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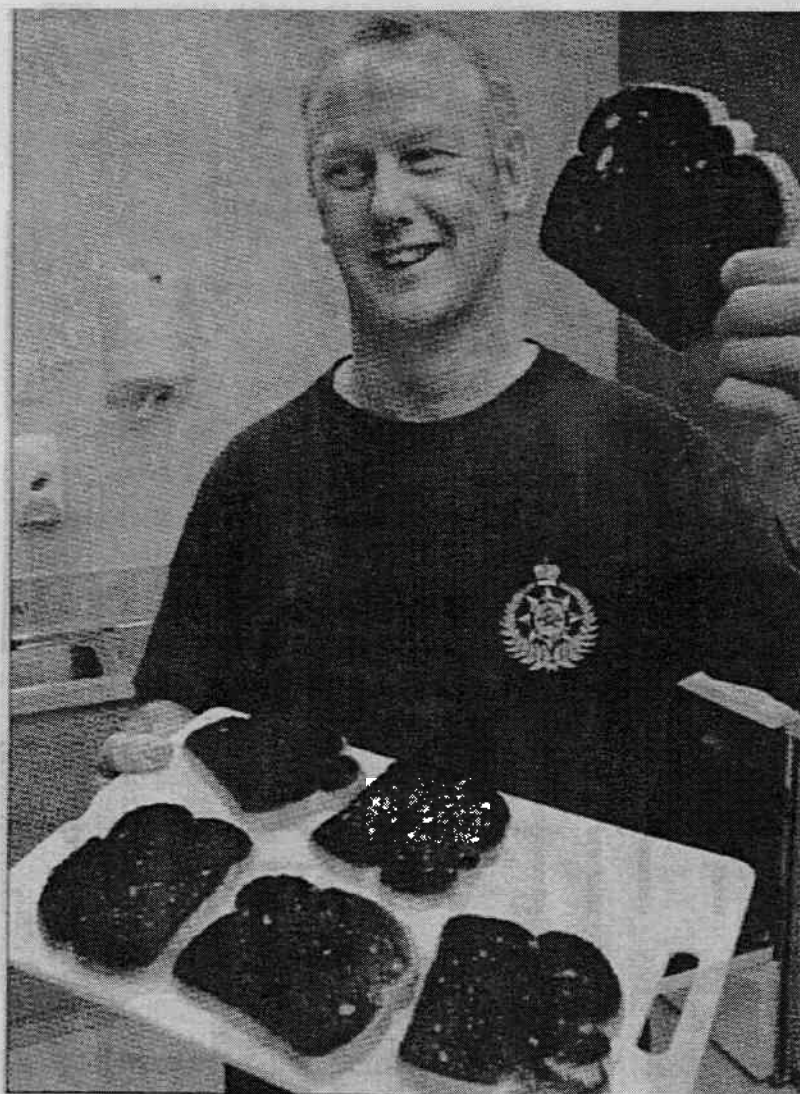
# MASTER

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Newsletter of the Wellington Masters Athletics Inc.

Volume 7 Issue 1

March 2008



**Blackened snack:** Laurence Voight, of Alicetown Fire Station, says burning the toast was a good test of the fire alarm - see story on page 4

## **WELLINGTON MASTERS ATHLETICS INC.**

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WGTN MASTERS:	Colleena Blair	43 Elmslie Road, Pinehaven, Upper Hutt 5371	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

## ONE STRIKE AND YOU'RE OUT!

With the 2008 Olympics looming later this year, one can almost guarantee, if previous Olympics are anything to go by, there will be a number of athletes who will fail a drugs test, have their medal removed and be sent home in disgrace. Sadly, the international body has not taken the bull by the horns and tried to put some initiatives in place to try and rid athletics of this continuing problem.

The Tour de France, another sport that has been tainted over the years with drug scandals, was starting to turn into a farce, with many riders turning in positive drug tests. In 2007, after some leading riders during the tour tested positive and were expelled from the race, the team management took a pro-active stand, and in some cases withdrew the whole team of riders from the race - this was a kick in the face for those other team members who were "clean of drug taking", and were racing on natural ability. It seems that the organisers of the Tour de France have had enough of the adverse publicity and are attempting to come up with some sort of solution to the problem. We await this year's event with great anticipation to see what the organisers have put in place, and whether the problems continue as in past years. For the good of the sport, let's hope there are some better outcomes.

Over the last few months there has been a lot in the news regarding Marion Jones and her "positive drug tests". After the Sydney Olympics in 2000, after categorically denying that she had taken drugs that assisted her performance, she finally admitted (*Dominion Post 8 October 2007*) lying to federal investigators and was finally sentenced in January 2008. It seems to be the sprinters who are the athletes that are using performance enhancing drugs, with an array of top line names being caught out over the past years.

It isn't really acceptable on those athletes, who train hard and honestly, to line up in their race, give it their best shot and are beaten into a minor placing, only later to have it announced that the winner has been disqualified for taking drugs. How demoralising that must be. The ones I feel sorry for are the other members of the American women's relay team, which had Marion Jones as their anchor runner, and who have also had their medals taken off them because of Marion's drug taking.

Though there isn't any easy quick fix for this continuing problem - and the IAAF and World Anti-Doping Agency are doing their best - I feel that the ban of two years which seems to be the common penalty for those found guilty, is a bit of a cop out. These athletes are back in two years time racing again. You could say that the banned athlete is thumbing their nose at the other athletes and officials with the pathetic ban that is imposed.

I feel that a lifetime ban should be imposed on any athlete that is found guilty of taking performance enhancing drugs and not this two year type of ban that seems commonly imposed now. It might make some of the athletes sit up and think before they take anything to assist their performance. At the moment it seems to be "Three Strikes and You Are Out" as some athletes have been caught more than once in their careers and are given short sentences, and are back before you can blink an eye. If it was "One Strike and You are Out" if found guilty, it might go some way to cleaning up the sport and make other athletes think before embarking on assisting their performance illegally. I also think that if the coach of the athlete banned, (as some athletes seem to blame their coach for giving them some substance in their bottle without their knowledge), is also proven to be a guilty party, he or she should also have a hefty sentence imposed as well.

A lifetime ban on cheating athletes would certainly even up the playing field for those athletes who compete on natural ability alone.

*John Palmer*

*Editor*

# BITS and PIECES

## Membership

Since the last newsletter our membership stands at 87. Welcome to new members Tim Dravitzki (Olympic); Grant McLean (Scottish); Suzanne Cookson (Scottish); Michelle Laurenson (Kapiti); Chris Hickling (WMA); and Brian Read (WMA).

\* \* \* \* \*

## *Cover Story . . . .*

### **Fire crew's morning tea empties building**

IT was perhaps the easiest, certainly the nearest, job a crew of Lower Hutt firefighters has attended.

The Alicetown Fire Station and nearby offices were evacuated when smoke alarms went off - triggered because one of the crew had burnt the toast.

About 11am the crew of four were making cheese-on-toast for morning tea. Who exactly is to blame for turning his back remains in dispute, but the blackened slices set off the alarms and all those in the building dutifully evacuated their workplaces.

Normally, fire crew would have to attend any fire alarm like this, even if there was clearly smoke but no fire. But as it was in their own kitchen, they were able to advise the others and stand themselves down, clear the air, and get on with the business of making morning tea.

Senior station officer Laurence Voight noted the epicurean adventure was a good test of the smoke alarms. "It gives us a timely reminder for people during the festive season that it's a good idea to have their smoke alarms correctly operating."

It is not the first time the alarms have gone off in the year-old fire station.

Only a few months ago, the same crew went out on a job and returned to find trucks and crew from other stations surrounding their workplace. A compressor, used to clear exhaust fumes from the garage, had caught alight.

- *Dominion Post*, 13 December, 2007.

**Editor's note:** Laurence Voight is a member of Wellington Masters, serves on the Masters committee and is a regular competitor in the throws.

## ICE Campaign - "In Case of Emergency"

We all carry our mobile phones with names & numbers stored in its memory but nobody, other than ourselves, knows which of these numbers belong to our closest family or friends.

If we were to be involved in an accident or were taken ill, the people attending us would have our mobile phone but wouldn't know who to call. Yes, there are hundreds of numbers stored but which one is the contact person in case of an emergency?

Hence this "ICE" (In Case of Emergency) Campaign

The concept of "ICE" is catching on quickly. It is a method of contact during emergency situations. As cell phones are carried by the majority of the population, all you need to do is store the number of a contact person or persons who should be contacted during emergency under the name "ICE" (In Case Of Emergency).

The idea was thought up by a paramedic who found that when he went to the scenes of accidents, there were always mobile phones with patients, but they didn't know which number to call. He therefore thought that it would be a good idea if there was a nationally recognized name for this purpose. In an emergency situation, Emergency Service personnel and hospital staff would be able to quickly contact the right person by simply dialing the number you have stored as "ICE."

For more than one contact name simply enter ICE1, ICE2 and ICE3 etc. A great idea that will make a difference!

Let's spread the concept of ICE by storing an ICE number in our mobile phones today!

Please forward this information on to your family members and friends. It won't take too long before everybody will know about this. It really could save your life, or put a loved one's mind at rest.

ICE will speak for you when you are not able to.

The word ICE is recognized by the St John's paramedics in NZ as the next of kin to be called...

**Editor's note:** Thanks to Geoff Henry who supplied this article.

\* \* \* \* \*

## Remember:

You know you are running too much, when -

In the middle of the night you leap out of bed and sprint 800 metres before you realise what you heard wasn't a starting gun, but a car back-firing.



## WELLINGTON MASTERS ATHLETE OF THE YEAR

### Past winners:

2000	Judy Hammond
2001	Ellis Goodyear
2002	Barry Prosser
2003	Bernie Portenski
2004	Simon Poelman
2005	Bill Nicholson
2006	Peter Baillie
2007	

\* \* \* \* \*

## WALKERS 2008 EKIDEN RELAY

This event is to be held on the weekend of 24th and 25th May 2008 at the NZIC Campus, Somme Road, Trentham, Upper Hutt

The inaugural race in 2007 was designed by walkers for walkers of all types and abilities was voted a great success by the nearly 200 participants in the 34 teams. We will follow a similar format for this year with a few changes that were asked for.

The venue is the same, at the New Zealand International Campus in Somme Road, Trentham, Upper Hutt. This year on Saturday 24th May there will be early registrations, guest speakers and coaching sessions in the afternoon, with a Happy Hour and Buffet Dinner in the evening. Accommodation is available at the campus or near by motels.

The race on Sunday 25th May will have a new start line, so it can start and finish at the same place. There will be two, possibly three start times to allow teams to finish closer together. And the Sin Bin which caused so much attention will operate for all grades, not just the Race Walkers grade.

We have already started planning for the weekend, and look forward to hosting you and your friends for another walker's only event. Early in the New Year we will send out the entry forms, rules and accommodation information. So why not start your planning now? We promise you it will be another well organised event, so please pass on the dates to your fellow walkers. We look forward to meeting you in May 2008.

In the mean time please do not hesitate to contact me at [thelonsdales@paradise.net.nz](mailto:thelonsdales@paradise.net.nz) or Leane Palmer at [leane.palmer@hibernian.org.nz](mailto:leane.palmer@hibernian.org.nz) if you would like more information.

David Lonsdale, Race Director.

\* \* \* \* \*



## 30th Gold Coast Airport Marathon

The countdown has started towards the 2008 Gold Coast Airport Marathon to be held on Sunday 6 July in Queensland, Australia. This annual Queensland Major Event will celebrate its 30th year in 2008 and plans have been established to ensure it is the biggest and best yet.

We would just like to take this opportunity to provide you with current information to update your website's events calendar about the 2008 Gold Coast Airport Marathon.

If necessary, please disseminate this information to the appropriate club member to update your online calendars and event information. If there is any other information you seek at this stage, please don't hesitate to let me know.

You can also view information about the event at [www.goldcoastmarathon.com.au](http://www.goldcoastmarathon.com.au) to subscribe to our regular electronic newsletter.

We look forward to your support as we work towards a successful staging of the 30th Annual Gold Coast Airport Marathon.

Yours sincerely,

Stephen Lock

Corporate & Public Relations Manager

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Being happy can be hard work sometimes. It is like maintaining a nice home - you've got to hang on to your treasures and throw out the garbage. Being happy requires looking for good things. One person sees the beautiful view and the other sees the dirty window. You choose what you see and you choose what you think.

.....from 'Being Happy' by Andrew Matthews.

\* \* \* \* \*

Good judgment comes from bad experience, and a lot of that comes from bad judgment.

## WELLINGTON MASTERS T&F CHAMPIONSHIPS – RESULTS

Results from the first day of the Championships appeared in the March issue of *Vetline* under the "Wellington News" section at page 55. Below are the results from the second day, held on Saturday 23rd February, which was combined with the Wellington Centre Track and Field Championships. Sadly, the turnout from Masters' members was disappointing.

Grade	Pl	Name	Club	Result	Wind	Grade	Pl	Name	Club	Result	Wind
<b>10,000m</b>						2		Rod Plimmer	WMA	22.17	
M45	1	Peter Wrigley	SCOT	44:30.53		3		Graham McPhail	WMA	20.62	
M55	1	Richard Brent	SCOT	36:36.67		4		Mark Macfarlane	WMA	17.21	
M60	1	Bruce McCallum	SCOT	47:50.27		<b>Javelin</b>					
M70	1	Michael Browne	SCOT	58:55.39		M40	1	John Turner	PARA	34.21	
<b>Triple Jump</b>						2		Graham McPhail	WMA	29.41	
M40	1	Mark Macfarlane	WMA	10.19		3		Rod Plimmer	WMA	29.15	
M45	1	Gary Rawson	WMA	10.03		4		Mark Macfarlane	WMA	26.07	
<b>1500m Race Walk</b>						<b>Long Jump</b>					
W55	1	Margaret Bray	SCOT	13:41.67		M40	1	Rod Plimmer	WMA	5.34	
<b>110m Hurdles</b>						2		Graham McPhail	WMA	5.21	
M40	1	John Turner	PARA	19.70		3		Mark Macfarlane	WMA	5.18	
M45	1	Gary Rawson	WMA	20.01		4		John Turner	PARA	4.93	
<b>200m</b>						<b>1500m</b>					
M40	1	Mark Macfarlane	WMA	25.18	-1.5	M40	1	John Turner	WMA	5:13.6	
M45	1	Gary Rawson	WMA	25.34		2		Rod Plimmer	WMA	5:22.7	
M40	2	John Turner	PARA	25.62		3		Graham McPhail	WMA	5:57.2	
<b>Weight Pentathlon</b>						4		Mark Macfarlane	WMA	6:58.8	
<b>Men</b>						<b>Other 2nd Day Events that Members took part in:</b>					
M45	1	Laurence Voight	KIWI	2263 pts		<b>Shot Put</b>					
M75	1	Jim Blair	WMA	2933 pts		M45		Laurence Voight	KIWI	10.69	
<b>Women</b>						<b>Discus</b>					
W55	1	Veronica Gould	WHAC	2349 pts		M40		Graham McPhail	WMA	27.80	
W75	1	Colleena Blair	WMA	2940 pts		<b>Hammer</b>					
<b>Pentathlon</b>						M45		Laurence Voight	KIWI	32.10	
<b>Women</b>						W55		Veronica Gould	WHAC	17.42	
W35	1	Michelle Ward	KAPITI	1208 pts		<b>High Jump</b>					
W55	1	Veronica Gould	WHAC	2963 pts		M40		John Turner	WMA	1.65	
W75	1	Colleena Blair	WMA	2029 pts		<b>100m</b>					
<b>Javelin</b>						M40		Graham McPhail	WMA	11.99	
W35	1	Michelle Ward	KAPITI	15.22		W55		Veronica Gould	WHAC	14.45	
W55	1	Veronica Gould	WHAC	13.08		<b>Long Jump</b>					
W75	1	Colleena Blair	WMA	10.50		W55		Veronica Gould	WHAC	4.02	
<b>Long Jump</b>											
W35	1	Michelle Ward	KAPITI	3.28							
W55	1	Veronica Gould	WHAC	3.93							
W75	1	Colleena Blair	WMA	2.27							
<b>Shot Put</b>											
W35	1	Michelle Ward	KAPITI	8.94							
W55	1	Veronica Gould	WHAC	7.84							
W75	1	Colleena Blair	WMA	5.75							
<b>100m</b>											
W35	1	Michelle Ward	KAPITI	15.9	-1.2						
W55	1	Veronica Gould	WHAC	14.1	-1.2						
W75	1	Colleena Blair	WMA	22.9	-1.2						
<b>Men</b>											
M40	1	John Turner	PARA	2595 pts							
	2	Rod Plimmer	WMA	2496 pts							
	3	Graham McPhail	WMA	2324 pts							
	4	Mark Macfarlane	WMA	1902 pts							
<b>200m</b>											
M40	1	Graham McPhail	WMA	24.6							
	2	John Turner	PARA	25.0							
	3	Rod Plimmer	WMA	25.2							
	4	Mark Macfarlane	WMA	25.4							
<b>Discus</b>											
M40	1	John Turner	PARA	24.53							

A blonde was feeling so depressed that she decided to end her life by throwing herself into Wellington Harbour. She went down to the docks and was about to leap into the frigid water when a handsome young sailor saw her teetering on the edge of the pier crying.

He took pity on her and said, "Listen, you've got a lot to live for. I'm off to Europe in the morning and if you like, I can stow you away on my ship. I'll take good care of you and bring you food every day".

Moving closer, he slipped his arm around her shoulder and added with a wink, "I'll make you happy and you can make me happy." The blonde nodded "Yes" through her tears. After all, what did she have to lose? That night, the sailor brought her aboard and hid her in a lifeboat, along with blankets and food.

From then on, every night he brought her sandwiches, water and fruit and they would make mad, passionate love until dawn.

Three weeks later, during a routine inspection, she was discovered by the Captain. "What the hell are you doing here?" the Captain demanded angrily. "I have an arrangement with one of the sailors," she explained. "I get free food and a trip to Europe. Meanwhile," (she says coyly), "he's taking advantage of me so to speak (wink, wink).

"He sure as hell is, lady," the Captain said, "this is the Picton ferry."



## **RECIPE**

### **SUMMER SALMON & COUSCOUS SALAD WITH HERBS**

This salad is delicious served on its own or accompanied by grilled courgettes or red and yellow peppers.

#### **Ingredients:**

1 cup couscous  
1 cup hot water or chicken stock  
1-2 tbsp olive oil  
1 small red onion, peeled and finely diced  
1 cup chopped parsley leaves  
½ cup each chopped mint and coriander leaves  
¼ cup finely chopped stuffed olives  
Grated rind of 2 lemons  
2 x 185g cans Red Salmon, drained  
1 avocado, halved, stoned and finely diced  
2 cups baby rocket or spinach leaves, well washed and dried.

#### **Dressing**

¼ cup lemon juice  
¼ cup olive oil  
1 tsp prepared mild mustard (Dijon is nice)  
½ tsp each salt and pepper.

#### **Method:**

Place the couscous in a large bowl. Pour over the boiling stock or water. Stand for 10 minutes. Add 1-2 tbsp olive oil and fluff through. Cover with plastic wrap and microwave on high power for 2 minutes. Fluff again and allow to cool.

Add the onion, parsley, mint and coriander leaves, olives and lemon rind.

Flake the well-drained salmon and add to the salad with avocado and rocket or spinach leaves. Toss through the dressing and season with salt and pepper if wished. Serve soon after dressing.

#### **Dressing**

In a lidded jar shake together the lemon juice, olive oil and mustard with a good seasoning of salt and pepper.

#### **Serves 4.**

#### **Tips:**

The couscous will absorb the dressing and the salad will become soggy if left to stand too long before serving. Instead of couscous, make the salad using rice (good for people who are wheat intolerant). Brown rice is particularly tasty.

\* \* \* \*

## **5 Very Simple Tips to Keep You Eating Healthily in the Zone**

♦ **Don't eat too much at any one time!** Too much food will generate a lot of free radicals that age and damage your body.

♦ **Avoid refined and processed foods.** This includes all the white stuff — white flour, rice, sugar and any foods made from these... okay maybe the occasional treat!

Always use whole grains and avoid sugar altogether.

♦ **Avoid the bad fats:** Any fat that is solid when out of the fridge (except some of the healthy margarines), and anything deep fried.

♦ **Eat:** Lean protein but not too much red or processed meat. (A small palm size per meal and a matchbox size per snack).

Lots of fibrous, coloured, non starch vegetables and fruit (10 serves daily).

Add a little good fat; olive, avocado, sesame oil and nuts.

♦ **Add Omega 3** and other supplements if needed. Study after study shows that Omega 3 decreases the risk of almost all diseases linked with ageing and keeps your mind in good shape.

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### **Things are not always as they appear**

A woman was flying from Seattle to San Francisco. Unexpectedly, the plane was diverted to Sacramento along the way. The flight attendant explained that there would be a delay, and if the passengers wanted to get off the aircraft the plane would re-board in 50 minutes.

Everybody got off the plane except one lady who was blind. The man had noticed her as he walked by and could tell the lady was blind because her Seeing Eye dog lay quietly underneath the seats in front of her throughout the entire flight.

He could also tell she had flown this very flight before because the pilot approached her, and calling her by name, said, "Kathy, we are in Sacramento for almost an hour. Would you like to get off and stretch your legs?" The blind lady replied, "No thanks, but maybe Buddy would like to stretch his legs."

Picture this: All the people in the gate area came to a complete standstill when they looked up and saw the pilot walk off the plane with a Seeing Eye dog!

The pilot was even wearing sunglasses. People scattered. They not only tried to change planes, but they were trying to change airlines!

True story ... and remember ...

THINGS AREN'T ALWAYS AS THEY APPEAR.

## MEASURING YOUR HEALTH

BMI will be a pretty good guide for you. Basically it's designed to be relevant to adults aged 18 and over, excluding anyone who is heavily muscled.

While the BMI is used extensively, researchers have been investigating whether there are other simple measures that can be used as indicators of body fat and health.

- **Are you and apple or a pear?**

If you carry your excess weight around your hips, you may or may not like your pear shape, but it's a lot healthier than being an apple shape with excess weight around your middle. Excess fat in the abdominal area has been shown to be much more closely related to developing Type 2 diabetes and heart disease than body fat in other areas.

- **Waist circumference**

The waist to hip ratio has been used as a measure of body fat distribution. But with more and more research on obesity it's been found that a simple measurement of waist circumference is a better indicator of abdominal obesity and its accompanying health risk. The waist is halfway between the bottom of the ribs and the top of the hips (usually around the belly button). For bigger people measure the waist at the widest point. Again, there's some debate about what the actual cut-off points should be, but to a certain degree this is just semantics; what you need to understand is your health risk increases as your girth increases.

- **Waist to height ratio**

Another quite simple measure is the waist to height ratio. This one's nice because it's easy to remember the guideline: your waist circumference should not exceed half of your height. So for example, if you are 170cm tall, your waist circumference should not be more than 85cm. This measure applies to both men and women.

With the advent of the obesity epidemic there has been an extraordinary amount of research done around these and other simple measures that can be used to help determine whether or not people are at risk of developing cardiovascular and other chronic diseases.

While there is still a lot of debate about which measure most accurately predicts risk, it has been shown that each of these three measures - BMI; waist circumference; and waist to height ratio - are all useful guides.

## MEASURING HEART HEALTH

Whether you are overweight or not, it's helpful to have some idea about how you're going in terms of the health of your heart and blood vessels. After all, cardiovascular disease has been killing kiwis for longer than we've had an obesity explosion. Measuring your blood pressure and cholesterol levels are the two simplest ways for your GP to check the health of your heart and blood vessels. And a really simple measure that you can do at home is your resting heart rate.

- **Resting heart rate**

The best time to measure your resting heart rate is first thing in the morning before you get out of bed. Use your index and middle finger; don't use the thumb as it has its own pulse so you might double count! Find the pulse on the inside of your wrist: put your fingers on the thumb side. Starting from the first beat as zero, count the beats for one minute. (If you want to count for 30 seconds and double it, that will be close enough).

Generally we're told that 60-80 beats per minute is considered normal, but the lower end is better. It's not uncommon for athletes to have resting heart rates below 60. Your risk of CVD and death from other diseases decreases as the rate decreases. People with a resting heart rate below 60 are three times less likely to die (from any cause) than those with a heart rate over 90.

**Did you know:** It has been estimated that a human heart will on average beat for around  $30 \times 10^8$  per lifetime. That's 3,000 million times. So the slower it's beating, the more time you may have. (As long as it doesn't slow to a stop!)

- **Blood pressure**

High blood pressure, also called hypertension, is often called the "silent killer" because many people don't know they have it. It's not a disease in itself, and by itself it won't kill you, but it is strongly associated with the development of disease that can kill you. So think of it as an early warning system.

Of course you'll need to have it measured first, which is a very simple and pain-free procedure that can be done at your GP clinic.

When your blood pressure goes up it means that your heart must work harder and damage can occur in blood vessels. Often you'll hear "120 over 80" quote as a healthy blood pressure. That's about right for young men; young women can be 8-10mmHg lower than that, and people who exercise regularly tend to have lower blood pressures than those who don't.

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The first number (systolic pressure) is the highest pressure in the arteries when the heart contracts and the second number (diastolic pressure) is the lowest pressure in the arteries just before the heart starts to contract again. It's measured in millimeters of mercury: mmHg.

Blood pressure is considered to be high when the top number is 140mmHg or more or the bottom number is 95mmHg or more. To be diagnosed with high blood pressure you'll need to have several readings. It's also important to ensure you're not displaying "white coat syndrome": some people get anxious about having their blood pressure taken which can increase their blood pressure!

It's not impossible to have low blood pressure, but this is not associated with the development of any chronic diseases. In fact healthy people with blood pressure at the lower end of the normal range tend to live longer than those at the higher end. So if your blood pressure is increasing over time, even if it hasn't reached the arbitrary cut-off for a diagnosis of hypertension, you might want to think about making some positive changes in your diet and exercise regime.

### Why is Abdominal Fat so Bad?

Our bodies contain a small amount of essential fat, needed by the organs for normal physiological functions, and the remainder is storage fat which is the main energy reserve of our bodies. This fat is found under the skin and around internal organs; this helps to protect these organs from damage or injury. But not all storage fat is equal when it comes to health.

An excess of fat stored around our organs (called "visceral fat") is thought to be much more harmful than an excess around our hips. Fatty materials from visceral fat releases fat into our bloodstream more readily than other storage fats. One of the liver's activities is to control levels of fat in the blood, but because the visceral fat has a direct link to our liver it seems, when it's in excess, it can interfere with this function. Abdominal obesity is linked to insulin resistance, Type 2 diabetes and high cholesterol which are in turn linked to cardiovascular disease.

### Is it Better to be Fit and Fat, or Unfit and Thin?

While being overweight and being physically active are both linked to long-term health (independently of one another), being active may have a more significant effect than being thin. So if you are overweight and you find fat hard to shift, do not despair. Probably the single most important thing you can do is to become physically fitter. And if you are a thin couch potato, don't sit there smiling smugly. It's not about the lack of "fatness"; fitness is important too. Studies have shown that people who are physically active have a lower risk of developing

cardiovascular disease or cancer compared to sedentary people, irrespective of their BMI.

\* \* \* \* \*

## DANGER AT DESK

Sitting is about to join smoking and junk food on the list of vices that increase the risk of diabetes and heart disease.

New Australian research shows that 30 minutes in the gym will not make up for the waist-expanding damage caused by spending the rest of the day sitting.

But the good news is that pottering about the house or gently walking around the office while on the phone might be enough to keep you fit.

The study, which will appear in the April issue of *Diabetes Care*, joins the growing body of evidence suggesting too much sitting might undo the benefits of exercise.

The study measured the intensity of physical activity in 168 subjects over seven days. It found that, regardless of how much moderate to vigorous exercise they did, or their total sedentary time, those who took more breaks from sitting had lower waist circumferences, lower body mass indexes and lower levels of triglycerides and glucose in blood.

Higher levels of triglycerides, or blood lipids, have been linked to a heightened risk of heart disease and stroke.

High blood glucose levels are linked to the development of diabetes, which itself is a major factor for heart disease.

"What this shows is there are benefits in just getting up regularly and interrupting your sedentary time," principal researcher Genevieve Healy of the University of Queensland said.

Researchers behind the Stand Up Australia project have written to the Rudd Government requesting A\$3.5 million (NZ\$4 million) for a two-year study into the impact of prolonged sitting on the health and productivity of workers. The study would also develop test strategies for reducing sitting time on the job.

The project is a collaboration between the Baker Heart Research Institute and the International Diabetes Institute, which will merge this year, and the universities of Melbourne and Queensland.

The latest study builds on work that is shifting the health promotion focus from purposeful exercise, such as jogging or cycling, to lower intensity activity throughout the day.

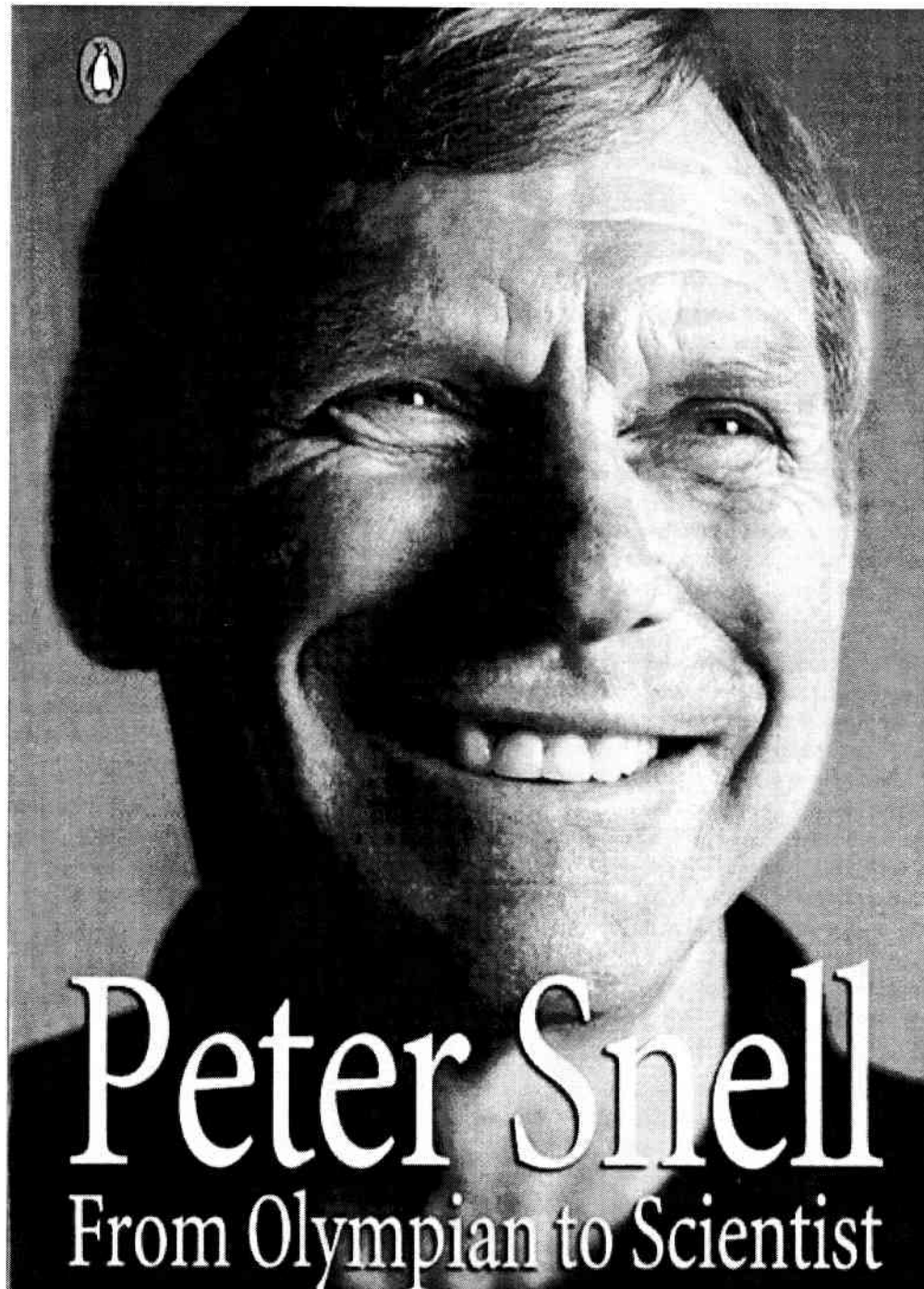
The Australian research has been backed up by United States studies, which show the sheer effort of standing up is enough to double the metabolic rate and the amount of calories burnt.

"If you stand up, you are much more likely to end up pacing or pottering around and that seems to make a crucial difference," Professor Marc Hamilton from the University of Missouri told Britain's *Daily Mail*.

*This article appeared in the Dominion Post, 18 February 2008.*

## \* BOOK REVIEW \*

In two parts each containing 21 Chapter (268 pages). Published in 2007 by Penguin Books. Written by Peter Snell and Garth Gilmour. Peter Snell is recognised as the greatest middle distance runner the world has seen. This book follows his athletic career culminating with the gold medals he won at the Olympic Games and then moves onto his academic achievements.



# THE ATHLETE'S KITCHEN

Copyright: Nancy Clark, MS, RD, CSSD - December 2007



## Nutrition Confusion

Confused about what to eat? You are not the only one! Even I get frustrated with the changing landscape. One week medical reporters tout the benefits of taking a vitamin, and then the next week, they tell us it does no good. One week, the message is don't eat eggs; another week, eggs are OK. Aarrgh!

To help resolve some of this confusion, the Tufts University Friedman School of Nutrition Science and Policy gathered experts to speak at a conference held in Boston (October 2007). Here are some highlights about nutrition confusion that might be of interest to you.

**Source of confusion #1. Genetic differences.** Assuming you are health-conscious, you likely want to know if you should avoid foods such as eggs, salt, and sugar. And you may also want to know if you should take supplements such as fish oil, calcium, and vitamin D. While those seem like simple questions, the answers are difficult because we all have genetic differences that impact our nutrient needs. For example, salt can raise blood pressure in one athlete, but make no difference in another. Hence, genetic variation skews the research results and ensuing recommendations.

Within our lifetime, genetic testing will offer personalized answers regarding who should or should not eat such things as salt. But genetic testing also raises concerns. That is, if you tell an athlete he is salt-sensitive and his blood pressure will rise if he eats salt, he will likely be inclined to cut back on his salt intake. But if you tell him salt has no effect on his blood pressure, will he abandon all discretion and consume extraordinary amounts of salt that create other health problems? We do not yet know if genetic testing is a wise way to resolve nutrition confusion!

**Source of Confusion #2. Inadequate research.** Meaningful nutrition studies are very difficult to produce. Good studies need to explore, for example, the effects of different doses of a vitamin over a long period of time in a variety of people, including large numbers of men, women, children, seniors, athletes, whites, Africans, etc. Such studies are not only very expensive but also tough to fund. Food companies don't reap profits from funding such research because they cannot patent foods. Drug companies, in comparison, can get patents and make huge profits once a drug is proven effective.

**Source of Confusion #3. Ethics.** Unlike drug studies in which the subjects are drug-free until they take the drug, nutrition studies use subjects that already have lots of vitamins in their bodies. Creating a baseline deficiency in each subject would be unethical. Hence, nutrition research can only contrast a high vitamin intake with a low intake. To determine the thresholds at which a vitamin creates desired (or undesired) effects can take weeks or months — and lots more money.

**Source of confusion #4. Nutrients work synergistically.** It's hard to know what to study. For example, you may want to know if you should take a calcium supplement to keep your bones strong and reduce your risk of breaking a bone. Studies that look at just calcium supplementation (without vitamin D) indicate calcium does not reduce bone fractures. But research with calcium + D suggests improved bone health; calcium works synergistically with vitamin D. Also note, calcium and other nutrients have differing effects at different intakes. It's hard to know at what level the nutrient is most effective and at what level it offers no additional benefits.

**Source of confusion #5. What to study.** Foods contain zillions of compounds. When nutrition researchers attempt to connect a food to a disease, they often don't know which component of the food to study. For example, we know that eating fruits and vegetables reduces cancer. But what components are cancer-protective? Is it vitamin C? Folate? Beta-carotene? Potassium? Fibre? Phytochemicals?

**Source of confusion #6. Food affects our health in different ways at different ages.** For example, if you are pregnant (or planning to get pregnant), you may be afraid to eat fish, in fear the mercury in fish will damage your baby. Yet, fish contains the best sources of the omega-3 fats that are essential for optimal brain development in the fetus. Consuming too little DHA (of a type of omega-3 fat), can contribute to irreversible brain development problems.

With animal studies, a low intake of DHA results in slower brain maturation, attention problems, impulsivity and problem solving skills.

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With human studies that supplement the maternal diet with DHA, the babies learn faster and remember information better. By the time the babies have reached age 4, these benefits translate into higher IQs, and by age 5, longer sustained attention.

So, if you have been scared away from eating fish because of fear of mercury poisoning, you should be sure to look at the whole picture, whether you are a woman contemplating pregnancy or an aging athlete wanting to reduce the risk of heart disease. (Fish eaters have less heart disease.) The recommended intake is to enjoy DHA-rich fish such as pink salmon once a week — despite possible mercury content — and another 6 ounces per week of low-mercury fish and shellfish (shrimp, crab, scallops, light tuna). A typical 5-ounce serving of salmon offers 1,000 mg. DHA; the recommended daily intake is 220 mg. per day.

**Source of confusion #7. The effects of a poor diet take years to unfold.** As a young athlete in your 20's and 30's, you may think you are bullet-proof and immune from heart disease. Perhaps you eat whatever you want, whether it's omelets or pepperoni pizza. And you likely feel fine (today).

But if your "see food" diet (you eat what you see) leads to high cholesterol in your 40s, you will have a higher risk of declining mental status as you age. Arteries clogged with cholesterol and saturated fat lead to not only cardiovascular disease, but also to dementia and Alzheimer's. The longer you live, the higher your risk of dementia.

While only 1% of 60 year-olds have dementia, 40% of 90 year olds do.

Yikes! What can you do to prevent dementia? Enjoy more fruits and vegetables, and fish (twice a week). What is good for your heart is also good for your brain!

**Source of confusion #8. Messages to lose weight should really be to lose body fat.** Don't crash-diet to lose weight quickly! You'll lose a significant amount of muscle. This results in a less-healthy body because your health depends on your muscle mass. For optimal health and weight, do strength training to build muscle and eat just a little less at night to lose fat.

**Source of confusion #9. Advertisements.** Ads for vitamin supplements and drugs downplay the importance of diet and exercise. Hence, pills and potent medications seem more effective than eating well and exercising regularly. Too few people realize that exercise is the best way to improve overall health and immune response, particularly as we age.

No confusion about this: If your parents and/or grandparents live a sedentary lifestyle, let them know they really should take a daily walk (preferably to the gym). Research indicates mice who exercised regularly had faster wound healing, better survival of the flu and viruses, and less inflammation. Fit elderly people experience similar benefits. For children and adults alike, eating well to fuel an active lifestyle is without doubt an important key to lifelong health and longevity!

Nancy Clark, MS, RD, CSSD is Board Certified as a Specialist in Sports Dietetics (CSSD). She counsels both casual exerciser and competitive athletes in her private practice at Healthworks in Chestnut Hill, MA. She is author of the best selling Nancy Clark's Sports Nutrition Guidebook, Cyclists' Food Guide, and Food Guide for Marathoners. See [www.nancyclarkrd.com](http://www.nancyclarkrd.com) and [www.sportsnutritionworkshop.com](http://www.sportsnutritionworkshop.com) for more information.

**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.

### Male Mid Life Crisis Solved...

When I was married 25 years, I took a look at my wife one day and said, "Honey, 25 years ago we had a cheap apartment, a cheap car, slept on a sofa bed and watched a 10 inch black and white TV, but I got to sleep every night with a hot 25 year old blond.

Now we have a \$500,000.00 home, a \$45,000.00 car, nice big bed and a plasma TV, but I'm sleeping with a 50-year-old woman. It seems to me that you're not holding up your end of things."

My wife is a very reasonable woman. She told me to go out and find a hot 25-year-old blond, and she would make sure that I would once again be living in a cheap apartment, driving a cheap car, sleeping on a sofa bed and watching a 10 inch black and white TV.

Aren't older women great? They really know how to solve a mid-life crisis.

# HEALTH

## Be Sun Smart & Avoid Skin Cancer

### Remember to:

- ❖ Avoid the sun in the middle of the day.
- ❖ Use shade whenever you can.
- ❖ Wear a broad brimmed hat.
- ❖ If out in the sun wear a shirt with collar and sleeves.
- ❖ Wear sunglasses.
- ❖ Apply SPF 30+ sunscreen.

\* \* \* \*

## FIBRE

Fibre is well known for its vital role in digestive health. Now we learn from the researchers that eating low-fat, high fibre diet has been shown to not only improve gastrointestinal health but also reduce your risk for many diseases such as heart disease, some types of cancer and diabetes.

Despite the message that "eating more fibre is good for you" most of us do not eat as much as it is recommended - possibly because we don't understand what fibre does for us; the three different types of fibre; and the foods that contain those.

There are three major types of dietary fibre but most fibre-containing foods feature almost all of the three.

- **Soluble Fibre** has a mushier texture because it tends to soak up more water and is found in fruit, vegetables, dried peas and beans, oats, rice and barley. This type of fibre can make a softer bowel motion.
- **Insoluble Fibre** has a tough, chewy texture that is found in wholegrain and whole wheat-based cereals and pasta, popcorn, apple skin etc. This supplies bulk to the diet.
- **Resistant Starch** is found in firm bananas, roasted chickpeas, cooked and cooled potatoes, baked beans, and boiled long grain white rice. Like the other types of fibre this starch helps prevent constipation.

So now you can see that all fibre is not the same.

Most of your daily fibre intake is achieved if you eat a cereal-based breakfast each day. It is advisable to get a mixture of soluble fibre and insoluble fibre by

varying the cereals within each week - such as eating oats (porridge = soluble) one day and then moving to a wholegrain cereal (muesli = insoluble) for the next.

\* \* \* \*

## UPSET STOMACH OR DIARRHEA

Sooner or later, virtually every runner has at least one episode with nausea or diarrhea. It comes from the buildup of total stress that you accumulate. Most commonly, it is the stress of running on that day, due to the causes listed below.

1. Exercising too hard or too long.
2. Eating too much or too soon before the run.
3. Eating a high fat or high protein diet.
4. Eating too much the afternoon or evening, the day before.
5. Heat and humidity.
6. Drinking too much water before a run.
7. Drinking too much of a sugar/electrolyte drink.
8. Drinking too much fluid too soon after a workout.

Don't let running be stressful to you. Some kids get too obsessed about getting their exercise or keeping up with kids that are currently in better shape. This adds stress. Relax and let your run diffuse some of the other tensions in your life.

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

\* \* \* \*

## A Class of His Own

In the Berlin Marathon on 30th September last year Haile Gebrselassie chopped 29 seconds off Paul Tergat's 2:04:55 marathon world record. That achievement led many to suggest that Gebrselassie's career had now earned him the ultimate accolade of the greatest distance runner ever. He was already a two-time Olympic gold medalist at 10,000 metres, four time World Champion at 10,000 metres and this latest marathon performance was his 18th. Just how fast is 2:04:36? One way of appreciating it is to run a mile in 4:44 and to continue on at that pace for another 25 plus miles. Try running one lap of a 400 metres track in 70.8 seconds and then continue on at that same pace for a further 104 laps without taking a break. Equally amazing is that Paula Radcliffe's marathon time averages out at 77 seconds per 400 metre lap of the track. She ran a 2:15:25 world record in London in 2003.



# TRACKS & WALKS

## **ROTOPOUNAMU TRACK**

### **Walking track**

#### **Time:**

2 hour loop track.

#### **Distance:**

5 kilometres.

#### **Getting There:**

11km from Turangi off SH 47, car park signposted on the south side of Te Ponanga Saddle.

#### **Description:**

Rotopounamu ('greenstone lake') nestles on the side of Mt Pihanga. This beautiful lake is a special favourite of tree lovers, birdwatchers, walkers and swimmers.

Beginning opposite the car park, the track winds gently uphill. At the junction the track to the left goes to Ten Minute Beach which is a pleasant picnic and swimming spot in summer. The walk in to the lake takes about 20 minutes.

To walk around the lake turn right at the junction and follow a short section of metalled track before dropping down towards Five Minute Beach.

Here a broad tree-stump provides a good spot to view the lake. Rotopounamu was formed by a landslide 10,000 years ago. It is nine metres deep and covers one square kilometre.

Long Beach sweeps along the eastern side of the lake and is an ideal spot for a picnic or rest stop. There is a toilet here. From here the track continues to the northern shore where three of Rotopounamu's four tributary streams enter the lake. The lake has no visible outflow and possibly drains via an underground stream or seepage.

Continuing on, you will pass Ten Minute Beach and soon return to the track junction. From here it is downhill to the car park. Allow two hours for a leisurely walk around the lake.

#### **Plan and Prepare**

Before starting out, trampers should check the weather forecast and track conditions - weather can be extremely changeable all year around. Be prepared for bad weather at all times.

Heavy rain will cause increased water flows in streams and rivers.

Remember to let a reliable person know where you are going and to check in with them on your return.

If you are overdue they should contact the police of the appropriate Department of Conservation office.

Giardia may be present in some streams in the park. It is recommended you treat all water before you drink it. To be on the safe side, it is probably safer to take in your own water.

#### **Take With You:**

- Windproof and waterproof clothing (raincoat and over-trousers).
- Sturdy comfortable walking shoes or boots.
- Food and plenty to drink.
- Sunglasses and sunscreen if you are venturing above the snowline.
- First aid kit.

#### **What to Expect on a Walking Track:**

- Easy to moderate walking from a few minutes to a day.
- Track is mostly well formed; some sections may be steep, rough or muddy.
- Suitable for people with low to moderate fitness and abilities.
- Clearly sign posted. Stream and river crossings are bridged.
- Walking shoes or light tramping/hiking boots required.

### **Diabetes Reduces Life Expectancy**

While diabetes is a recognised risk factor for the development of cardiovascular disease there has until now been little information about life expectancy for people who do not develop cardiovascular disease.

Using data from the Framingham Heart Study, researchers confirmed that people with diabetes were at greater risk of developing heart disease and of dying when heart disease was present.

They also found that people over 50 years old with diabetes and without heart disease lived on average 7.8 years less for women and 8.4 years less for men, compared to their non-diabetic equivalents.

# COMING EVENTS

## 2008

### Mar

28-30	Athletics NZ Union T&F Championships	Mt Smart - Auckland
29-30	Cancer Society Relay for Life	Frank Kitts Park

### April

13	Flora London Marathon	London
13	Moonshine Half Marathon & 10km	Trentham
16	112 <sup>th</sup> Boston Marathon	Boston

### May

3	Rotorua Marathon and 5km & 10km	Rotorua
4	Nelson Half Marathon	Stoke
11	<b>Masters Classic Relay</b>	<b>Trentham Memorial Park</b>
24	Vosseler Shield	Mt Victoria
25	Walkers Ekiden Relay	CIT, Trentham

### Jun

1	Aurora Handicap Marathon	Upper Hutt
1	Christchurch Full & Half Marathons & 10km	Christchurch
7	Dorne Cup	Trentham Memorial Park
22	Harbour Capital Half Marathon & 10km	Westpac Stadium

### July

5	North Island Cross Country Championships	Taupo
6	30 <sup>th</sup> Gold Coast Full and Half Marathon	Gold Coast
19	Wellington Cross Country Championships	Waikanae
27	<b>Johnsonville 8km Road Race</b>	<b>Johnsonville</b>

### Aug

23	Wellington Road Championships	CIT, Trentham
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### Oct

4	NZ Road Relay Championships	Otago
12	Masterton Full & Half Marathon	Masterton
26	Lower Hutt 10km Road Race	Huia Pool, Lower Hutt

## 2009

### Feb

14	Buller Gorge Full & Half Marathon	Westport
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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.

## **WELLINGTON MASTERS ATHLETICS INC.**

**SUBSCRIPTION FOR THE 2007/08 YEAR  
(1 September 2007 to 31 August 2008) = \$45**

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

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

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

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

**How to Pay:**

\$45 (\$90 for couple). Cheques made out to Wellington Masters Athletics Inc – ( WMA Inc) and sent with form to: **VERONICA GOULD, 95A ELLICE STREET, MT VICTORIA, WELLINGTON 6011.**

**Direct Credit to:** Wellington Masters Athletics Inc, National Bank, The Terrace: **06 0565 0064415 00**  
**and forward the completed form to Veronica Gould at the above or email:**  
**gvgould@paradise.net.nz**

**NOTE:** Wellington Masters Athletics singlets and tee shirts are also available from Veronica Gould at a cost of \$30 and \$50 respectively.

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



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