or whole), beer, wine - and the list goes on. As a sports dietitian, I get lots of questions about what's best (or worst) to drink. Here are my answers to just a few commonly asked questions about liquids with calories.

**Q. Should I stop drinking orange juice because it is loaded with (fattening) carbs and sugar?**

**A.** No! To start, carbs are not fattening, but rather an important fuel for your muscles. Please do not knock OJ out of your breakfast (and then, gulp, replace it with a Coffee Coolatta). OJ offers a strong dose of vitamin C, potassium, folate and other health protective nutrients. Yes, eating the whole orange is slightly better because solid foods are more satiating than liquids, but you can simply balance the OJ-calories into your daily calorie budget.

**Q. After a hard run, I really like having a Coke or Pepsi. How bad is this — for recovery and for my health?**

**A.** Many tired runners welcome the combination of sugar + caffeine + water to refuel, rehydrate and revive themselves. While juice would offer far more vitamins and minerals, dietary guidelines indicate that 10% of calories can appropriately come from refined sugar. Hence, most runners can enjoy, if desired, 200 to 300 calories of daily sugar — a can or two of soft drink. Would spending those calories on "premium nutrition" contribute to greater health benefits in the long run?

**Q. Are soft drinks causing the obesity epidemic?**

**A.** In 1942, the average person drank 90 250mls soft drinks per year. By the year 2000, this jumped to 600 soft drinks per year. America's obesity problem mirrors this increase in soft drink consumption. The beverage industry states many other changes have occurred in this time-span, specifically, an increasingly sedentary lifestyle, so soft drink is not to blame.

Independent studies (not funded by the beverage industry) suggest people who drink sugary beverages tend to be heavier than those who do not. This might be because fluid calories fail to "register" (that is, they may not satiate one's appetite), so soft drink drinkers consume more calories per day. Other studies report soft drink might trigger the desire to eat more food. Hence, if soft drink drinking culminates in consuming more calories than you burn off, the result is indeed weight gain.

You, as a runner, can likely enjoy a daily soft drink without fat gain if you keep the soft drink-calories within your daily calorie budget. (And please, choose wholesome foods for the rest of your sports diet!)

**Note:** If you are concerned about soft drinks being fattening, also pay attention to sports drinks. Many thirsty runners overlook the fact that chugging a quart of sports drink after a workout (or during lunch, for that matter) contributes 200 to 300 sugar calories — and these calories quickly erase what you burned during four or five kms miles of running!

**Q. Soft drinks are sweetened with high fructose corn syrup (HFCS). Is this really bad for our health?**

**A.** Animal research suggests consuming pure fructose can lead to weight gain due to changes in insulin and leptin, two hormones that influence appetite. In humans, whether or not HFCS (comprised of about 55% fructose, 45% glucose) promotes obesity requires more study. Food industry research leads us to believe HFCS is not fattening. However, other research hints that fructose is digested, absorbed and metabolized differently than glucose in ways that favor fat production. Your best bet? Eliminate the concern by drinking less soft drink.

**Q. Which is the healthier choice: regular soft drinks (sweetened with HFCS) or diet soft drinks?**

**A.** That's a personal choice; I'd vote for water for myself! Regular soft drink is filled with empty calories of sugar; diet soft drink has artificial sweeteners—"unnatural" substances that are rumored to cause cancer. Two recent studies show no link between artificial sweeteners and cancer. Pick your choice of beverage.

continued on next page

continued from previous page . . . . .

**Q. Is green tea health protective?**

**A.** Green tea is made from fresh tea leaves and, compared to black or oolong teas, has a higher concentration of compounds that may protect against heart disease and cancer, particularly cancer of the breast, stomach and skin. Many of the green tea studies have been done on animals or in research labs. To date, the FDA says there is not enough scientific evidence with human studies to prove that green tea reduces the risk of cancer. Stay tuned.

I have clients who have started drinking Starbucks green tea latte. This is a questionable way to invest in good health. Starbucks 500 mls Tazo Green Tea Latte offers 230 calories, of which 60 are from fat and 140 from sugar. This likely wipes out the possible health benefits of the green tea.

**Q. What about Enviga and other green tea beverages that claim to burn calories...?**

**A.** Drinking Enviga is unlikely to solve your weight concerns. While the CocaCola Company claims the caffeine plus green tea extracts in three cans of Enviga a day (@ \$116 a month) will result in burning 60 to 100 additional calories, you could just as easily create that calorie deficit by drinking less sports drink or eating one less cookie. Yet, desperate dieters will try any gimic.

Celsius, another "calorie-burning soda", saw more than \$1.5 million in revenue in 2006 and expects to blow past that figure this year. Do you really want to fatten them up with your efforts to slim down? I hope not....

(Ed. - Note the products listed in this last paragraph are possibly not found in NZ).

Nancy Clark, MS, RD, CSSD (board Certified Specialist in Sports Dietetics) counsels casual & competitive athletes. Her popular *Sports Nutrition Guidebook*, *new 2007 Food Guide for Marathoners* and *Cyclist's Food Guide* are available at [www.nancyclarkrd.com](http://www.nancyclarkrd.com). Also see [www.sportsnutritionworkshop.com](http://www.sportsnutritionworkshop.com) for information about her online workshop.

**References:**

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Vertanian L, Schwartz M, Brownell K. Effects of soft drink consumption on nutrition and health: A systematic review and meta-analysis. *Am J Public Health.* 2007; 97:667-675.

**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.

\* \* \* \* \*

**GETTING FASTER - Why am I nauseous at the end of a race or run?**

- \* You ran too fast at the beginning.
- \* The temperature was above 17 degrees C.
- \* You ate too much before the race or workout - even hours before.
- \* You ate the wrong foods - most commonly, fat, fried foods, milk products, fibrous foods.

- From *Running Testing Yourself* by Jeff Galloway

**FIT KIDS - So what can you do to help overweight kids slim-down? Instead of trying to get them thin by restricting food, help them to become healthier by encouraging physical activity. This could mean watching less TV, training for a family fun run, planning enjoyable activities. As a family, you might want to participate in a charitable walking or running event.**

- From *Fit Kids, Smarter Kids* by Jeff Galloway

# SAFETY

## Tips for Staying Safe when Riding over Winter

### Cyclists

- ❖ Always have your front light on at night so oncoming motorists see you.
- ❖ If it is overcast or dull turn your lights on.
- ❖ Rear lights attached to your clothing or a backpack may not be visible. Always have a rear light mounted on your bike.
- ❖ If you use a helmet light make sure you have a front light on your bike as well.
- ❖ Regularly check that your battery lights are charged.

### Motorists

- ❖ Always be alert. Cyclists are often hard to see, especially in the rain or low-light conditions.
- ❖ Give cyclists plenty of room when overtaking.
- ❖ Don't overtake a cyclist just before you turn at an intersection.
- ❖ Check twice for cycles at intersections. Cycles have a smaller profile than other vehicles and may drivers claim not to see them.
- ❖ Always indicate at intersections, and give way. Cyclists should be granted right of way when legally entitled to it.
- ❖ Don't insist on your right of way even when you know the cyclist is in the wrong. You are driving the more dangerous vehicle.
- ❖ When parked at the roadside, check rear-view mirrors and look over your shoulder before opening the car door. Many cyclists are injured by drivers who open doors without looking.

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## SAFE STEERING

There are times, when you are driving or getting in and out of your car, when you might feel distinctly unsafe. Follow these sensible guidelines recommended by the police and keep yourself out of danger.

- ❖ When going on a long trip, tell someone of your plan and expected arrival time.
- ❖ Keep your doors locked when you're driving and only have your windows open a few centimetres to prevent intruders reaching through.

- ❖ Always lock your parked car and remove valuables. Place any items left behind out of sight. Don't leave house keys or papers with personal details in the car.
- ❖ If you won't be returning to your car until after dark, make sure the area you are parking in has adequate lighting.
- ❖ Avoid parking too close to walls, high fences or vegetation which might provide cover for an attacker.
- ❖ When entering parking buildings, try and find a parking space near an entrance or exit, ramp or staircase. Reverse your car into the position so you can drive straight out for a quick exit if necessary.
- ❖ When returning to your car, have the keys in your hand for quick access. Stop a couple of car lengths from your vehicle to make sure there are no suspicious persons nearby. Before you open the door, check no one is hiding inside.
- ❖ When putting packages in the boot, stand side on so you can see anyone approaching from behind.
- ❖ If you think you are being followed when driving, confirm your suspicions by making turns. Stay on streets that are busy and well lit. If you are still being followed, drive to a police station, or go to a service station or a place where you can call the police. Note the details of the car, the registration, the driver's description and the direction the vehicle was last seen traveling in. If you have a mobile phone, call the police (\*555 or 111) while you are being followed.

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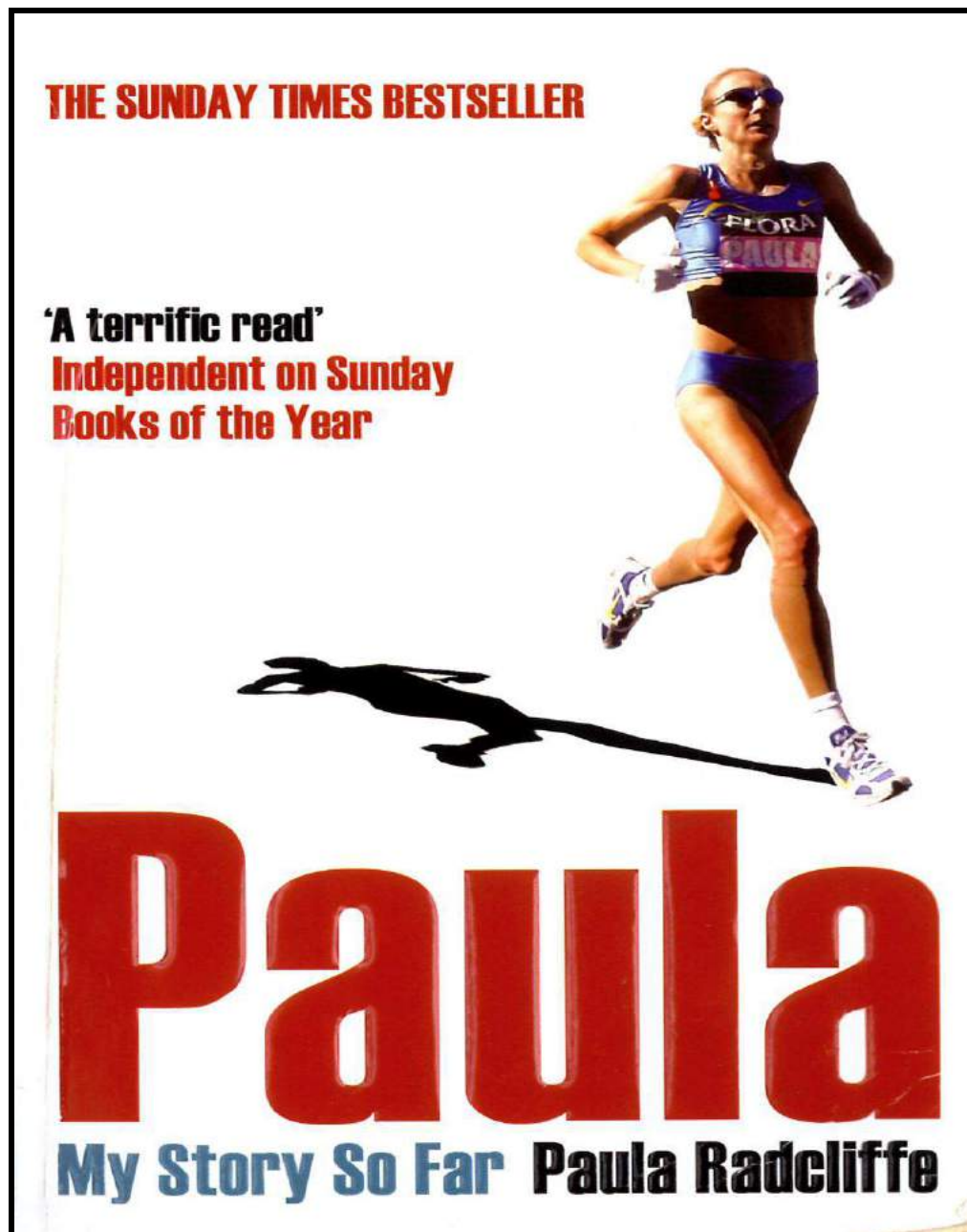
## TIPS FOR WHEN CONFRONTED BY AN UNFRIENDLY DOG

- If threatened by a dog, stop and remain still. A dog's natural instinct is to chase a moving target.
- Avoid eye contact, threatening gestures and yelling. Speak gently. A piece of clothing can be carefully removed and used as protection if a dog lunges.
- If the dog relaxes, back away slowly. Most people are bitten when they turn and run.
- If it is a full-on attack, throw stones or whatever is handy. If that fails, offer a bag, briefcase, or clothing to the dog, keeping it away from your body. Do not let the object go when the dog bites.
- If you are knocked to the ground, curl up in the foetal position, protecting your face and neck.

(These tips repeated from May issue of Master Copy)

# \* BOOK REVIEW \*

- \* 393 pages
- \* 20 Chapters - with pages 377-393 covering career records
- \* First published in Great Britain by Simon & Schuster UK Ltd in 2004
- \* Includes 12 pages of photos



## WELLINGTON CENTRE CROSS COUNTRY CHAMPIONSHIPS

### WAIKANAE - SATURDAY 14 JULY 2007

The following are members of Wellington Masters who competed at the Champs:

<u>Age</u>	<u>Name</u>	<u>Time</u>	<u>Placing</u>
<b>Women 6km:</b>			
W45	Helen Willis	27.00	2
	Brenda Burke	34.06	21
W50	Loretta Desourdy	30.49	17
W55	Pam Graham	28.57	8
<b>Men 8km:</b>			
M45	Paul Homan	33.33	29
	Shaun McCarthy	36.32	47
	Peter Wrigley	37.32	60
M50	Vaughan New	29.16	4
	Richard Owen	39.21	70
M55	Maurice Piper	35.39	40
	Paul Rodway	42.50	81
M60	Richard Sweetman	37.28	58
	Albert Van Veen	43.33	83
	Ken Ritchie	46.02	86
M65	Harry Ross	46.54	88
M75	Peter Thomas	56.11	92

## NORTH ISLAND CROSS COUNTRY CHAMPIONSHIPS

### TAUPO - SATURDAY 30 JUNE 2007

The following are members of Wellington Masters who competed at Taupo:

<u>Name</u>	<u>Place</u>	<u>Time</u>
<b>Women 45+ 5km</b>		
Jenny McDonald	3	21.43
Lorreta Desourdy	15	25.39
Brenda Burke	19	28.24
<b>Men 35+ 6km</b>		
Peter Wrigley	40	24.38
<b>Men 50+ 6km</b>		
Vaughan New	2	22.34
Paul Rodway	50	31.12

## **HELPERS FOR WALKING GROUP**

With the continual development of our Walking Community (increase in club membership, increase in attendance at "Walking Only" races and the like) and the huge success of our National Teams Walks Relay held recently, we are looking to provide you with an improved walking organisation in the Wellington, Hutt Valley and Kapiti Coast.

The idea is to continue to provide more "Walkers Only" events and to "encourage" the organisers of running & walking (combined) events to better acknowledge the walkers and provide better prizes (in line with those that the runners receive). After all, why should the walkers, who pay the same entry fees as the runners, not receive the same or similar prizes.

To do this, we need a couple of people to join our Wellington Walkers Development Group to assist with the administration and organising. This is not meant to be "Committee Work" but rather giving a little time to assist putting events on and contributing with ideas and the implementation of the ideas that we adopt.

Also we need more Timekeepers, Lap-counters, Registration helpers, etc. So, these could well be something that your friends or partners might like to help with.

If interested, please give me a call to find out more details.

**Bart Jones**  
**Wellington Walking Development Group**  
Phone: 04 477 3746 - Mobile: 027 608 6111  
e-mail: [bart.jones@xtra.co.nz](mailto:bart.jones@xtra.co.nz)

## Things You Might Not Know About Oats:

- ❖ The low glycaemic index of oats gives slow release energy.
- ❖ Oats are an excellent source of two types of dietary fibre - soluble and insoluble - helping promote a healthy heart, and maintain a healthy digestive system.
- ❖ Oats are high in wholegrains too.
- ❖ Oats are also a good natural source of iron for vitality and a healthy immune system.
- ❖ Porridge is easy to cook in the microwave.

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

**The Editor, The Master Copy,  
122 Onslow Road, Khandallah,  
Wellington 6035,  
or email [palmer.palace@xtra.co.nz](mailto:palmer.palace@xtra.co.nz)**

When we drink, we get drunk. When we get drunk, we fall asleep. When we fall asleep, we commit no sin. When we commit no sin, we go to heaven.

So, let's all get drunk and go to heaven!

## DON'T TALK TO THE PARROT!



Wanda's dishwasher quit working so she called a repairman. Since she had to go to work the next day, she told the repairman, "I'll leave the key under the mat. Fix the dishwasher, leave the bill on the bench, and I'll mail you a cheque."

"Oh, by the way don't worry about my bulldog Spike. He won't bother you. But, whatever you do, DO NOT, under ANY circumstances, talk to my parrot!"

### **"I REPEAT - DO NOT TALK TO MY PARROT!!!"**

When the repairman arrived at Wanda's apartment the following day, he discovered the biggest, meanest looking bulldog he has ever seen. But, just as she had said, the dog just lay there on the carpet watching the repairman go about his work.

The parrot, however, drove him nuts the whole time with his incessant yelling, cursing and name calling. Finally the repairman couldn't contain himself any longer and yelled,

"Shut up, you stupid, ugly bird!"

To which the parrot replied, "Get him, Spike!"

Some people just don't listen!



# COMING EVENTS

## 2007

### **Aug**

11	Bays Relay - Interclub	Island Bay
18	Wellington Road Championships	CIT Trentham

### **Sept**

4-15	World Masters Athletic Championships	Riccione, Italy
18	<b>AGM Wellington Masters</b>	<b>Scottish Clubrooms</b>

### **Oct**

6	NZ Road Relay Championships	Timaru
7	Samsung Melbourne Marathon	Melbourne
21	Wairarapa Full & Half Marathon	Masterton
28	<b>Lower Hutt 10km Road Race &amp; Walk</b>	<b>Lower Hutt</b>

### **Nov**

6	ING New York Marathon	New York
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## 2008

### **Jan**

26	Wellington Masters Pentathlon (part of T&F Champs)	Newtown Park
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### **Feb**

3	Wellington Masters T&F Championships - Day 1	Newtown Park
16	Wellington Masters T&F Championships - Day 2 (combined with Wellington Centre Champs)	Newtown Park
23-25	North Island Masters T&F Championships	Inglewood

### **Mar**

7-9	Athletics NZ Union T&F Championships	Mt Smart - Auckland
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### **July**

6	30 <sup>th</sup> Gold Coast Full and Half Marathon	Gold Coast
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## 2012

	North Island Masters T&F Championships	Newtown Park
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## 2013

	NZ Masters T&F Championships	Newtown Park
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**Note:** While every attempt is made to provide correct dates of events, intended dates and venues can change. It is advisable to check the information from official entry forms, websites or event organisers.

## UNIFORMS

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.

## 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.

Please detach and give to any prospective new member

**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 6035