

THE

MASTER

COPY

Newsletter of the Wellington Masters Athletics Inc.

Volume 7 Issue 3

July 2008

NOTICE OF ANNUAL GENERAL MEETING

You are invited to attend the Annual General Meeting of Wellington Masters Athletics Inc. to be held on:

Tuesday 16th September 2008

At the Wellington Scottish Harriers Club Rooms

Commencing at 7pm

Nominations are invited for positions on the Executive Committee being:

Patron
President
Vice President
Secretary
Treasurer

Committee members (nominations for committee members are also invited but may also be taken from the floor at the meeting).

You are also invited to submit any remits that you wish to be raised at the meeting.

An agenda will be sent out closer to the meeting outlining all the business to be conducted at the meeting.

WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2007-08

EXECUTIVE:

President:	Jim Blair	528 2992
VPresident:	Brian Watson	971 1351
Secretary:	Toni Romanos	027 478 0105
Treasurer:	Dick Harris	971 5993

COMMITTEE:

Peter Wrigley	973 6637
John Hammond	04 292 8030
Michael Browne	973 7404
Laurence Voight	565 0718
John Palmer	479 2130
Mark Macfarlane	234 8874

IN THIS ISSUE . . .

Notice of Annual General Meeting	1
Club Coordinators	2
Letter to the Editor	3
Bits & Pieces	4
Common Running Injuries	5
Book Review	6
Recipe & Mountain Not a Mountain	7
Aryan Ideals	8
More Mind Sharpeners	9
Fresh is Best	10
The Athlete's Kitchen	11
Health – Simple Rules to keep Food Safe	13
Tracks & Walks	14
Bits & Pieces	15
On the Trail of Lovelock	16
Results – Various	17
Johnsonville 8km Entry Form	18

WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2007-08

PATRON:	Heather May	24 Motuhara Road, Plimmerton, Porirua 5026	233 9412
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VICE PRESIDENT:	Brian Watson	96 Beazley Avenue, Paparangi, Wellington	971 1351
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	John Hammond	148 Wellington Road, Paekakariki, Kapiti 5034	04 292 8030
	Michael Browne	85 Owen Street, Newtown, Wellington 6021	973 7404
	Laurence Voight	17 Tarras Grove, Kelson, Lower Hutt 5010	565 0718
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OLYMPIC:	Brian Watson	96 Beazley Avenue, Paparangi, Wellington	971 1351
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WGTV 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

Letter to the Editor

Thanks - once again! - for The Master Copy which I received yesterday. I had a good read of your editorial and felt that, as a past member of the committee and having been involved in the decision to change the second day of the Track & Field Championships, I was entitled to a comment or two.

I think the committee does have a huge decision to make and, while there would be a group that would say otherwise, it may be that the champs will have to be consigned to the ranks of a non-event. The finances of the association cannot survive forever if organised events are not supported by the members.

As you stated in the editorial, the second day of events used to be too spaced out - particularly for the track officials. While field events can, and usually are, covered by the athletes, a track race cannot be run without a separate group of officials.

Although the champs are ideally for the athletes, the officials do have to be cared for in that they are volunteers and are there for the love of, and/or their obligations, to the sport.

In deciding to combine the Masters second day events with the centre champs, we hoped to (a) find more entries for the 10,000m event and (b) cut down on the "double-header" weekends that drain the energies of our volunteers. We knew there might be a few athletes who felt intimidated by competing in front of the younger athletes, but we accepted and took that risk.

My thoughts are that if the second day is to revert to a stand-alone one, then there MUST be commitment from the athletes to not only enter, but to turn up on the day as well. Even an injury should not stop the athlete turning up and supporting the event in some way, shape or form.

The event fee is ridiculously small in comparison to other similar events but raising the fee may indeed turn away some members. Some form of "penalty" for non-attendance might do the trick, but that would be a first in any event I've been to. Perhaps each event is subject to sufficient entries and without sufficient entries it could be pulled from the programme. But that would require a late reshuffle of the timetable and causes nightmares for all.

I don't know the answer, but I guess the key word here is "commitment". If the members/athletes are not prepared to commit to the event - whether it's the individual event within the champs or the whole competition - then well, I don't know.

Before the committee can make the ultimate decision, there should be consultation with the members - costly, but a survey sent to ALL financial members. There should be room for them to indicate their purpose for being a member - be it, financial support of the association, to compete, to officiate, whatever. Ask them their preference for a single day competition, two-day competition (stand-alone) and any other option that you can think of. Do they want 'serious' competition ahead of nationals to check on their progress? And, most of all, the survey will need to include room for them to provide comments on what they want out of their membership. Do they want a track and field champs? Do they want any of the other events run by the association?

These questions are raised by the committee every year, and from what I'm reading it appears that dwindling numbers continue to be the norm for all the events.

It's been a year since I left the windy city. I love being back in my home town (and it's great to be able to support my favourite team without being hassled at work!), but I do find myself frequently backing the Wellingtonians and looking for them in the results and stories that flood my email every week.

I wish the committee all the best in making the decision, or decisions, that need to be made sooner or later.

Kind regards

Kathryn Fraser

BITS AND PIECES

Membership

Since the last newsletter there have been two new members join. Welcome to Graeme Lear (Scottish) and Christine Carleton (Scottish). Our membership now stands at 92.

* * * * *

1962 WORLD MILE RECORD PACEMAKER DIES

Barry Cossar who provided the pace for Peter Snell's world mile record run in Wanganui on 17 January 1962, died aged 73, in Auckland on Tuesday 20 May, after a long illness with cancer.

Cossar was a member of the Western Suburbs Club and agreed to provide the perfect pace for Snell's epic run.

Snell recalling the race after the first lap said: "The field was now in fairly close Indian file and I was content to stay where I was, 12 yards back from the leader Barry Cossar. Midway through the second lap I sensed the thinning of the field and surged forward to the middle and then again into a gap between Murray (Halberg) and Bruce (Tulloh). This put me third, Murray, my hope for the third lap, dropped two yards on Cossar. I had to leave him and go past to get a close trail on Cossar. He was doing a tremendous job and two minutes were called as we passed the half-mile. I moved up to his shoulder and glanced back to see who was coming through for the third lap. All I saw was a large gap. Impatience got the better of me then. I moved into the lead myself, determined that I would make the three quarter mark in three minutes....." And the rest was history, with Barry Cossar playing a small part in a historic moment in New Zealand's sporting history.

* * * * *

2008 SCORCHING DUATHLONS

They're back to motivate and encourage you to try something different. The final two Duathlons will be happening on the below dates:

- Sunday 7 September - CIT - Upper Hutt - Fathers' Day Special
- Sunday 5 October - Scorching Bay

For more information go to: www.scorching.co.nz

* * * * *

Kapiti Harrier & Multi-Sport Club

Also run a series of Duathlons. The remaining dates for 2008 are as follows:

- Sunday 17 August
- Sunday 28 September

Race headquarters is Mazengarb Park, Paraparaumu - Start time is 9.00 am.

* * * * *

WHAT YOU CAN DO

Here are some tips to help keep you and your family safe and your home secure.

- Never assume "it can't happen here".
- Secure all windows and doors before you go to bed.
- Lock the outside garage doors, not just the inside door to the house. An intruder can work unnoticed inside if they gain access.
- Install sensor lights outside to deter intruders.
- Have a plan and rehearse it, especially if you have children.

* * * * *

SHOE CLINIC HARBOUR CAPITAL MARATHON, HALF MARATHON & 10KM

Once again this event has proved to be a winner with large numbers entering the event. It is a well run event, with some great spot prizes up for grabs. Below is a breakdown of the number of entrants in each event. From the figures below it is obvious that the inclement weather kept some competitors away from the start line.

Race	Entrants	Start Mat	Finishers
Marathon	250	237	233
Mara Walk	29	27	27
Half	1458	1358	1354
Half Walk	276	256	256
10km Run	1074	936	936
10km Walk	408	329	326
Kids Mile	191	165	165
Total:	3686	3308	3297
Teams Race			
10km		27	19
21km		20	12

Thought of the Day

"Motivation is what gets you started. Habit is what keeps you going."

Jim Ryun

COMMON RUNNING INJURIES and MANAGEMENT

Running injuries can generally be classified as either chronic or acute. Chronic injuries are usually due to the overuse of a particular area of the body. Signs of a chronic/overuse injury include:

- Pain during exercise
- A dull ache at rest
- Swelling or tenderness

Common overuse injuries in runners include stress fractures, iliotibial band (ITB) syndrome and achilles tendinosis.

Running is a very demanding activity on the human body. During running, a ground reaction force (GRF) is generated with each foot strike that is equivalent to 2-4 times body weight in the vertical direction (1). Although this is partly attenuated by joint structures and soft tissues, considerable force is transmitted to the bones of the lower limb (2). Stress fractures may result when these forces from repetitive compression are not adequately absorbed; muscle hyperactivity or muscle fatigue may also impair force attenuation. Stress fractures can occur anywhere but are predominately seen in the lower limbs, particularly the tibia.

ITB syndrome is caused by excessive friction of the distal iliotibial band as it slides over the lateral femoral epicondyle during repetitive flexion and extension of the knee resulting in friction and potential irritation (3). Most people will respond to treatment involving stretching the ITB, strengthening of the gluteus medius and easing back into their training regime.

The Achilles tendon transmits the forces of the large gastrocnemius/soleus muscle group from the lower leg into the foot. It inserts into the heel at the most posterior aspect of the calcaneus. Achilles tendinosis refers to tiny tears (microtears) in the tissue in and around the tendon caused by overuse (4). The most effective treatment plan includes eccentric (lengthening) contractions of the tendon e.g. controlled calf drops from a step.

Acute injuries are those that occur suddenly during activity such as a sprained ankle or strained muscle. Signs of an acute injury include:

- Sudden, severe pain
- Swelling or tenderness
- Inability to bear weight
- Excessive limb weakness
- Visible dislocation/break of a bone

If you do happen to suffer an injury regardless of whether it is acute or chronic, there is never a good reason to try to "work through" the pain. If you feel unusual pain when exercising STOP and apply the RICER principle (5).

RICER

Rest - to prevent further damage stop what you are doing limit further movement and bearing weight on the injured part of the body.

Ice - Apply ice for 20 mins every 2 hours and continue this treatment for 48-72 hours. Ice cools the tissue and reduces pain, swelling and bleeding. Do not apply the ice directly to the skin (wrap in a tea towel).

Compression - Apply a bandage or compression stocking to the injured area. Compression reduces bleeding and swelling.

Elevation - Elevate the injured area to stop bleeding and swelling. Place the injured area on a pillow for comfort and support.

Referral - You should seek qualified professional advice e.g. doctor or physiotherapist for precise diagnosis, ongoing care and treatment.

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4. Almekinders LC, Temple JD. Etiology, diagnosis, and treatment of tendonitis: an analysis of the literature. *Med Sci Sports Exerc* 1998; 30:1183-1190.
5. Elastoplast Sport (n.d.). RICER. Retrieved June 6, 2008, from <http://www.elastoplastsport.com.au/Injury/Ricer.aspx>

* * *

THINGS YOU SHOULD'VE LEARNT BY NOW

1. Never, under any circumstances, take a sleeping pill and a laxative on the same night.
2. Don't worry about what people think, they don't do it very often.
3. Going to church doesn't make you a Christian anymore than standing in a garage makes you a car.
4. Artificial intelligence is no match for natural stupidity.
5. If you must choose between two evils, pick the one you've never tried before.
6. If you look like your passport photo, you probably need the trip.

* BOOK REVIEW *

craig potton publishing

warmly invites you to celebrate the anniversary of Lovelock's greatest victory at the 1936 Olympic Games and the launch of his previously unpublished journals



As If Running on Air The Journals of Jack Lovelock

edited by David Colquhoun

Wednesday 6 August 2008

at the

National Library of New Zealand
Ground floor main foyer, 5.30pm – 7.30pm

The evening will include a film of Lovelock's great race.

GUEST SPEAKER

Roger Robinson, Emeritus Professor of English, Victoria University, noted writer on running and literature

LOVELOCK'S
SPORTS BAR



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Craig Potton Publishing thanks the Alexander Turnbull Library/ National Library of New Zealand, Lovelock's Sports Bar, Brezmania and Lion Breweries for their assistance with this event.

RSVP by Monday 4 August to Emma Radcliffe

Ph: 03 548 9009 Fax: 03 548 9456 Email: emma@cpg.co.nz

IF YOU ARE UNABLE TO ATTEND THE LAUNCH BUT WISH TO PURCHASE THE BOOK, PLEASE USE THIS ORDER FORM

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RECIPE

TUSCAN DORY FILLETS

The flavours of basil, prosciutto and tomato combine to make an ideal match for John Dory. This recipe is ideal for summer barbecues.

Ingredients:

450g bag Sealord Dory Fillets
100g sundries tomato pesto
½ cup fresh basil leaves
6-7 slices prosciutto
½ tbsp olive oil
Salad greens
Shredded parmesan cheese

Tomato Pesto Orzo Pasta

2 cups orzo pasta
100g sundries tomato pesto
¼ cup torn basil leaves
¼ cup coarsely chopped parsley leaves (Italian best)
Olive oil for dressing

Method:

Defrost fillets slightly.

Place 1-2 tablespoons of tomato pesto on one side of each fillet with several basil leaves on top, and wrap in a piece of prosciutto. Brush with a little olive oil and place the fish on a baking paper-lined oven tray.

Fan grill at 200 degrees C for 7-8 minutes, turning once until the fish fillets are cooked through and the prosciutto is crisp. Serve with the tomato pesto orzo pasta and your favourite green salad garnished with shredded parmesan cheese.

Tomato Pesto Orzo Pasta

Cook the pasta in boiling salted water for 5-6 minutes or until al dente. Drain well.

Toss pasta with the pesto, herbs and oil. Season well with salt and pepper.

Serves 4.

* * * *

WHEN IS A MOUNTAIN NOT A MOUNTAIN?

On Monday 3rd March 2008 my wife and I landed on Norfolk Island a day late for our holiday due to inclement weather conditions.

We stayed on Norfolk Island for six days, a very interesting and historical place with many organised

trips and activities to please and inform visitors. One of these which was of interest to us was the Bush Walks. There were two walks - 3½km up to Mt Pitt and over to Mt Bates, and the short 1½km walk to see the typical flora, fauna and birds on the Island. I opted for the longer walk where these bush tracks reached the tip of the volcano eruptions of 3½ million years ago.

From the top height of 1050 feet, there was a wonderful panoramic view of the island and the endless sea. It was while taking photos, I asked the guide where the mountains were that we were to climb? To a stunned silence he replied "you just have" to which I exclaimed "but that's only a small hill". This faux pas stayed with us for the rest of our trip all the way back to Auckland Airport. I was refereed to as the guy from New Zealand who called Norfolk Island Mountains "hills".

So when is a mountain not a mountain? When it's on Norfolk Island. A lot of Norfolk Islanders have never been to New Zealand, let alone Wellington. One tourist asked where we were from, on being told Wellington NZ, the reply was "I've been there and understand what you mean".

Norfolk Island is a great place to relax, have fun, and enjoy yourself.

Brian Watson

* * * *

IT'S YOUR CALL

Don't be afraid of the phone.

Nearly 80% of workers prefer email to the phone. "People dread calls because they feel like they're on the spot," says Richard Weylman, business consultant and author of *Opening Closed Doors*, "but you get more attention than in an email."

For effective calls:

Stand up - You'll sound more energetic. Some organisations encourage staff to do this.

Don't cradle the handset - Hold it about 8cm from your mouth. You'll sound less muffled and more like you are there in person.

Just talk - Don't read email or type. It's obvious to the other person that you are distracted, and one study has found multitasking reduces your ability to listen.

Take a pause - if you get flustered and collect yourself, says business coach Judith McManus.

"Silence is better than ums and ahs because it projects thoughtfulness, not confusion.

Aryan ideals, not ancient Greece, were the inspiration behind flame tradition

By Andy McSmith

There is a two-word answer to those who think the Olympic torch is a symbol of harmony between nations that should be kept apart from politics - Adolf Hitler.

The ceremony played out on the streets of Paris did not originate in ancient Greece, nor even in the 19th century, when the Olympic movement was revived. The entire ritual, with its pagan overtones, was devised by a German named Dr Carl Diem, who ran the 1936 Olympics in Berlin.

Although he was not a Nazi, and was appointed to run the Olympics before the Nazis came to power, Diem adapted very quickly to the new regime, and ended the war as a fanatical military commander exhorting teenage Germans to die like Spartans rather than accept defeat. Thousands did, but not Diem, who lived to be 80.

He sold to Josef Goebbels - in charge of media coverage of the Games - the idea that 3422 young Aryan runners should carry burning torches along the 3422km route from the Temple of Hera on Mount Olympus to the stadium in Berlin.

It was his idea that the flame should be lit under the supervision of a High Priestess, using mirrors to concentrate the sun's rays, and passed from torch to torch along the way; so that when it arrived in the Berlin stadium it would have a quasi-sacred purity.

The concept could hardly fail to appeal to the Nazis, who loved pagan mythology, and saw ancient Greece as an Aryan forerunner of the Third Reich. The ancient Greeks believed that fire was of divine origin, and kept perpetual flames burning in their temples.

In Olympia, where the ancient games were held, the flame burnt permanently on the altar of the goddess Hestia. In Athens, athletes used to run relay races carrying burning torches, in honour of certain gods.

But the ancient Games were proclaimed by messengers wearing olive crowns, a symbol of the sacred truce which guaranteed that athletes could travel to and from Olympus safely. There were no torch relays associated with the ancient Olympics until Hitler.

The route from Olympus to Berlin conveniently passed through Bulgaria, Yugoslavia, Hungary, Austria, and Czechoslovakia - countries where the Nazis wanted to extend their influence. Before long, all would be under German military occupation. In Hungary, the flame was

serenaded by gypsy musicians who would later be rounded up and sent to death camps.

In Berlin, the flame was carried the last kilometre along Berlin's main boulevard, by a 26-year-old runner named Siegfried Eifrig, who was watched by hundreds of thousands as he transferred the flame to a cauldron on an altar surrounded by vast Nazi flags. Eifrig, amazingly, is still alive, aged 98, and told the BBC this month that carrying the ceremony should be a purely sporting affair.

Despite its dark political overtones, the event was an unqualified success for the organisers, immortalised in a propaganda film by the Nazi director Leni Riefenstahl. The ritual has been repeated before each Olympics but not always with such organisational flair.

In Melbourne, in 1956, the 19-year-old athlete Ron Clark burnt his hand as he put the torch to the cauldron, because technicians had increased the gas flow, fearing it might not light. When the Games returned to Australia 44 years later, Clark was persuaded to do the honours again, and burnt his forearm during a rehearsal. One of the Australians taking part in the 2000 torch ceremony decided to do his stretch in a tractor instead of on foot.

Before yesterday, the flame had gone out just twice. It was extinguished by a sudden downpour in Montreal in 1976, when a worker scandalously relit it with a cigarette lighter, forgetting the pagan mystique involved; it should have been relit from a back-up torch. In 2004, it was blown out by a gust of wind. Yesterday's events pushed the number of such mishaps from two to five, making the President of the IOC, Jacques Rogge, furious.

"Violence for whatever reason is not compatible with the values of the torch relay or the Olympic Games," he said. Someone should have told Adolf Hitler.

* * * *

FEEL BETTER, HONEY?

Spread it on your wounds as well as your toast.

Dressing wounds with honey may help them heal more quickly.

Honey works well on chronic wounds, says Dr Richard White, senior research fellow in tissue at Aberdeen Royal Infirmary in Scotland. "Bees create natural chemicals to prevent honey from being spoiled by moulds and bacteria," he says. "These chemicals can kill bacteria and reduce inflammation, particularly in wounds that don't heal easily." But it won't work with any old honey. "It has to be medical grade, and ask your doctor if it's an appropriate dressing.

MORE MIND SHARPENERS

You're working hard at a rewarding career. You're settled, more or less, in a longtime relationship, and enjoy a fulfilling social life.

Life in general is going great. Or is it? Could it be that your mind is stagnating?

The brain is an organ and, as such, it requires oxygen and exercise.

Feed your mind and you'll feel emotionally and physically invigorated.

It may be too soon to succumb to middle-aged worries about 'using it or losing it'; however, it's still critical to focus on keeping your brain in shape.

By continually engaging in the right activities, you can increase your memory, improve your problem-solving skills and even boost your creativity. Here are some fun ways to keep your mind active.

1. Grab a cue and play pool

Rack 'em up, grab a cue and contemplate on your strategy. Billiard players must focus on the immediate, blocking out distractions as they plan their next moves. Strategic planning increases mental clarity. Concentrating on the immediate helps keep your mind sharp.

Additionally, this game of angles demands that players think in terms of physics, something most of us rarely do in our everyday lives.

2. Calm down with yoga

You might be surprised at how demanding yoga can be. Beyond the physical demands that give your entire body a workout, yoga has great calming and relaxation qualities. Yoga forces you to focus on controlling all your muscles and your breathing. You'll let your worries slide away, giving your mind a rest from stress.

3. Play golf in the fresh air

Escape to the links and spend a few hours in the fresh air counting birdies, bogeys and mulligans. Golf is a social sport and a great way to network and loosen up at the same time. Golfers get mental stimulation using their decision-making skills as they plan stroke strategies. As the sport involves the control of repetitive movements, it instills mind-body discipline.

4. Lace up your running shoes

Lace up your jogging shoes and get moving. Even if you never plan to run a marathon, it will get both your body and mind in shape.

Running will boost the levels of oxygen in your brain and flowing through your body. In turn, your body will release more endorphins, which will make you feel

energized while producing a sense of pleasure and well-being.

5. Challenge a friend to a game

Challenge a friend to a game of chess at lunch. Invite colleagues over for an evening of cards. Besides the social aspects, such activities will keep your mind active. You'll use your memory and expand your powers of recall. You'll also test your mathematical skills and logic.

6. Subscribe to a daily newsletter

Whether it's a 'word of the day,' 'quote of the day' or 'this day in history' newsletter, receiving new information each day will add data to the HD (hard drive) in your head. The mental stimulation will increase your comprehension skills. The added knowledge will also make you sound more worldly and bright.

7. Pick up a book

Choose from classic literature, science fiction or self-improvement books and give your brain a boost. Pick up a novel before your next business flight or vacation. On top of the cerebral benefits, the escapism that comes from reading can be very refreshing. Reading helps you exercise your cognitive skills and increase your vocabulary. Do it regularly and you'll be amazed at the information you absorb, which will make you a more interesting conversationalist.

8. Take a course

Learn something new. Sign up for a cooking class, register for karate training or enroll in a wine tasting seminar. You'll be challenging yourself to assimilate new concepts, information and ideas, and you'll hone your retention skills through memorization.

9. Learn a new language

Attend classes, listen to tapes or date someone with whom you can converse in another language. Instead of watching the same TV programs you always do, take in a foreign language movie with subtitles. Learning a new tongue keeps your brain flexible and your mind sharp, helping to reduce the slowing of the thought processes that comes with age. It can also make your next vacation or business trip easier if you know the language.

10. Grab the controller

Believe it or not, playing certain video games really can be good for your health. The operative word here, however, is 'certain' choose games that involve strategy or problem solving. Playing GTA may be stimulating, but it doesn't do much for the mind.

Continued on next page

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Problem solving and role-playing games will help you practice strategic planning. You'll also improve your hand-eye coordination.

11. Rent a classic movie

Rent Shakespearean adaptations or other language-heavy period movies and treat them as an exercise; watch them with a dictionary and thesaurus in hand and make a point of understanding all the dialogue, even if it means pausing the movie chronically. Some options: Macbeth, Othello, Hamlet.

12. Learn an instrument

Pull out your old guitar, sign up for piano lessons or rent a trumpet or a clarinet. Trying to understand how music is made will stimulate your creativity. Reading music provides mental stimulation. Playing an instrument requires powers of recall as well as concentration to maintain tune and tempo.

13. Build a model

Remember how excited you were as a kid making model airplanes and ships? Recreate that by building a miniature model. Following all those written instructions sharpens your powers of concentration.

Focusing on the task at hand will also be very relaxing.

14. Do a crossword

Stick the newspaper crossword puzzle in your briefcase then get to work on it during your commute or while you're waiting for an appointment or a meeting to begin. You'll improve your cognitive skills and creative thinking as well as your word power and vocabulary.

15. Engage in a debate

A lively discussion can be invigorating. As long as you avoid letting it digress into an altercation, you can have a lot of fun debating the pros and cons of an issue with a friend or colleague.

You'll practice your quick-thinking skills, logic and creativity.

Developing convincing theories on the spot will help you in your career and in your personal relationships.

Use your cognitive skills, test your powers of recall, improve your memory, and challenge yourself to be more creative in your thinking.

You'll reap great brain-boosting benefits by keeping your mind active.

* * * *

FRESH IS BEST

Enjoy top taste and great health while also saving money on your shopping.

Prepare vegetables just before eating or cooking. Once cut, they start to lose vitamins. Soaking cut vegetables in water also leaches nutrients. Seal cut, unused portions tightly in a plastic bag in the fridge.

Drink fresh fruit and vegetable juices within three to four hours of squeezing. The longer you leave juice exposed to the air, the more it oxidizes and begins to lose important nutritional value. Consider adding some of the pulp - it's high in fibre.

Ripen fruit at room temperature away from direct sunlight, which can destroy nutrients such as vitamins A and C. Refrigeration deactivates the ripening process.

Brush up on correct storage procedures - they help maintain freshness. Your grocer and butcher can advise you on the best methods and will often provide leaflets on storage ideas and preparation tips.

Always refrigerate fish as soon as possible - the high fatty acid content deteriorates quickly. Store meat and fish in the lowest part of the fridge or in the chiller compartment to stop juices dripping onto other contents such as vegetables.

Eat meat and fish within two days of purchase.

When shopping think about your week's menu and plan to eat the most perishable items first. Leafy greens and herbs have a high water content and tend to go limp and lose their crunch very quickly, while ripe berries and stone fruit can bruise easily. Root vegetables, pumpkin, broccoli, apples and oranges are hardier and last longer if stored correctly.

* * * *

MICHAEL BROWNE

Earlier this year Michael and Jenny Brown left Wellington for a visit back to the UK. They will be back in Wellington in late October this year.

His club, while in London is VAC and he informs us that he has run in a couple of 2 mile races - the first was very sluggish even by his standards, having spent a month getting there via Auckland, Sydney and Shanghai.

In the latest email (10 July) he says he is still padding along and a week ago he won the o/75 5 mile VAC club championships.

"We won't go into the huge field that I had to defeat!" he says.

THE ATHLETE'S KITCHEN

Copyright: Nancy Clark, MS, RD, CSSD - May 2008



The Beat Goes On: Heart Health and Nutrition

Although running is one of the best ways to improve heart health, even runners are not immune from heart disease. You have undoubtedly heard reports of marathoners who die of heart attacks. Women runners, as well as males, need to pay attention to heart disease; it is the #1 killer of women, higher than all cancers combined.

To address the topic of heart disease among active people, the Sports and Cardiovascular Nutrition practice group of the American Dietetic Association (www.SCANDpg.org) featured heart health as the theme of their annual convention (April 2008, Boston). The following bits of information from that conference might inspire you eat wisely to keep your heart beating for a long and healthful lifetime.

- First of all, when it comes to heart disease, you should know your cholesterol numbers. Get your blood tested for total, LDL and HDL cholesterol. Having a low LDL is the primary goal for reducing heart disease. If your LDL is >160 mg/dL, the sooner you lower it to <130 , the better off you'll be.

- Foods that actively lower LDL include oats, barley, soy, beans, almonds/nuts, and plant sterols/stanols (added to margarines such as Benecol). Although each single food might have only a small cholesterol-lowering effect — for example, consuming three glasses of soy milk a day might lower LDL by only 5%, combining several of these foods becomes very powerful. For example, in subjects with high blood cholesterol, a diet rich in oats, nuts, soy, and phytosterol-enriched margarine reduced LDL by almost 30% in four weeks. That's as powerful as cholesterol-lowering drugs!

With minimal effort, you can consume LDL-lowering foods on a daily basis and achieve long term benefits. Plus, by filling up on oats, nuts, and beans, you are not chewing on bacon, cookies and steak — and gain the added benefit of displacing those sources of artery-clogging saturated fats.

- Oatmeal is easy to add into a sports diet. If cooking oats is not your style, simply eat them raw — mixed in with cold cereal. For example, Wheaties + raw oats + slivered almonds + (soy) milk + fruit create an easy heart-healthy breakfast. Microwaving a packet of instant oatmeal (with a spoonful of peanut butter) creates a tasty, effective pre-exercise and/or afternoon snack.

- Inflammation, caused by cholesterol-filled plaques in blood vessels, plays a role in heart disease. Foods that reduce inflammation include salmon and other oily fish, walnuts, fibre-rich whole grains, fruits, vegetables, and even dark chocolate. Among fruits and veggies, the Big Six are apricots, bananas, oranges, tomatoes, broccoli and spinach. Eat them often!

- The Mediterranean diet, rich in olive oil, fruits, vegetables, fish, and seafood is also protective and offers a 7% reduction in mortality from heart disease. Consider using more olive oil for salad dressings, sautéing vegetables, and as a dip for bread (instead of butter) — but watch the calories!

- Eating 8 ounces of fish per week, especially cold water fish (salmon, mackerel, sardines, herring) rich in omega-3 fats, can reduce the risk of death from heart disease by 36% (and from other diseases by 17%). Eating fish delays death within the hour after a heart attack, providing time to get the victim to the hospital for treatment. Plan one lunch with tuna (with low fat mayo) and one dinner with salmon each week.

- Humans cannot make omega-3s, that's why we need to eat them. A healthy person can get the recommended intake from fish. Just 8 ounces salmon (the richest source) provides a week's worth of omega-3's. (Cardiac patients need more, necessitating fish oil pills.) Salmon is also a rich source of vitamin D. Three ounces canned pink salmon provides the daily requirement for D. D protects against high blood pressure, diabetes, cancer, and many other health issues. (For a recipe with canned salmon, try Simple Salmon Patties - see "Sidebar" below).

- What's good for the heart is good for the mind (and the rest of the body, for that matter, because all bodily systems are interconnected). Eating fish twice a week is associated with a 13% slower decline in mental performance.

Continued on next page

continued from previous page

- Some runners believe farmed fish have higher levels of PCBs and other toxins. According to Dr. Charles Santerre of Purdue the risk is tiny compared to the strong heart-health benefits. PCBs are stored in the fat. To reduce intake of PCBs, don't eat the fish skin or the fat drippings.
- The risk of heart disease increases with age, particularly as women enter menopause. Menopause increases fat deposition in the trunk/waist area, more so than on the legs and arms. This abdominal fat is linked with heart disease. Why does midlife fat settle around the waist? One theory relates to cortisol, a hormone that increases with stress. Post-menopausal women seem to have a robust cortisol response to stress. Thank goodness exercise can be a good stress reducer; keep active!
- Lugging around excess body fat adds a major stress to the heart, but being too thin can also raise heart-health issues. Runners who severely under eat (such as those with anorexia) commonly develop irregular heart rhythms and have a dangerously low heart rate. Thinner is not always healthier.
- The more you exercise, the more protection you have from heart disease — but only to a certain extent. The benefits plateau at about 2,000 calories per week; that's the equivalent of running about 4 miles a day (400 calories) for five days a week, with two rest days per week. No need to get compulsive.

The bottom line

Just as eating the wrong foods can be powerfully bad for your heart, eating the right foods can be powerfully good. Eat wisely to invest in an enjoyable future. If you need help creating a heart healthy sports diet, consult with your local sports dietitian; use the referral network at www.SCANdpg.org.

SIDEBAR

Looking for inexpensive ways to add more fish to your diet? Here's one of many family-friendly recipes from the new fourth edition of Nancy Clark's Sports Nutrition Guidebook (April, 2008).

Simple Salmon Patties

These salmon patties are made with canned salmon, an inexpensive source of health-protective omega-3 fat. Enjoy them with brown rice and a green vegetable for a complete meal.

- 1 14-ounce (400g) can pink salmon, drained and flaked (remove the skin, but keep the bones for added calcium)
- 1 cup (70g) crushed whole-wheat saltine crackers or bread crumbs
- 1 egg or substitute, slightly beaten
- 1 cup (150g) diced pepper, green or red
- 1/2 diced onion, preferably a sweet onion such as Vidalia
- 1/4 cup (60ml) milk, preferably low fat
- Lemon pepper or black pepper, as desired
- 1 to 2 tablespoons olive or canola oil, for cooking

Optional: 1 teaspoon Worcestershire sauce or soy sauce; dash of hot pepper sauce; 1/2 teaspoon dried dill or 2 teaspoons fresh dill.

1. In a large bowl, stir together salmon, cracker or bread crumbs, egg, bell pepper, and onion. Mix in milk (and Worcestershire sauce and hot pepper sauce, as desired). Add pepper (and dill), and mix well with your hands. Lightly press the mixture into eight patties.
2. Heat oil in large sauté pan on medium heat. Once oil is hot, place the patties in the pan and cook on both sides until lightly browned, about 3 to 5 minutes.

Yield: 4 servings (8 patties)

Nutrition Information:

1,200 total calories; 300 calories per serving (2 patties)
24 g carbohydrate; 27 g protein; 11 g fat (2 g omega-3)

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. Her New 2008 *Nancy Clark's Sports Nutrition Guidebook 4th Edition*, and her *Food Guide for Marathoners* and *Cyclist's Food Guide* are available via www.nancyclarkrd.com.

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

HEALTH

FOUR SIMPLE RULES TO KEEP YOUR FOOD SAFE

Clean:

- Clean your hands by washing them with soap and drying with a clean towel.
- Always wash your hands before handling any food and after touching raw meat and poultry, going to the toilet, changing nappies, touching pets and gardening.
- Wash knives and utensils and scrub chopping boards between preparing raw and cooked food.
- Keep your fridge clean.

Cook:

- Defrost frozen foods thoroughly before cooking.
- Use a meat thermometer to check temperatures - minced meat and sausages should be cooked right through, and pork and poultry juices should run clear.
- Pre-cook minced meat, sausages and poultry before barbecuing.
- Never leave hot food to cool for more than two hours before putting it in the fridge.

Cover:

- Stored food should always be covered - even in the fridge or cupboard.
- Keep raw meat and poultry covered in the bottom of the fridge and away from ready-to-eat food, fruit and vegetables to avoid meat juice drip.
- When cooking outdoors, ensure that all food remains covered and cool until ready to cook or eat.

Chill:

- Ensure your fridge is between 2 and 4 degrees centigrade.
- Keep all perishable foods in the fridge until you are ready to use them.
- When picnicking, keep food cool by using a frozen chilly pad.
- Marinate food in the fridge, not on the bench.

* * * *

WHAT A PAIN

Most people know muscular or joint pain at some stage in their lives.

Early experiences may be through sport; in later years arthritis or just general wear and tear have an effect.

Dealing with pain is an individual thing. Research suggests that substances called endorphins, produced in the body as a result of psychological as well as physical influences, may affect the way you feel pain by raising and lowering your pain threshold.

Is your pain *acute*, perhaps resulting from surgery or injury? In that case the pain usually gradually recedes or disappears with treatment. If not treated, however, it may lead to *chronic* pain, often developing from an illness or injury that has been mistreated or undiagnosed; it develops and persists, perhaps even despite medical treatment.

Ultimately, coping with pain depends on you. Your ability to make healthy lifestyle changes, manage stress and depression, and balance rest and activity will play a key role in battling pain, and the limitations that can come with it.

Rubbing it in

Many people dealing with muscular and joint pain and inflammation need medical therapy at some point to ease their discomfort and allow them to get on with life - to exercise, do the gardening, even to open a can without difficulty. Non-steroidal anti-inflammatory medicines, either taken orally or as a rub, are often an excellent solution. One of these, etofenamate, has been successfully used for a number of years to treat localized rheumatic diseases. Etofenamate in gel form applied topically is effective in treating arthritis and soft tissue problems including muscle pain and stiffening, joint and lower back pain, and sports injuries.

Consult first

Even though many medicines for treating pain are available over-the-counter from pharmacies, always talk to your doctor or pharmacist before taking any medicine.

* * * *

FAST FACT

For healthier cooking, try replacing salt with flavourful alternatives such as garlic, pepper, herbs or a splash of lemon juice. Serve dinner rolls with olive oil or balsamic vinegar instead of butter.

TRACKS & WALKS

Marahau to Anchorage

Time: 4 hrs - **Distance:** 11.5 km

French names left by d'Urville and his crew Adele, Simonet and Torrent add character to this part of the journey. At the Marahau information kiosk, a causeway crosses the estuary. On the far side of the estuary the track passes through open country to Tinline Bay.

The track rounds Guilbert Point to Apple Tree Bay then passes through beech forest with large kanuka trees. After Yellow Point it turns inland, winding in and out of several little gullies before emerging in open country overlooking Torrent Bay and the coast and islands to the north.

Descend to Anchorage Bay where there is a hut and campsite.

Anchorage to Bark Bay

Time: 3 hrs - **Distance:** 9.5 km

From Anchorage Bay, cross a low ridge to Torrent Bay estuary. The estuary can be crossed within two hours either side of low tide, or an all-tide track leads around it to Torrent Bay. Please keep to the public track through the private houses here.

At the northern end of Torrent Bay beach the track climbs through pine trees. The track sidles around two valleys and above a beautiful inlet to Falls River, the biggest river in the park. This is crossed by a 47 metre long suspension bridge. Beyond the river, the track climbs before dropping back to the sea. Follow the track to the hut and campsite beside Bark Bay estuary.

Bark Bay to Awaroa

Time: 4 hrs - **Distance:** 11.5 km

Cross Bark Bay estuary or follow the all-tide track around its edge and climb steeply to a saddle. Here you lose all sense of the sea below as you journey through stands of manuka.

Return to the shore at Tonga Quarry, where blocks of granite remain from an old quarrying operation. Tonga Island sits offshore surrounded by marine reserve. A short distance on is Onetahuti Bay; at its northern end, high tide may cause a delay. The tidal stream can be crossed within 3 hours either side of low tide. The track then climbs over Tonga Saddle and descends to Awaroa Inlet. Follow the shore for 15 minutes to Awaroa Hut and campsite.

Awaroa to Totaranui

Time: 1 hr 30 mins - **Distance:** 5.5 km

Awaroa Estuary can only be crossed close to low tide. The estuary should definitely only be crossed up to one and a half hours before low tide and up to two hours after it.

(Following very heavy rain the estuary may be impassable.)

From its northern side the track crosses a low saddle and drops to Waiharakeke Bay, where a timber mill once operated.

The track re-enters the forest then emerges at Goat Bay, from where it climbs to a lookout above Skinner Point before descending to Totaranui. Follow the road through the main camping ground to the camp office, water taxi pickup point and Coast Track walker's campsite.

Totaranui to Whariwharangi

Time: 3 hrs - **Distance:** 7.5 km

The track heads around Totaranui estuary, climbs over a low saddle and winds down through lush forest to Anapai Bay. From here to Mutton Cove, travel alternates between sandy beaches and rocky headlands of regenerating kanuka.

Leave the coast at Mutton Cove and climb to another saddle. From here the track descends to Whariwharangi Bay. The hut—a restored farm homestead—and campsite are just behind the beach. Add 1 hour to go via Separation Point.

Whariwharangi to Wainui

Time: 1 hr 30 mins - **Distance:** 5.5 km

From Whariwharangi Hut follow a small stream then climb out of the bay to a saddle overlooking Wainui Inlet. The track winds down to the shore around gorse-covered ridges recovering from a 1978 fire, then follows the estuary edge for 500 metres to the carpark. It is possible to cross Wainui Inlet within two hours either side of low tide.

Transport is available from the carpark.

What to expect on a great walk/easy tramping track:

- Moderate day or multi-day tramping/hiking.
- Track is generally well formed, may be steep, rough or muddy.
- Suitable for people with moderate fitness. Limited backcountry (remote areas) experience required.
- Track has signs, poles or markers. Major stream and rivers crossings are bridged.
- Light tramping/hiking boots required.

Extra bits if needed

The Abel Tasman Coast Track, located in Abel Tasman National Park on South Island's northern shores. The Coast Track is a Great Walk and extends for 51km. All streams are bridged but there are tidal crossings which can only be crossed within a few hours either side of low tide. The track takes an average of three to five days to complete. There are huts and campsites where you can stay for a fee. There is no charge for day walks. Visitors can walk into the park from the road end carparks, catch water taxis to beaches along the track or kayak along the coast.

BITS & PIECES

Scottish Ekiden Walkers Relay

Report

25th May 2008

Almost 250 walkers, supporters and officials stood in silence to honour the memory of our recently passed friend Jack Tregurtha before the commencement of the second Wellington Scottish Athletics Club Walking Relay on Sunday 25th May. The applause which followed this quiet time also indicated the feelings of the gathering.

And then it was straight on to a countdown and with lots of cheers the 26 B and C Division teams were off. Shirley Barber of Racewalking Auckland finished the 7.195km first leg in 45m 10s and held onto a narrow lead over Mike Nield of Taranaki B1 in 45m 15s. They were just ahead of Manawatu Striders 45m 44s and Taranaki B2 and Trentham United both in 46m 02s. By the end of the second leg over 5.0 km the Taranaki B1 team had taken the lead and went on to a convincing win in 4h 23m 52s over Manawatu Striders in 4h 26m 42s and Taranaki B2 in 4h 27m 28s. Although Taranaki B1 never relinquished the lead there was a lot of good racing behind them for the minor places until the last few laps when things generally settled down. Racewalking Auckland came back to take fourth in 4h 28m 58s and Trentham United hung on for fifth in 4h 31m 44s.

The five A Division teams started 30 minutes after the B and C Teams. They were racing for the Race Walking New Zealand Race Walking Road Relay Championship. Once again the top New Zealand walkers put on a great display of race walking, which amazed and thrilled the spectators, and astonished many of the B and C Division walkers who were being passed at great speed! Vanessa Lowl of Taranaki Race Walking club put in the day's fastest first leg in 42m 07s ahead of Rodney Thorne of Racewalking Auckland. On the second leg over 5.0 km Wayne Loveridge added a further two minutes to the lead walking 28m 33s to Phillip Wyatt 30m32s. Phillip was the youngest competitor in the race and showed great style. In a battle of two ex-internationals by the end of the third leg Mike Parker had caught Rachel Gilberd. Glenn Burrell of Taranaki and Tony Sarginson of Racewalking Auckland set off on the race of the day over the 10.0 km fourth leg. Glenn held on to Tony for the first 5.0 km but Tony's greater strength showed as he went on to set a record time for the leg in 46m 01s with Glenn coming home in 47m27s.

Although Eric Kemsley pulled back 21 seconds of the lead David Sim handed over to David Matulovich who set the fastest time over the 5.0 km legs with 25m 42s and added an other five minutes to finish in a record race time on 3h 42m 36s. Tony Burrell brought the Taranaki Club in for second place in 3h 48m 48s, which was also well under the record time they set last year when winning in 3h 54m 17s.

The race for the third place was well contested with Athletics Nelson, Athletics Wellington and Manawatu Wanganui all holding this place during the race. On the 10 km fourth leg Peter Baillie overhauled both Manawatu and Nelson. Zach Sinclair held on to the lead in this fifth leg over 7.5 km for Athletics Wellington but on the last lap over 5.0 km both the Manawatu Wanganui team and Athletics Nelson overhauled Wellington. Nelson were third across the line but unfortunately as they arrived short of one team member due to sickness they had to use a walker (Peter Baillie) from another team to actually compete as a Composite team and were therefore not eligible for the Championship medals which went to the Manawatu Wanganui Centre team. The finishing times were Athletics Nelson 4h 09m 22s, Manawatu Wanganui Centre 4h 10m 22s and Athletics Wellington 4h 14. 05s.

The weather for the race was cool calm and overcast. The promised strong cold southerly wind and rain showers never arrived and overall the conditions were close to perfect for racing. The races were well sponsored. The main sponsors were the Upper Hutt City "activation ACTIVE RECREATION" and the Pelorus Trust. There was a large and very competent team of officials and judges who managed a very long race very well. The last team finished in just over six hours and the results were ready within minutes. The full list of results can be found at:
www.scottishathletics.org.nz.

After only two years this race has become a must do for walkers, and as team were leaving there were requests to be advised as early as possible of the date for 2009.

David Lonsdale, Scottish Walkers

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FAST FACT

One kg of carbon dioxide will fill a large family fridge.
One tonne of carbon dioxide will fill a family home.

On the Trail of Lovelock

On the trail of Lovelock – Oxford archives, London libraries and a morning with Sir Roger Bannister

By David Colquhoun

My new book, *As if Running on Air: The Journals of Jack Lovelock*, will soon be out. At its heart are the journals and diaries Lovelock kept, from his arrival in England in 1931 until the end of 1936, the year of his great victory at the Berlin Olympics. They have never been published before and are a remarkable record of a sporting life.

Towards the end of last year the book had a publisher and was almost complete. But I found I needed one last research trip to England. New sources had come to light, unseen by previous writers. It was expensive but I had to do it, so off I went into a cold English winter.

The highlight was a week in Oxford, where Lovelock spent his first three years in England as a Rhodes Scholar. My host there was Air Commodore John De'Ath, custodian of the Oxford University Club (OUAC) archives. I was a bit daunted by the title but I could not have found anyone more friendly, helpful and interested in what I was doing.

John found me lodgings in a little upstairs room at Jesus College, only a few steps from Lovelock's old room at neighbouring Exeter College – the perfect ambience for delving into Lovelock's Oxford life. He handed me a box of OUAC archives and for several days I was a pig in clover – so much new material about Oxford athletics, and Lovelock's early progress on his way to being the best middle-distance runner in the world.

Just as valuable was a morning with Sir Roger Bannister. Sir Roger only met Lovelock at the end of his life, but they were both Exeter old boys, presidents of the OUAC, and world mile record holders. I knew he had read Lovelock's journals but had not realised that this was in the early 1950s, leading up to his breakthrough four-minute mile.

He also told me about the old Iffley Road track on which Lovelock had run so many races. By the time Sir Roger came to run his famous mile there it had been turned into a modern track, but in Lovelock's time it was a very old-fashioned circuit – three laps to the mile, and the runners ran anti-clockwise. I knew that before but I learnt more, about the long-demolished club rooms of Lovelock's time, and the tree that hid the far corner from view, whose roots spread across the track – a problem if your spikes landed on them.

Lovelock, though, had always somewhat perplexed Sir Roger, and once he realised that I was someone who knew what I was talking about, he was full of questions himself. He was an astute interrogator and the discussion helped sharpen my thinking about what made Lovelock tick.

There was much more to do. I went to Birmingham to look at archives held up there – including the records of the English AAA, the papers of Harold Abrahams – the man who gave the famously excited commentary of Lovelock's great victory – and tapes of interviews with several of Lovelock's contemporaries.

One such interview was with Sydney Wooderson, the English local hero who beat Lovelock three times in the lead-up up to the Berlin Games, but was prevented from making the final by injury. It would have been an intriguing battle. Wooderson, though, recognised it was unlikely he could have matched Lovelock at Berlin. He admired Lovelock but also thought him an Oxford 'toff' whom he enjoyed beating.

Back in London there were the archives of the Achilles Club to work through – the Club for Oxbridge athletes that Lovelock often ran for – and many hours at the British Library looking through more sports literature from the 1930s. That all helped show how much Lovelock was seen as a British runner by the local press, even if he did run in a black singlet, which also helps explain why Abrahams got so deliriously excited as Lovelock broke for home – Britain had hardly won a thing until then.

There were other new details – small things, but illuminating, such as American race promoters' efforts to entice Lovelock over to America with promises of a gold watch, a first class passage across the Atlantic and a week in a top New York hotel. They finally succeeded when he, and his trainer, Bill Thomas, came over to race, and win, the 'Mile of the Century' at Princeton in 1935. It was all very different from modern professional athletics.

There was still nothing, though, to support the lurid claims by some of performance-enhancing drugs, suicide and obsession. Mine is a book based on evidence, not over-fertile imagination. The Lovelock story is fascinating enough without the fiction.

As if Running on Air: The Journals of Jack Lovelock written by David Colquhoun, will be launched at the National Library of New Zealand on 6 August, the anniversary, of course, of Lovelock's great victory.

Refer to the "Book Review" on page 6 of this issue for details of the book launch.

WGTN MASTERS WINTER MEETINGS & WEIGHT PENTATHLON

SUNDAY 18 MAY 2008

Jim Blair's 1.24m M75 High Jump - a new Wgtn & WMA record.

Results:

60m (Hand times)		
M40	Mark Macfarlane	7.7
	John Turner	8.2
M45	Gary Rawson	8.0
M50	Kevin Watson	9.0

800m (Hand times)		
M40	Mark McFarlane	2:21.2
SM	Brendan Miller	2:48.9

High Jump		
M40	John Turner	1.65
	M Macfarlane	1.55
	Graham McPhail	1.26
M45	Gary Rawson	1.45
M75	Jim Blair	1.24 (Record)
SM	Brendan Miller	1.50

Shot Put		
M40	Graham McPhail	9.72
	M Macfarlane	8.21
	John Turner	7.98
W45	Melanie Watson	5.67
M50	Kevin Watson	5.89
M75	Jim Blair	7.54
W75	Colleena Blair	5.90
SM	Brendan Miller	8.68

Javelin		
M40	Graham McPhail	29.19
	John Turner	29.12
W45	Melanie Watson	10.25
M50	Kevin Watson	16.60
W75	Colleena Blair	11.78
SM	Brendan Miller	32.84

SUNDAY 15 JUNE 2008

Colleena Blair's 8.40m Weight Throw - a new World W77 Age Best.

Results:

60m (Hand times)		
M40	Mark Macfarlane	7.7
	John Turner	7.9
M45	Gary Rawson	7.2
M50	Kevin Watson	8.6

200m (Hand times)		
M40	Mark McFarlane	24.8
	John Turner	25.7
M45	Gary Rawson	25.2
M50	Kevin Watson	31.2

High Jump		
M40	John Turner	1.60
M75	Jim Blair	1.20
W70	Judy Hammond	1.06

Discus		
M40	John Turner	22.85
	M Macfarlane	19.55
M45	Gary Rawson	26.00
M50	Kevin Watson	15.78
M75	Jim Blair	25.97
W45	Melanie Watson	16.78
	Toni Romanos	13.01
W75	Colleena Blair	13.28

Javelin		
M40	John Turner	30.20
	M Macfarlane	28.70
M45	Gary Rawson	33.00
M50	Kevin Watson	19.34
M75	Jim Blair	25.57

W45	Melanie Watson	11.40
W70	Judy Hammond	13.58
W75	Colleena Blair	12.18

Weight Throw

M50	Kevin Watson	7.00
W45	Melanie Watson	6.60
W75	Colleena Blair	8.40

Wellington/Manawatu/Wanganui Combined Winter Weight Pentathlon 2008

By Laurence Voight

Leaving behind atrocious weather conditions in Wellington and not much better elsewhere, 11 hardy souls arrived at the Massey Track and Field Stadium in Palmerston North to surprisingly good conditions for this year's event which has become one of the highlights of the throwing calendar.

The weather held between fair and fine until mid way through the weight throw at which stage no body minded when the Wellington weather finally arrived and the heavens opened.

Throwers were once again competing for the Laurie Devlin Memorial Shield.

The event is always held in good humour, the mud and changeable overhead conditions ensuring everyone relaxes and enjoys the chance to have a day out with their throwing friends.

Despite the environment some very good performances were posted.

The Laurie Devlin Memorial Shield was won by Colleena Blair W75 3064 Points just 4 points ahead of Jill Evans.

Colleena also set a World Record W74 in the weight throw with a distance of 7.56m, congratulations to Colleena on that fine effort.

Our thanks go to Christine McCahill for her continuing hard work in organizing this annual event.

Thanks also to all who assisted at local level to once again make this a great day out. Results as follows:

Age	Hammer	Shot	Discus	Javelin	Weight	Points
W35						
1st	Michelle Ward					
	21.50	8.94	25.56	15.42	7.95	1966
W45						
1st	Judy Brock					
	14.90	6.26	17.00	12.06	7.75	1847
2nd	Melanie Watson					
	17.00	5.53	14.73	11.56	6.49	1674
W55						
1st	Jill Evans					
	27.54	8.46	20.84	19.19	10.41	3060
W75						
1st	Colleena Blair					
	12.81	5.78	12.91	13.19	7.56	3064
M45						
1st	Laurence Voight					
	30.02	10.25	24.30	21.66	10.43	2216
M50						
1st	Kevin Watson					
	14.30	5.52	15.23	18.37	6.64	1109
M55						
1st	Laurie Malcolmson					
	18.27	8.31	24.02	36.18	7.76	2185
M60						
1st	Phillip Cox					
	37.43	10.67	29.83	20.95	13.05	2995
M65						
1st	Mike Shepherd					
	15.37	7.59	23.43	16.52	6.56	1885
M75						
1st	Jim Blair					
	20.22	7.56	24.00	24.43	8.50	2858

WELLINGTON MASTERS ATHLETICS

24th 8km ROAD RACE & RACE WALK

SUNDAY, 10th AUGUST, 2008

Olympic Harrier Clubrooms, Alex Moore Park, Bannister Avenue, Johnsonville

Note: Due to traffic the start and finish is now in Kipling Street. The roads will **NOT** be closed to traffic.

Road Race: 5 laps = 8 km – Start 11.00 am

Race Walk: 4 laps = 6.4 km – Start 10.45 am

Prizes: Prizes will be awarded to the first place runner in each age group plus additional prizes where warranted.

Prize for the first 2 Club teams.
Four persons to a team with at least one woman in team.

Prizes for first two men and women in race walk plus additional prizes where warranted.

A light lunch will be provided.

A number of Spot Prizes will be drawn on the day.

Entries: Entry Fee: \$10.00

Non-members: \$15.00

Entries received after 5th August: Late Fee: \$5.00

Pre Masters & Open runners welcome

Cheque payable to Wellington Masters Athletics

Send entries to: Brian Watson, 96 Beazley Avenue, Paparangi, Newlands, Wellington - Telephone 04 971 1351



Wellington Masters 8km Road Race and Walk

NAME: TELEPHONE No.

ADDRESS:

EMAIL:

CLUB: AGE ON RACE DAY:

RUNNER or WALKER (Please delete or circle one)

DECLARATION AND AGREEMENT TO BE SIGNED BY ALL PARTICIPANTS

I agree to abide by the following race rules.

1. I will follow the directions of race officials.
2. I acknowledge that I compete at my own risk.
3. There are NO road closures.
4. Runners and walkers must use the footpaths provided or where there is no footpath, run/walk on the left hand side of the road.
5. Privacy Act: Information concerning this event may be used by Wellington Masters Athletics and its sponsors for promotional purposes.

Signed.....

- COMING EVENTS -

2008

Aug

10 **Johnsonville 8km Road Race**

Johnsonville

23 Wellington Road Championships

CIT, Trentham

Sept

7 Scorching Duathlon

CIT, Trentham

16 **Annual General Meeting Wellington Masters - 7pm**

Scottish Harriers

21 Pelorous Trust Half Marathon, 5 & 10km

Petone

25 to

Oct 1 Round Rarotonga Road Race & Week of Running

Rarotonga

Oct

4 NZ Road Relay Championships

Otago

5 Scorching Duathlon

Scorching Bay, Seatoun

12 Masterton Full & Half Marathon

Masterton

12 Samsung Melbourne Marathon

Melbourne

26 **Lower Hutt 10km Road Race**

Huia Pool, Lower Hutt

Nov

2 Adidas Auckland Full, Half & Quarter Marathons

Auckland (Devonport)

Dec

14 Honolulu Marathon

Honolulu

2009

Feb

14 Buller Gorge Full & Half Marathon

Westport

April

20 Boston Marathon

Boston

26 Flora London Marathon

London

May

3 Nelson Half Marathon

Stoke

10 Masters Classic Relay

Trentham Memorial Park

July

5 Gold Coast Full and Half Marathons & 10km

Gold Coast, Queensland

2012

North Island Masters T&F Championships

Newtown Park

2013

NZ Masters T&F Championships

Newtown Park

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 RE-STOCK OF VARIOUS SIZES ARE NOW AVAILABLE OF THE WELLINGTON MASTERS SINGLET AND TEE SHIRT. THE SINGLETS ARE \$30 AND THE TEE SHIRTS \$50 AND MADE FROM DRI FIT MATERIAL. THESE CAN BE ORDERED THROUGH VERONICA GOULD - TELEPHONE 04 973 6741.

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

**The Editor, The Master Copy,
122 Onslow Road, Khandallah, Wellington 6035, or email
palmer.palace@xtra.co.nz**

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


