

# THE

# MASTER

# COPY

Newsletter of the Wellington Masters Athletics Inc.

Volume 7 Issue 4

September 2008

## LOWER HUTT 10KM ROAD RACE & WALK

(Incorporating the Wellington Masters 10km Championships)

Sunday 26<sup>th</sup> October 2008

Race Headquarters: Huia Indoor Swimming Pool,  
Lower Hutt

## NORTH ISLAND MASTERS TRACK & FIELD CHAMPIONSHIPS

Mt Smart Stadium, Auckland

28 - 30 November 2008

## SOUTH ISLAND MASTERS TRACK & FIELD CHAMPIONSHIPS

Memorial Park, Mosgiel

28 - 30 November 2008

(Entry forms for both these T & F Championships can be found in the September issue of Vetline)

### WELLINGTON MASTERS ATHLETICS INC.

#### COMMITTEE MEMBERS 2008-09

##### EXECUTIVE:

President:	Brian Watson	971 1351
VPresident:	John Palmer	479 2130
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
Mark Macfarlane	234 8874

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# **WELLINGTON MASTERS ATHLETICS INC.**

## **COMMITTEE MEMBERS 2008-09**

PATRON:	Heather May	24 Motuhara Road, Plimmerton, Porirua 5026	233 9412
PRESIDENT:	Brian Watson	96 Beazley Avenue, Paparangi, Wellington	971 1351
VICE PRESIDENT:	John Palmer	122 Onslow Road, Khandallah, Wellington 6035	479 2130
SECRETARY:	Toni Romanos	Flat 4, 216 Riddiford Street, Newtown 6021	027 478 0105
TREASURER:	Dick Harris	11 Whitu Street, Khandallah, Wellington 6035	971 5993
COMMITTEE:	Peter Wrigley	42 Judd Crescent, Naenae, Lower Hutt 5011	973 6637
	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
	Mark Macfarlane	3 Shackle Lane, Whitby, Porirua 5024	234 8874
SUBSCRIPTIONS:	Veronica Gould	PO Box 5887 Lambton Quay, Wellington 6145	
EDITOR:	John Palmer	122 Onslow Road, Khandallah, Wellington 6035	479 2130
MASTERS RECORDS:	Kathryn Fraser	22 Wai-iti Road, Timaru	

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## **CLUB CO-ORDINATORS**

CAPITAL RUNNERS:		PO Box 1973, Wellington	
H V HARRIERS:	Don Brodie	30 Sunshine Crescent, Kelson, Lower Hutt	565 0705
H V MARATHON:	Trevor Knowles	105 Major Drive, Lower Hutt	565 0294
KAPITI:	John Hammond	148 Wellington Road, Paekakariki, Kapiti 5034	04 292 8030
KIWI:			
OLYMPIC:	Brian Watson	96 Beazley Avenue, Paparangi, Wellington	971 1351
RIMUTAKA:	Mike Clark	12B City View Grove, Lower Hutt 5010	566 8755
TRENTHAM UNITED:	Diane Rogers	42 Elmslie Road, Pinehaven, Upper Hutt 5019	528 2316
SCOTTISH:	John Hines	Flat 88, Central Park Flats, 20 Nairn St, Wellington	384 3231
UNIVERSITY:	Richard Brandon	PO Box 6108, Wellington	476 5758
WAIRARAPA:	John Eccles	30 Cole Street, Masterton 5810	06 377 3479
WGTN HARRIERS:	Neil Price	11 Hurman Street, Karori, Wellington 6012	476 6956
WGTN MARATHON:	Bruce Perry	Apt 203 Stadium Gardens, 103 Thorndon Quay, Wgtn 6011	473 0877
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

# President's Report 2007-08

## **Membership:**

The membership has been fairly static over the past three years and this has been similar for other centres and the National Association. The National group is initiating a drive to increase membership and all associations will be encouraging former athletes to again become involved in competitive athletics.

## **Officials:**

It is fortunate that many of our Masters athletics are also involved as centre officials at Newtown and at road and cross country events. The majority of these officials have been encouraged to attend officials training courses to increase their grading and progress up the official's ladder.

## **Major Events:**

There continue to be arrange of events available for our athletes and these include the Johnsonville Road Race and Walk, the Lower Hutt 10km, the Masters Classic Relay, the Wellington Masters Track and Field Championships and on occasions Sunday Track and Field Competitions. The numbers competing at our track and field championships have been low over this periods and the Masters Committee are looking at ways to increase numbers for the next season.

## **Newsletter:**

This excellent newsletter continues to be sent to all our athletes and provides many interesting articles and also lets athletes know about forthcoming events and competitions.

## **Oceania Masters Championships:**

These are to be held in Townsville, Australia between 27 July and 3 August and a group of athletes to compete in Australia are training regularly through the winter months and are looking forward to competing in summer conditions at Townsville.

## **Athlete of the Year:**

The award for 2007 was made to Colleena Blair for her consistent performances in throwing events and the highlight being her World Best Age Performance in the weight throw.

## **World Masters Indoor Championships:**

New Zealand's sole entry in this competition Jim Blair received a Bronze Medal for his 3<sup>rd</sup> placing in the Men's 75 years high jump.

## **Centre Relationships:**

There continues to be a very good relationship between the Open Grade Centre and Wellington Masters Association. This is highlighted by the large number of Masters athletes who regularly act as officials at Centre events.

The Masters also provide the Centre with gear and equipment from time to time.

## **Bereavement:**

It is with sadness that we record the passing of one of our joint Patrons, Arthur May. Arthur for many years assisted Wellington Centre and the Masters as a coach and an official. He also served as a Manager for New Zealand Masters and proved to be an excellent and committed Manager who had a genuine concern for the athletes.

## **Conclusion:**

Although our numbers are a little low at present they are still performing very well in all of the Centre events and are also representing the Centre with good performances at North Island and New Zealand Championships.

It is also expected that our team going to Townsville will return with many medals for excellent performances.

Finally I wish to thank my hard working Committee for the commitment and service given to me and the Wellington Masters Athletics.

Jim Blair  
President, Wellington Masters

# BITS and PIECES

## Membership

Since the last newsletter there has been no change to our membership and it remained at 92 members for the 2007-08 year.

\* \* \* \* \*

## A Note for our walkers

The course for next year's 10km and 20km Championship race walks at the Athletics New Zealand Track and Field Championships in Wellington will be held on Sunday 29<sup>th</sup> March on the fast and safe course at the Westpac Stadium. The 2km circuit has approximately 650 metres under cover and the facilities are excellent.

David Lonsdale  
Secretary Race Walking New Zealand

\* \* \* \* \*

## CONGRATULATIONS

To Wellington Masters members Maryanne Palmer and John Wood who have both been chosen to represent New Zealand in their respective age grades at the World Duathlon Championships to be held in Rimini, Italy from 26th - 28th September 2008.

\* \* \* \* \*

## OUR GRATEFUL THANKS

To Printlink in Petone for their continued support of Wellington Masters. They do the printing, at no charge to Wellington Masters, of the newsletter "The Master Copy". This is a great saving to us over the year and I would ask any member to consider using Printlink should they need any printing requirements, either on a business or personal basis. They have a good range of equipment to tackle all types of printing and are very competitive in their prices.

\* \* \* \* \*

## Keeping Your Joints Mobile

If you're not quite running up stairs as you used to, or touching your toes is a distant memory, perhaps cartilage is one of the culprits.

Cartilage, the springy tissue providing a cushioning buffer between the bones, helps your joints move smoothly. But it can be damaged through injuries or deteriorate as a result of wear and tear. Also, over time, our bodies' cartilage production and repair processes decline, so the protective surfaces on the joints may reduce. This may result in

problems with joint mobility, which are increasingly common as we get older and can interfere with even the most basic daily tasks. Walking, driving a car, preparing food, pulling up socks, rising from a chair, or even opening a jar can become difficult.

Bony spurs can also develop in weight-bearing joints such as the knee, hip or spine.

It is important to consult a doctor to get professional advice on your joints, as you can be checked for other problems.

## Important compounds

As we age, a contributing factor to problems with keeping you joints mobile is the body's reduced capacity to make and repair cartilage. Two of the key components are **glucosamine**, a building block in the formation of molecules essential to cartilage maintenance, and **chondroitin**, an important component of cartilage that provides much of the elasticity of this tissue.

The good news is that recent studies in joint health have shown that taking glucosamine with chondroitin supplements may support health and mobility.

In fact, supporting good joint function takes a combination of ingredients and techniques. There is no "silver bullet"; the key is to be positive, take control, and be open to new ideas.

Take a holistic approach, combining lifestyle changes with medication and plenty of common sense.

\* \* \* \* \*

## RECOVERY TIP

Wearing a compression sleeve has been shown to speed recovery from a fast or long workout. The elastic provides extra support for the muscle. It is believed that this reduces fatigue during a workout or race, by helping the muscle work better. The compression devices have been shown to improve circulation, enhancing blood return to the heart. Wearing the sleeves during the recovery period is recommended. I recommend wearing a sleeve on both legs during long plane flights to reduce the chance of problems with blood clots. It also helps, for a 48 hour period after a hard or long run, to walk around for at least a few minutes, every half hour.

## Thought of the Day

"To give anything less than your best is to sacrifice the gift".

- Steve Prefontaine

## WORN DOWN BY WINTER

**GIVEN** the weather that New Zealand has been experiencing in the past few weeks, it is not difficult to see how people can come depressed and despondent.

There is a clinical entity known as Seasonal Affective Disorder, or Sad. It is a recognised mood disorder which affects people during these unpleasant wet, cold, dark winter months and it appears to be caused by lack of sunlight, rather than persistent rain or wind.

The condition, uncommon in children or teenagers, usually develops in adulthood.

It has been estimated that about 20 per cent of people in Scandinavian countries can be affected by Sad.

Symptoms are overeating, sadness, reluctance to get out of bed, being more anxious and irritable than normal, eating the wrong type of foods such as carbohydrates and sweets (therefore gaining weight), a decreased sex drive, difficulty concentrating, and feeling isolated.

The treatment for Sad, which to some degree appears to be inherited and affects people prone to depression, is to provide light.

Special lamps are available that produce intense light, about 10 times that of an ordinary home light. These are successful in alleviating symptoms, with an 80 per cent success rate reported.

Other treatments include dietary changes, including more fish oils, but sometimes medication may be needed. An ioniser seems to help in some cases.

Management, or even prevention, of Sad is in the hands of the sufferer.

Common sense things such as going out when the weather allows it, being exposed to winter sunlight, having a winter holiday if possible, cutting back trees, pulling back curtains, putting in skylights, anything that will allow more light into the house will help, as well as exercise and a good diet.

As I mentioned before, a genetic trait is suspected. The rates of Sad reported in Ireland are much less than in Scandinavia, though their latitudes are similar.

I do not know what the statistics are for New Zealanders, or Wellingtonians, but given the weather we have been experiencing I would not be surprised if some of us do not display some symptoms of Sad.

If you think you are starting to suffer from Sad, and if common practical methods of managing it do not work, see your family doctor for help.

Doctor's Notes by Chris Kalderimis are published in the Dominion Post every Monday. This article "Worn Down by Winter" appeared in the Monday 11<sup>th</sup> August issue.

\* \* \* \*

## LIVE WELL, LIVE LONGER

A secret recipe to last you a lifetime - and make your lifetime last

We all know it pays to exercise, drink in moderation (one to 14 units a week), quit smoking and eat five portions of fruit and vegetables daily.

But for the first time, researchers have studied the effects of combining all four. According to the European Prospective Investigation into Cancer and Nutrition, if you do all of the above, you can expect to live 14 years longer than someone who does none of the above.

\* \* \* \*

## WORK GETTING HEAVY

**Rushed** meals and junk snacks have made work itself a risk factor for weight gain. So says Professor Donna Lero of the Department of Family Relations and Applied Nutrition at the University of Guelph in Ontario, Canada. Here's how to beat the flab:

### **Eat at planned times:**

Timetabling lunch is especially important when your day is hectic. Hunger pangs can drive you to junk food.

### **Watch your snacking:**

Choose fruit and cheese instead of chocolate.

### **Achieve a work-life balance:**

It will reduce stress - a trigger for weight gain.

### **Walk:**

During breaks, take a walk. Even a 15 minute walk can help your fitness.

\* \* \* \*

## DON'T DO THESE ON NON-RUNNING DAYS

The following exercises will tire the muscles used for running and keep them from recovering between run days. If you really like to do any of these exercises, you can do them on a short running day after a run. Avoid these completely if you have any pains in the knee or shin.

- \* Stair machines;
- \* Step Aerobics (can cause knee problems);
- \* Weight training for the leg muscles;
- \* Power walking - especially on a hilly course;
- \* Spinning classes (on a bicycle) in which you stand up on the pedals and push.

From Running Until You're 100 by Jeff Galloway.

# **WELLINGTON MASTERS ATHLETICS INC.**

## **Statement of Receipts and Payments for the period ending 31 August 2008**

<b><u>2007</u></b>	<b><u>RECEIPTS</u></b>	<b><u>2008</u></b>
1,061.21	Balance of Current Account 31 August 2007	1,203.24
20,231.06	Total of Term Deposits 31 August 2007	20,000.00
21,292.27		21,203.24
4,540.00	Subscriptions Received	4,060.00
19.68	Interest on Current Account	19.38
1,499.80	Interest on Term Deposits	1,849.06
1,900.00	Race Fees	1,730.00
450.00	Sale of Laptop	-
790.00	Uniforms Sold	310.00
607.00	Track and Field Entry Fees	145.00
-	Grant from the 4th Games Trust	590.00
9,806.48		8,703.89
31,098.75		29,907.13
	<b><u>PAYMENTS</u></b>	
4,240.00	Subscriptions to NZMA	3,600.00
763.82	Race Expenses	815.80
641.26	Telephone, Postage and Newsletter expenses	930.66
286.80	Athletic Gear Purchased	1,523.68
1,564.66	Uniforms purchased	506.21
200.00	Track & Field Levy to Wellington Centre	281.25
390.00	Track & Field expenses	180.00
1,808.97	Purchase of Computer	-
9,895.51		7,837.60
<b>21,203.24</b>	<b>TOTAL FUNDS AT 31st August 2008</b>	<b>22,069.53</b>
	Represented by:-	
1,203.24	National Bank Current Account	1,716.11
10,000.00	National Bank Term Deposit due 15/12/08	10,000.00
10,231.06	National Bank Term Deposit due 05/12/08	10,353.42
21,203.24		22,069.53

### **Statement of Accounting Policies**

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

### **Audit Report**

To the readers of the financial report of the Wellington Masters Athletics Inc. I have audited the financial report. The financial report provides information about the financial performance of the association and its financial position as at 31<sup>st</sup> August 2008.

### **Committee's Responsibilities**

The Committee is responsible for the preparation of a financial report which fairly reflects the financial position of the association as at 31<sup>st</sup> August 2008 and of the results of the operations for the period ended 31<sup>st</sup> August 2008.

### **Auditor's Responsibilities**

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

### **Basis of Opinion**

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

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

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

### **Qualified Opinion**

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

In my opinion the financial report fairly reflects the financial position of the organisation as at 31<sup>st</sup> August 2008.

My audit report was completed on 14/09/2008 and my qualified opinion is expressed at that date.

G. H. Gould,  
BCA CA



## **SCROGGIN BISCUITS**

Makes about 80 biscuits.

### **Ingredients:**

200g butter, softened  
 1/4 cup peanut butter  
 1/2 cup sugar  
 1 cup (packed) brown sugar  
 2 large eggs  
 1 tsp vanilla or almond essence  
 1 & 1/2 cups standard (plain) flour\*  
 1 tsp baking soda  
 2 cups rolled oats  
 1 cup chocolate chips  
 1 cup sultanas, or chopped dried apricots  
 1/2 cup chopped walnuts, or chopped almonds

\*Use 1/4 cup less flour if using instant rolled oats.

### **Method:**

Heat oven to 180°C (170°C fanbake), with oven rack just below the middle.

Line a baking tray with baking paper or a Teflon liner.

Mix or beat the softened butter and the next five ingredients together in a large bowl, then sieve or sift in 1 cup of the flour and the baking soda.

Mix in the remaining flour and everything else, using a wooden spoon or your hand.

Shape with two spoons or put flattened rounds of mixture onto prepared tray, leaving some space for spreading, baking one tray while you shape more biscuits.

Bake for about 12 minutes or until lightly browned. While biscuits are warm, lift them onto a cooling rack. When cold, store in an airtight container (they freeze well too).

This recipe makes the equivalent of nearly six 200 gram packs of biscuits.

\* \* \* \*

## **NORFOLK ISLAND**

I was interested to read Brian Watson's story of his walk up Mount Bates. It brought to mind the most recent trip Shirley and I took to Norfolk when the local Athletics' Club organised a run around the Island. I had done the run on a previous trip and managed to survive so decided to tempt fate and try for a second time.

The first run took us as near as possible around the Island going around the base of Mount Bates and passed the Capt. Cook Memorial but on the second occasion there were extensive road works around the memorial and we were blocked from going that way so the run took us almost over the top of the south side of Mt. Bates. To make up the distance and to make sure we did not miss out on any of the delightful hills and valleys they built in a loop up to Puppy's Point.

Brian's comments that his walk up Mt Bates was a bit of a cake walk must be relative to the event - I found the run a real gut buster and indeed the whole circuit was pretty humpy dumpy. To come across this mountain half way through the run did nothing to increase the enjoyment of the run although I must confess the long down hill on the grassy slopes cheered me up no end.

The run starts at the seaside at Kingston and it was interesting to recall that the first time I did this run I was at the start at 6am (it was a handicapped race and I was the oldest and slowest (!) I was first off at this unearthly hour) and met a lady coming out of the ocean after her early morning swim and believe it or not I met her again this trip, at the same time and place. How's that for consistency?

On the whole the organisation of the run was pretty good. There was a continuous supply of water from the Ute that followed the runners and the BBQ at Kingston was great. I suggest Brian gets a team together and has a go, if he enjoys the hills he will enjoy this run. On reflection Brian must have fetish for hills as he also organises the Johnsonville 8km run which is circuit taking you 5 times up the same hill!

Peter Thomas

\* \* \* \*

## **Lie Clocks**

A man died and went to Heaven. As he stood in front of the Pearly Gates, he saw a huge wall of clocks behind him.

He asked, "What are all those clocks?"

St. Peter answered, "Those are Lie-Clocks. Everyone on earth has a Lie-Clock. Every time you lie the hands on your clock move."

"Oh", said the man. "Whose clock is that?"

"That's Mother Teresa's", replied St. Peter.

"The hands have never moved, indicating that she never told a lie."

"Incredible", said the man. "And whose clock is that one?"

St. Peter responded, "That's Abraham Lincoln's clock.

The hands have moved twice, telling us that Abraham told only two lies in his entire life."

"Where's Winston Peter's clock?" asked the man.

"Winston Peter's clock is in Jesus' office.

He's using it as a ceiling fan."



At the AGM of Wellington Masters, Life Membership was awarded to Noeleen and Bruce Perry for their outstanding contributions made over many years to Wellington Masters, firstly as competitors, but more recently as officials. Outgoing President Jim Blair read out a long testimonial of their achievements to Wellington Masters before presenting them with Life Membership.



\* \* \* \* \*



### Wellington volunteer rewarded with Beijing role

One of Wellington athletics' unsung heroes' voluntary efforts won him a prized position at the Beijing Olympic Games.

The International Association of Athletics Federations appointed Peter Wrigley, of Wellington Scottish Harriers as a race walk judge for the games.

"I was the only athletics official from New Zealand over there, which was quite an honour when you consider that there are more experienced officials [than himself] and I ended up over there," Wrigley says.

Not many athletes appreciate the rewards and opportunities that can come from volunteering to officiate at events.

"Most people consider becoming a coach first, rather than looking at the administration or official side of it," he says.

"It was something that I never thought about until I was asked to sit the International Association of Athletics Federations exam."

Wrigley had worked voluntarily in a variety of roles for his two harrier clubs, Wellington Scottish and Aurora, and athletics in Wellington generally, when he was approached by Bruce Perry to consider race-walk judging. After moving up the ranks, he has been judging internationally now for three years. In that time the role has taken him to Paris and Canberra to sit exams, and he has officiated three times in China.

He found the games' organisation to be excellent, and media fears of smog and excessive security proved unfounded, he says. "I didn't notice any over-bearing security."

Beijing's security was comparable with what he has seen around the Empire State Building and the Statue of Liberty for the New York Marathon.

He judged three races in Beijing, the men's and women's 20km walk and the men's 50km walk, issuing his share of red cards in the process.

There are two rules that govern the difference between ordinary walking and race-walking, he says; at least one foot has to be in contact with the ground at all times and the leading leg has to be straight when the foot makes contact with the ground.

"I did sign red cards of athletes over three races," he says, but that doesn't mean he was responsible for disqualifying any particular athlete.

"The thing is, you are one judge of team of nine and it takes three red cards from three different judges for the chief judge to be able to disqualify somebody."

In general there were no complaints from athletes receiving judges' rulings, he says.

"Athletes are pretty good, unless you're the chief judge, the one walking over there to remove them, you don't get any real feedback. But locally when I have been chief judge and I've had to remove somebody from a race they have been pretty good. That's probably the one aspect that's difficult."

When he wasn't officiating, he got to see events and rates Valerie Vili's discus gold medal and Usain Bolt's gold-medal-winning run in the 200 metres as his personal games' highlights.

"It was just amazing when he [Bolt] hit the front and then eased up before the line. It just makes you wonder how much faster he could have gone."

Wrigley has always been a runner and that's not about to change. "I've tried it [walking] a couple of times but it just didn't feel right. For some people it's more natural, they've got more movement."

He is looking forward to officiating in the World Race-Walking Championships in Mexico in 2010 but there are likely to be other events in the meantime.

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Reproduced from "The Wellingtonian", issue Wednesday 17 September 2008.

## MORE MIND SHARPENERS

### **How to Keep a Sharp Mind and Good Attitude**

We all want to keep our minds sharp and fresh. By working to keep your mind sharp, you can improve your attitude. Nothing angers a person more than not being able to remember important things or events. By having a sharp mind you can figure situations out better and make wiser decisions. Choose your friends wisely. Having a good sharp mind can improve your life all the way around, so keep that mind active! There are numerous ways to keep your mind sharp while keeping a good, well-rounded attitude.

### **Steps**

1. Heed this next statement: No matter how sharp a mind you may have, no one can remember everything. Therefore, don't beat yourself up trying. Learning to write things down helps.

2. Everyone has some type of special talent, so find out what yours is and use it. Be open to trying different things. You could find a hidden talent that you are not aware of.

3. Maintain a regular exercise program. It will help to relieve tension. Relieving tension alone can improve your thought patterns. The less tension that you have the sharper your mind will become. You will begin to develop a better attitude as time goes on. You should find a program that works for you.

4. Some people find that writing poetry can be relaxing plus it is a great way to express yourself. Not everyone writes poetry so find your own mode of self expression. Try sewing, playing a musical instrument, or gardening.

5. You are never too old to learn. Don't let learning stop just because you're out of school. Go to your local library to gain more knowledge. It is a great place to relax, gather thoughts, and focus on studying. If you have any spare time, carry a book over to the park or stop in at a family restaurant. It all aids in building a sharper better mind, and improves your attitude.

6. You should treat yourself as well as you treat others. It will improve the way you think. You will be a happier individual with a sharper mind and better attitude. Try buying yourself a small gift while out shopping for others. It is always good to give, and being generous is nice, but charity should begin at home. Remember, too, that generosity involves more than just material things and satisfaction is not achieved by consumption.

7. Figure out for yourself the true meaning of what is important in life. In doing so you will build a sharper mind and a better attitude. For where others may have

failed and so never know the true meaning, you may succeed. Search deep inside for your inner self.

8. You are truly blessed if you have common sense. There is nothing like good old common sense, for without it how can you possibly achieve having a sharp mind?

9. Use your mind more instead of using a calculator or adding machine. This is to say, especially, on simple things that you can easily total up in your head or on a piece of paper. Many people haven't done long division since grade school; give it a try sometime.

10. Stay focused on making your own decisions. Don't let other people try to make decisions for you. Be firm about speaking for yourself. And don't be afraid of expressing your opinion. Everyone has an opinion and the right to have one. Who knows, your opinion may catch on.

11. You should jog, run, ski, play ball, fish, write, garden, or whatever makes you happy. Doing things that you enjoy will help you to keep your mind fresh and clear and your attitude at its best.

12. Learn some basic memory techniques. To start off with, you could find some books written by Tony Buzan or Dominic O'Brien: both of them are top people in the memory world.

### **Tips**

\* Sit down and think it out, what can you do to keep a sharper mind and a better attitude? You'll be amazed at what that you figure out for yourself.

\* Don't let others rule your life, for that will make you sad and dull your mind.

\* You can simplify arithmetic to do calculations quickly and easily in your head. Let us say that you need to add 433 and 433, well  $33+33=66$  and  $4+4=8$ . So you'll come up with a total of 866.

\* Learn to round off numbers while grocery shopping. Try not using a calculator. Although, one may shop on a budget. If something is .69 cents, simply round it off to .70 cents in your head. I always come close to the exact amount (dollar-wise) at the check out register. This works unless you totally avoid looking at your grocery list, which is not recommended.

\* Drink plenty of water. Drinking little water every 30-40 minutes works well.

\* Have a great time with wikiHow. It will aid in keeping a good sharp mind and a good positive attitude. Writing is like food for the brain.

\* Make yourself a special mental note that being sharp is smart.

\* Thinking positive is not only healthy, but it builds a stronger mind with that well adjusted attitude.

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\* Negative thinking never gets anything done; it is just setting yourself up to fail.

\* Sleep is very important to keep a sharp mind and good attitude.

But lying in bed tossing and tumbling isn't any fun. So do something to assure that you are tired enough to sleep well. A few good hours of sleep are better than those broken up hours of slumber.

\* Try to keep your alcohol consumption to a minimum, and stay away from drugs because they suppress your mental clarity.

\* Try using your opposite hand to do everyday things, especially writing and printing. Sit down and start writing on a piece of paper using your off hand. It will probably start out like scrawl, but you will gain better control, become more aware of your tense shoulders and body, and able to use both sides of your brain. This exercise is also used for epileptic patients.

## Warnings

\* Watch out for people that try to do your thinking for you. However, keep your mind open for good advice. When you have a sharp mind, you'll recognize good advice.

\* Don't be a people pleaser, for the wrong kind of people will take advantage of you. If you stay sharp, chances are that won't happen to you.

\* Practising different strategies to keep your mind sharper is good, but such strategies should be used in a relaxed way. One should enjoy while doing it but should not do under any compulsion.

\* \* \* \*

## HOW TO GIVE A CAT A PILL

1. Pick up cat and cradle it in the crook of your left arm as if holding a baby. Position right forefinger and thumb on either side of cat's mouth and gently apply pressure to cheeks while holding pill in right hand. As cat opens mouth, pop pill into mouth. Allow cat to close mouth and swallow.

2. Retrieve pill from floor and cat from behind sofa. Cradle cat in left arm and repeat process.

3. Retrieve cat from bedroom, and throw soggy pill away.

4. Take new pill from foil wrap, cradle cat in left arm, holding rear paws tightly with left hand. Force jaws open and push pill to back of mouth with right forefinger. Hold mouth shut for a count of ten.

5. Retrieve pill from goldfish bowl and cat from top of wardrobe. Call spouse from garden.

6. Kneel on floor with cat wedged firmly between knees, hold front and rear paws. Ignore low growls emitted by cat. Get spouse to hold head firmly with one hand while forcing wooden ruler into mouth. Drop pill down ruler and rub cat's throat vigorously.

7. Retrieve cat from curtain rail, get another pill from foil wrap. Make note to buy new ruler and repair curtains. Carefully sweep shattered figurines and vases from hearth and set to one side for gluing later.

8. Wrap cat in large towel and get spouse to lie on cat with head just visible from below armpit. Put pill in end of drinking straw, force mouth open with pencil and blow down drinking straw.

9. Check label to make sure pill not harmful to humans, drink 1 beer to take taste away. Apply Band-Aid to spouse's forearm and remove blood from carpet with cold water and soap.

10. Retrieve cat from neighbour's shed. Get another pill. Open another beer Place cat in cupboard, and close door on to neck, to leave head showing. Force mouth open with dessert spoon. Flick pill down throat with elastic band.

11. Fetch screwdriver from garage and put cupboard door back on hinges. Drink beer. Fetch bottle of scotch. Pour shot, drink. Apply cold compress to cheek and check records for date of last tetanus shot. Apply whiskey compress to cheek to disinfect. Toss back another shot. Throw tee shirt away and fetch new one from bedroom.

12. Call fire department to retrieve the cat from across the road and up a tree. Apologise to neighbour who crashed into fence while swerving to avoid cat. Take last pill from foil wrap.

13. Tie the little b\*\*\*\*\*d's front paws to rear paws with garden twine and bind tightly to leg of dining table, find heavy-duty pruning gloves from shed. Push pill into mouth followed by large piece of fillet steak. Be rough about it. Hold head vertically and pour 2 pints of water down throat to wash pill down.

14. Consume remainder of scotch. Get spouse to drive you to the emergency room, sit quietly while doctor stitches fingers and forearm and removes pill remnants from right eye. Call furniture shop on way home to order new table.

15. Arrange for SPCA to collect mutant cat from hell and call local pet shop to see if they have any guinea pigs.

## How to Give a Dog a Pill

1. Wrap it in bacon.
2. Toss it in the air.

# THE ATHLETE'S KITCHEN

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



## Protein and Runners

Protein is a hot topic among runners of all ages and abilities. They want to know how much protein they need, when they should eat it, what's the best kind of protein, and if they should buy sports drinks with protein. The purpose of this article is to answer some of these questions and leave you with this message: While adequate protein is important in your sports diet, protein should take its place as the accompaniment to carbs (grains, fruits, vegetables) in each meal and snack.

**Q. I've been eating egg whites for breakfast. I've heard they are an excellent source of high quality protein, right?**

A. Yes, egg whites offer high quality, muscle building protein. But take note: egg whites are mostly water, and are not "packed with protein." A 3-egg white omelet has only about 10 grams of protein. You could more easily swig 10 ounces of skim milk and skip the cooking and dishwashing.

A whole egg has about 6 grams protein, and is rich in vitamins and minerals. The yolk is cholesterol-rich; the debate continues whether or not the cholesterol you eat affects your blood cholesterol and heart-health. Likely not.

Better than eggs or egg whites, choose to fuel your muscles better with carb-rich and health-protective oatmeal for breakfast. Cook it with skim milk (instead of water). If you want more protein, add almonds, walnuts and/or 1/4 cup of powdered milk.

**Q. I've been weight lifting for several years. Do I still need a high protein diet?**

A. In the early stages of training, your protein needs are higher than when you have established a stable muscle mass. Once you have built muscle, your protein needs return to the standard requirements. Yet, most strength-trained runners habitually eat a high protein intake, and this becomes a moot point. Research suggests resistance exercise enhances the way your body uses the protein you eat, and this actually results in greater efficiency and a reduced protein requirement. (Campbell, 2007)

**Q. How many protein bars per day are too many?**

A. To start, you need to determine how much protein your body needs and then assess how much protein you eat via your standard diet. Most runners eat more than enough protein without supplements! To estimate your daily needs, multiply your weight by 0.5-0.75 g protein/pound (1.0-1.5 g/kg). If you are restricting calories or are a novice runner who is building new muscles, your protein needs are a little higher, but 1 gram protein/lb (2 g/kg) is more than enough!

### Example:

- If you weigh ~120 lbs, the recommended intake is ~60-90 grams protein per day; 90-120 grams if dieting or starting to lift weights seriously.
- If you weigh ~160-lbs, the recommended intake is ~80-120 grams protein per day; 120-180 if dieting or starting to lift weights seriously.

To determine how much protein you eat at meals, use the information on food labels and/or analyze your diet at websites such as [www.fitday.com](http://www.fitday.com) or [www.sparkpeople.com](http://www.sparkpeople.com).

Once you know how much protein you eat at meals and snacks, you can then determine how many protein bars you need. (Likely none!) That is, if your diet offers 100 grams protein and you need only 90 grams, there's no need to buy a protein bar other than for calories to curb hunger. The athletes most likely to benefit from protein bars are dieters who restrict calories (including runners, dancers, runners, wrestlers, gymnasts), vegetarians, and picky eaters.

**Q. I'm a vegetarian and try to eat some plant protein at each meal. I still wonder if I am getting enough protein to support my training for a half-Ironman.**

A. Many vegetarians who think they eat well are surprised to learn how little protein plant foods offer. For example, a petite vegetarian triathlete who needs at least 55 grams protein per day might base her meals on these plant-proteins for the day:

Continued on next page . . . . .

continued from previous page . . . . .

Breakfast: a dollop of hummus (4 g protein) on toast

Lunch: a Boca burger (13 g)

Dinner: a quarter-cake of tofu (9 g).

That totals only 26 of the recommended 55 grams protein! Yes, she gets a bit more protein from the grain foods and veggies that round out her meals, but she would be wise to double those protein portions!

Getting enough protein is particularly important if you are restricting your calories to lose weight. Protein needs jump when calories are low because the protein gets burned for fuel rather than get used for building or repairing muscle. If you are concerned about your protein intake, meet with a certified specialist in sports dietetics for personalized advice. To find your local CSSD, use the referral network at [www.SCANdpg.org](http://www.SCANdpg.org).

**Q. Should I use a sports drink with protein during my endurance runs that last longer than an hour?**

A. If your goal of taking a sports drink with protein (such as Accelerade or Amino Vital) during an endurance event is to enhance your performance, don't bother. Endurance is largely affected by how many calories you consume while you exercise. Studies that look at protein+carbs during endurance exercise indicate when the total calorie intake is similar; the proposed endurance benefits are not there.

A good tactic is to eat a tried-and-true, well tolerated carb-protein snack or light meal within the hour or two before you embark on a long run or other form of endurance exercise. That is, enjoy some pre-exercise cereal with milk, bagel with an egg, a swig of low fat chocolate milk. This gets protein into your system, so it's ready to be used. Then after the first hour of your long run, target ~200 to 300 calories of carbs/hour. Choose the sports beverage that tastes best to you. Soon after you've finished training, have a wholesome protein+carb snack or meal, to help reduce muscle soreness.

**Q. I know I should eat a 3 or 4 to 1 ratio of carbs to protein right after I run, but I don't know what that looks like in terms of food. So I buy Accelerade to be sure I get the right ratio. Are there other options?**

A. Commercial recovery drinks are more about convenience than necessity. You can enjoyably refuel with chocolate milk, yogurt, a sandwich or pasta with meat sauce. The ratio need not be exact; the concept is your plate or glass should be mostly carbs with a little bit of protein (not a hefty amount that will sit heavily in the stomach).

Also, whether or not a protein-carb sports beverage is superior to a carb-only beverage remains debated. In a recent study (Green, 2008) in which athletes drank either a carb or a carb-protein recovery drink immediately after muscle-damaging downhill running, both beverages offered a similar recovery process over the course of three days. The authors conclude the meals in those post-exercise days supplied the protein and carbs needed to recover. Yet, in a six-day study with college cross-county runners, those who took a carb+pro supplement reported less soreness than those who took only carbs (Luden 2007)

**The bottom line:** You won't go wrong by refueling soon after exercise with a carb-protein combination. If engineered foods are preferable because they are convenient, buy them. But if you prefer the wholesome goodness of chocolate milk and other natural protein-carb combination, enjoy them instead!

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# HEALTH

## BOOSTING YOUR HEALTH IN MANY WAYS

Beta glucan sounds a bit scary at first - but it is really just an extension of our understanding of bran, and what it can do for us.

Beta glucans occur in the bran of grasses such as barley, oats (most abundantly) and to a lesser extent in rye and wheat.

Beta glucan has been shown to be good for heart health because it helps it lower LDL or "bad" cholesterol while maintaining the HDL "good" cholesterol.

Beta glucans have also been shown to slow digestion and regulate blood sugar levels. The beta glucan in oats has been reported recently to improve glucose tolerance and lower insulin output in normal and overweight people, all of which is a positive for the prevention of diabetes.

Beta glucan may also play a role in improving immune function by resisting bacterial, viral, fungal and parasitic infections. However, the findings are yet to be seen in humans and have only been seen in animal and cell-culture studies to date.

Currently there is no recommended daily intake for beta glucan but positive heart benefits have been seen at 3 grams of beta glucan daily. Eating 1 cup of cooked porridge and  $\frac{3}{4}$  cup of cooked barley daily will achieve the 3 grams needed.

And to help you understand food labeling regarding beta glucan, a food label cannot make a heart-health beta glucan claim if a food does not contain at least 0.75g beta glucan and can contain saturated fats and cholesterol.

\* \* \* \*

## KEEP ON RUNNING AND SLOW THE AGEING CLOCK

RUNNING can slow ageing, a study held over two decades by American researchers has found.

The study by the Stanford University School of medicine, found people over 50 who ran regularly had fewer disabilities, were active longer and reduced their risk of dying early by 50 per cent compared with those who were inactive.

"If you had to pick one thing to make people healthier as they age, it would be aerobic exercise," study author James Fries said.

The study, published recently in the *Archives of Internal Medicine*, tracked 538 people aged over 50 who had run several times a week since 1984 and compared them with a similar group of non runners. As the subjects aged, the health gap between the runners and non-runners widened, continuing even into their 90s.

Nineteen years after the study began, 34 per cent of the non-runners had died, compared with 15 per cent of the runners.

"The health benefits of exercise are greater than we thought," Professor Fries, 69, said. He attributed this to runners being leaner and having healthier habits. - *Dominion Post*, 13 August 2008

\* \* \* \*

## The Blonde in the Casino

An attractive blonde from Dublin arrived and bet twenty-thousand pounds on a single roll of the dice.

She said, "I hope you don't mind, but I feel much luckier when I'm completely nude."

With that, she stripped from the neck down, rolled the dice and Yelled, "Come on, baby, Mama needs new clothes!"

As the dice came to a stop, she jumped up and down and squealed..."YES! YES! I WON, I WON!"

She hugged each of the dealers and then picked up her winnings and her clothes and quickly departed.

The dealers stared at each other dumbfounded.

Finally, one of them asked, "What did she roll?"

The other answered, "I don't know - I thought you were watching."

- MORAL OF THE STORY -

Not all Irish are stupid and not all Blondes are Dumb, but all Men are Men.

\* \* \* \*

## FAST FACT

On average, Australians and New Zealanders own seven gadgets - 96% own a cell phone, 88% a desktop PC and 86% a digital camera.

# TRACKS & WALKS

## CABLE BAY WALKWAY

**Time:** 3 hours 30 minutes one way.

### **Getting there**

Buses and other forms of public transport are common in the area but there are no scheduled services to this walk.

The walkway starts at either Cable Bay, 21 km north of Nelson, or the Glen, 12 km out of the city.

### **About the area**

#### **Waimea Basin**

The plains and low hills between Nelson and Motueka are known as the Waimea Basin. Tramping, hunting, watersports and walks through historically and ecologically significant areas await visitors.

Evidence of Maori occupation in the Cable Bay area (Rotokura) dates back to about 1150 AD; the area was a fishing ground and a campsite was maintained there. Delaware Bay, across the estuary, was the site of the main pa. In 1863, the pa occupants heroically rescued the crew of the Delaware during a terrible storm.

Cable Bay was once known as Schrodgers Mistake, after a Nelson skipper mistook the bay for another and put his boat on the rocks there. The laying of New Zealand's first international telegraph cable gave the bay its modern name. The operation, from Sydney to Cable Bay, took 11 days and transmission began on 21 February 1876. A fire razed the station in 1914 and in 1917 the cable was moved to Titahi Bay, near Wellington.

### **Description**

#### **Cable Bay**

The complete walk takes about 3½ hours one way, and requires transport arrangements to be made. From the Cable Bay end a shorter return trip is to the top of the first hill (1 hr return) or to the forest edge (2 hr return). From the Glen end, a round trip to the airstrip and back takes about 2 hours.

Cable Bay Walkway offers wonderful coastal views of the Boulder Bank, Nelson City and Kahurangi and Abel Tasman National Parks. The middle section of the track passes through a patch of beautiful and varied native forest.

The track is a walking track. It is steep in places and strong footwear is recommended.

### **Activities**

- Diving/snorkelling
- Kayaking/canoeing
- Motor boating.

### **Kayaking and Boating**

Kayaking and boating are popular activities at Cable Bay.

### **Diving/snorkelling**

Horoirangi Marine Reserve is situated 12km north of Nelson City; Horoirangi Marine Reserve extends north-east from Glenduan ("The Glen") to Ataata Point, the southern headland of Cable Bay. Some of the best diving and snorkelling is found towards the north of the reserve, especially near Ataata Point.

### **Places to stay**

Camping is prohibited in this area. Private accommodation is widely available in the Waimea Basin.

### **Plan and prepare**

- The entire walkway crosses private farmland and is closed during lambing for part of each spring.
- No dogs are allowed at any time.
- Please respect the stock and farm property.
- Be wary of sudden weather changes.
- Light fires only in designated areas.

### **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.



# 30th Gold Coast Marathon

Once again Maryanne and I traveled over to the Gold Coast to run the Gold Coast Half Marathon on Sunday 6 July and then go to Brisbane to visit two of our children who are living over there. This was the third year in a row that we have ventured over to run in this race. Each year the fields just get bigger and bigger with this year the total entrants exceeding 21,000 for the six events – full marathon, half marathon, 10km, 7.5km walk and the 4km and 2.5km junior dashes.

On the Saturday morning before race day we woke to pouring rain and the forecast for the following few days was also for rain and so it looked as if the 30th running of the Gold Coast Marathon was going to be a wet one. When picking up our race packs later in the morning, we noticed that there were long queues of people making late entries. At that time it was guaranteed that there were 18,000 plus entrants and this number would be surpassed. On race day we woke to slightly overcast skies and no rain - the day turned out to be great and the conditions were perfect for running during the half but got quite warm for those later finishers in the marathon.

They announced that over all the events there were 21,000 entrants with 7,000 entered in the half marathon. Reading Monday's paper we were informed that of the 21,001 entrants 18,847 finished. The Japanese seemed to flock back to the event in ever increasing numbers much to the organizers' delight and there were 1,839 Japanese runners in the marathon alone – a 47% growth by Japanese from the previous year's race. And with them there are about 400 supporters and about a 100-strong media contingent for one event.

As well as runners and walkers from all over Australia entering this year's event, there was representation from 28 other lands.

The organizers had planned for 18,000 entrants based on a 30% increase over the past couple of years but were overwhelmed by the final numbers. The downside to these large numbers is that the marathon committee is looking at "pressure points" and will determine whether changes need to be made to the program in the following years. One option that they will consider is holding the event over the two days with the 10km etc being run on the Saturday and the full and half marathons being held on the Sunday. They are anticipating that the growth in numbers will reach 25,000 over the next couple of years.

At times on race day the Gold Coast Highway was heavily congested with competitors going in and out of Southport.

Next year the marathon will be held from a new complex and they are anxious to see how the facility copes.

Our son, Robert who also is a runner and a triathlete, after injuring his knee in February, only commencing running on 1 June and having had only six training runs under his belt (cycling and swimming the only other training) managed to run with Australian marathon running legend Pat Carroll, who was the 1:30 pace runner and finished in a PB of 1:28:20 for 229th place out of 6,848 finishers and 44th in the M30-34 grade.

He suffered the following few days though and he is looking forward to his next half where he thinks that he can go even quicker with more training under his belt.

Maryanne had a good steady run and was really stoked to break the 1:50 (1:49:43) and managed to finish in 6th place in the F55-59 grade. I have been struggling with a pressure point under my left foot for some months, and even with a different make of running shoes (as suggested by the podiatrist) at 13km the tenderness started to kick in and I slowed somewhat. When I finished the race my left hip hurt and there was a bruise on the area where the pressure point is – so the new shoes now reside in Brisbane with our son. My finishing time was 1:50:42 for 26<sup>th</sup> placing in the M60-64 grade.

This event is well organized, with great crowd support and here's hoping that the Palmer Racing Team bodies hold out so we can go back again next year for the 31st running of this event on Sunday, 5 July. If we can't run then we will just visit with the family members and enjoy a mid-winter break in a nice warm climate.

John Palmer





## MASTER IN HIS FIELD TAKES ON OCEANIA

By Kris Dando

Peter Hanson has been taking a well-deserved break after battling the heat in Townsville to compete at the recent Oceania Masters Athletics Championships.

An entrant in the 800 metres, 1500 metres and shot put, the 71-year-old resident of Summerset Retirement Village in Aotea was struck down with a cold just prior to the meet in late July - a little ironic since temperatures were hovering around 25 to 30 degrees.

"The fact that I wasn't feeling too well and it was 28 degrees (on the day of the 1500m, his last event) probably did have an effect. I thought I did well over there in the end, but my times were a little disappointing."

Hanson, competing in the 70-74 age category, came in sixth in the 800m, fifth in the shot put (with a best of 8.4m) and fifth in the 2500m. In the latter two events he was the top placed Kiwi.

The Oceania Masters Games are held every two years and this is the second one Hanson has attended. He says it is a great way to foster relations between the countries in the Pacific and the competition is fierce but friendly.

This year 149 Kiwis were amongst the 440 athletes from 10 nations who descended on Queensland.



71-year-old Peter Hanson's fitness regime would make people many years his junior balk, and he has no intention of slowing down just yet.

Hanson was hopeful of a medal in the 800m, having finished fourth at the Oceania championships in Christchurch two years ago. It was not to be but the experience was well worth it, he says.

A keen runner as a young man and member of the Olympic Harriers Club after moving to New Zealand from England in 1965, Hanson was at one stage running from Titahi Bay - where he lived for 40 years - to work in Wellington every day.

This tapered off as he got into middle age, but at the age of 58 he returned to the sport and he says it saved his life.

"I began doing it again as a focus thing but after a year I really deteriorated, got dizzy spells. It turned out I had myxoma."

The condition, a tumour of the heart, may have not been caught had he not been running, and he counts himself fortunate that surgery was able to fix it. Since then, his second lease on life has seen a wall covered in certificates and medals.

These days he runs 30 to 40 kilometres a week, around the Whitby foreshore and Aotea Lagoon. The wind and cold doesn't bother him too much but admits to being a "bit of a wimp" if the rain gets too heavy.

Hanson competed in the London Marathon in 2007 - "to celebrate turning 70" - and won his age group in the Harbour Capital Half Marathon this year.

He says he's motivated by watching disabled athletes and a recent story about a 100-year-old competing at a national athletics event overseas.

"I'm just going to keep competing as long as I can. I think I have a few national titles in me yet."

Reproduced from the Kapi-Mana News, 19 August 2008.

### **Dopey Walkers**

Five Russian race walkers, including world record holder Sergei Morozov, have been suspended for two years for doping. Morozov, Viktor Burayev, Vladimir Kanaikin, Igor Yerokhin and Alexi Voevodin were sanctioned by the national federation for testing positive for the endurance-enhancing hormone EPO, the All Sport news agency said. Meanwhile, dope cheat sprinter, Dwain Chambers will be welcomed back into the British athletics team, the new national head coach said. Chambers has a lifetime ban from the Olympic Games after testing positive for designer steroid THG. "Dwain has served his sentence, he is more than welcome back in the team," Charles van Commenee told the BBC. "He's a very good athlete," the Dutchman added. - Dominion Post 25 September 2008

## **RESULTS –**

8km Road Race & 6.4km Race Walk at Johnsonville, held on Sunday 10<sup>th</sup> August 2008. The weather was a cool, sunny spring morning. Numbers for this year's event was up on past years.

	Name	Age	Pl	Time	Club
1	Grant McLean	M40	1	26.34	Scottish
2	Graeme Lear	M55	1	29.16	Scottish
3	Murray Peebles	M40	2	32.41	WHAC
4	Juan McDonald	M40	3	32.57	Olympic
5	Paul Homan	M45	1	32.58	Trentham
6	Janet Crawford	W35	1	33.43	Trentham
7	Kevin Burney	M45	2	35.07	Trentham
8	Glen Wallis	M40	4	36.02	Scottish
9	Sue van der Jagt	W50	1	36.57	Trentham
10	Peter Wrigley	M45	3	37.38	Scottish
11	Robbie Robinson	M40	5	38.49	Olympic
12	Katrina Cowie	W35	2	39.14	No club
13	Ken Ritchie	M60	1	39.38	Olympic
14	Tineke Hooft	W45	1	41.10	Olympic
15	Annie van Herck	W55	1	41.51	Olympic
16	John Palmer	M60	2	42.20	Scottish
17	Maryanne Palmer	W55	2	42.34	Scottish
18	Albert van Veen	M60	3	43.23	HVH
19	Rose Ohlsson	W40	1	44.10	Olympic
20	Brian Watson	M65	1	44.42	Olympic
21	Alison Speakman	W45	2	46.14	Olympic
22	Peter Hanson	M70	1	46.59	Olympic
23	Diane Rogers	W65	1	47.06	Trentham
24	Jean Skilton	W50	2	47.36	Olympic
25	Harold Alcock	M65	2	49.28	Olympic
26	Peter Thomas	M75	1	50.45	Trentham
27	David Ohlsson	M45	4	60.10	No club

### **Walkers:**

	Name	Time	Club
1	Peter Baillie	34.06	Scottish
2	Kevin Watson	42.21	Scottish
3	Theresa Zandvleid	43.37	HVH
4	John Hines	46.16	Scottish
5	Murray Gowans	49.05	Scottish
6	Andrea Adams	50.33	Olympic
7	Melanie Watson	50.42	Scottish
8	Colleen Singleton	54.15	Olympic
9	Gretchen Lash	54.47	WMA
10	Dorothy Nisbet	57.17	Olympic
11	Margaret Bray	61.01	Scottish

### **Teams:**

- 1 Scottish
- 2 Trentham
- 3 Olympic

The winner of the "Fastest Time for Age Group Trophy" was Graeme Lear who created a new time record of 29.16 in the 55-59 age group.

## **Wellington Centre Road Champs**

Saturday 25<sup>th</sup> August 2008 at CIT Trentham

Results of Wellington Masters members who took part in the Chamionships.

### **Walkers:**

#### **10km Judged:**

Pl	Name	Club	Time
2	Peter Baillie	Scottish	1:00:15
7	Kevin Watson	Scottish	1:07:02
12	Melanie Watson	Scottish	1:16:43
14	Margaret Bray	Scottish	1:33:49
	Daphne Jones	Scottish	1:17:47

The following walkers took part but were not judged:

John Hines	Scottish	1:10:07
John Ihaka	Trentham	1:10:15

### **Runners:**

#### **Women 10km:**

Pl	Name	Club	Time
19	Maryanne Palmer	Scottish	50:33

#### **Women 35 & over 5km:**

4	Helen Willis	Scottish	20:15
6	Christine Carleton	Scottish	20:43
20	Loretta Desourdy	Scottish	24:38
24	Diane Rogers	Trentham	27:02

#### **Men 40 & over 10km:**

1	Grant McLean	Scottish	32:30
7	Richard Brent	Scottish	35:44
18	Murray Peebles	WHAC	38:47
20	Des Young	Scottish	38:53
26	Dave Colquhoun	Scottish	39:49
29	Paul Brydges	Scottish	40:46
39	John Wood	Hutt Valley	41:58
41	Mike Winsborough	WHAC	42:29
43	Francis Campkin	WHAC	43:09
49	John Barrance	WHAC	44:31
50	Bob Stephens	Scottish	44:42
55	Richard Owens	Victoria	46:28
59	Ken Ritchie	Olympic	47:10
68	Albert van Veen	Hutt Valley	52:13
70	Peter Hanson	Olympic	56:23
71	Harold Alcock	Olympic	57:57

## **FAST FACTS**

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

The average car in New Zealand emits the equivalent of 3.28 tonnes of carbon dioxide a year.

## SIDEBAR

### Thick and Frosty Milk Shake

Here's a thick and tasty milk shake recipe from the new Nancy Clark's Sports Nutrition Guidebook, Fourth Edition (2008). The shake is tasty carbo-protein combination and makes a welcomed recovery food.

The instant pudding adds a thick texture; the ice cubes make it frosty and refreshing. It's a healthful alternative to standard milk shakes made with ice cream and an enjoyable way to boost not only your protein and calcium intake, but also reduce post-exercise muscle soreness.

By varying the flavor of the pudding (vanilla, lemon, chocolate), you can create numerous variations. You can also add fruit (preferably frozen chunks) for extra nutritional value.

**Note:** The shake thickens upon standing; you can add more (or less) pudding mix, depending on how thick you like your shakes. If there are pieces of ice cubes remaining in the shake, worry not-they'll just keep the beverage cool.

1 cup milk, skim or low fat  
1/4 cup instant pudding  
1/4 cup powdered milk  
3 ice cubes

Optional: 1/2 to 1 cup (frozen) fruit chunks  
Place all ingredients in a blender, and blend until smooth.

Yield: 1 serving

**Nutrition Information:** 280 total calories; 55g carbohydrate; 15g protein; 0g fat.

\* \* \* \*

## IS THAT PAIN ARTHRITIS?

Pulling up your socks, rising from a chair, opening a jar - the 10% of New Zealanders with osteoarthritis know just how taxing these simple actions can be. When rheumatoid arthritis and gout are included, perhaps up to one in seven people in New Zealand suffer from some form of arthritis.

What are the differences?

### Osteoarthritis

In general, osteoarthritis - the "wear and tear" arthritis that often occurs as a result of ageing - causes erosion of cartilage covering the ends of the bones, leading to stiffness and pain. Most people develop pain in just one or two joints, but any joint is vulnerable. Trouble spots include knees, hips, spine and fingers.

### Rheumatoid Arthritis

It is estimated that approximately 35,000 people in New Zealand, and 165 million people worldwide, have rheumatoid arthritis.

It is a chronic debilitating condition in which the body's own immune system attacks healthy tissue lining the joints. This leads to inflammation and often to permanent disability. Rheumatoid arthritis can affect anyone, including children, however the majority of people with rheumatoid arthritis typically develop the disease in their middle adult years (ages 35-50), with women being affected three times more often than men.

### Gout

This disease mainly affects middle-aged men. It is caused by the formulation of crystals of uric acid. Genetic predisposition is a prime factor combined with obesity, high levels of blood cholesterol and uric acid.

### Questions to ask your Doctor

- \* Which form of arthritis do I have?
- \* Is there anything I can do to prevent my arthritis getting worse?
- \* How likely is it that my other joints will start hurting?
- \* Should I stop playing Golf? Tennis? Jogging?
- \* Am I candidate for joint injections?
- \* How will I know if I need joint replacement surgery?

\* \* \* \*

## HOW TO COPE WITH WEATHER/TEMPERATURE CHANGES

1. Have a bag packed with clothing that could be used for hot or cold weather.
2. For hot weather, include technical fabric that moves moisture away from your skin, such as dry-science by Mizuno.
3. For cold weather, pack several layers. Next to your skin, wear a short or long sleeve technical garment such as Mizuno's dry-science. Pack another technical long sleeve shirt as a second layer.
4. Mizuno has a unique "breathe thermo" fabric that actually warms up when you sweat. This may allow you to wear fewer layers on cold days.
5. Have several pairs of socks.
6. Include a garbage bag to keep you dry on damp, cold days, for short runs.

WELLINGTON MASTERS ATHLETICS

**10KM ROAD RACE AND WALK**

(Incorporating Wellington Masters Championships)

**SUNDAY 26 OCTOBER 2008 at LOWER HUTT**

**START TIMES:** Walkers 9.30am – Runners 10.00am

**START/FINISH:** Outside Sacred Heart College in Bellevue Road.

**RACE HEADQUARTERS:** Huia Indoor Swimming Pool – Lower Hutt – Entries will be taken on race day at the start area outside Sacred Heart College.

**COURSE:** The race starts outside Sacred Heart College, travels down Bellevue Road, turn left into Ludlum Crescent, then into Puriri Street along to the end, then into Pohutakawa Street and continue along past the Waterloo Interchange into Oxford Terrace – turn at the cone and retrace course back to start/finish at Sacred Heart College.

**SHOWERS:** will be available at the pool – free of charge.

**REFRESHMENTS:** Tea and Coffee will be available after the race in a meeting room upstairs at the pool also used by Hutt Valley Marathon Clinic, which has kindly agreed to act as host for the race. Lunch will **NOT** be available. Tea and Coffee with light refreshments will be covered by your race entry fee.

**PRIZEGIVING:** Will take place in the meeting room at the Huia Pool with each 5-year age group being recognised.

**ENTRIES:** For this event entries (runners & walkers) will be received from both members and non-members of New Zealand Masters Athletics provided that they meet the minimum age requirements:

**MEN:** Pre-master - 30 years of age on 26/10/2008

Master - 35 years of age on 26/10/2008

**WOMEN:** Pre-master - 30 years of age on 26/10/2008

Master - 35 years of age on 26/10/2008

**ENTRY FEES:**

Member of the WMA - \$10 - no late entry fee is payable.

Non-member of WMA - \$15 - no late entry fee is payable.

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**PLEASE CUT OFF ENTRY FORM (Please Print Clearly)**

SURNAME:

CHRISTIAN NAME:

ADDRESS:

MALE/FEMALE:

DATE OF BIRTH:

EMAIL:

TELEPHONE: (home)

(business)

CLUB:

RUNNER OR WALKER (delete or circle one):

ENTRY FEES: \$10 – Members of NZMA – no late entry fee applies.

\$15 – Non-members of NZMA – no late entry fee applies.

\$40 – Annual Subscription for NZMA and Wellington Masters Athletics - covers period 1/9/2008 to 31/8/2009.

TOTAL AMOUNT ENCLOSED: \$ \_\_\_\_\_ Cheque payable to Wellington Masters Athletics.

**A range of WMA Singlets (\$30) and Tee Shirts (\$50) will be available for purchase on the day**

**Post Entries to:**

Wellington Masters 10km Road Race

C/- Richard Harris, 11 Whitu Street, Khandallah, Wellington 6035 – For enquiries telephone (04) 971 5993

**No postal entries after 22<sup>nd</sup> October – please register on the day at the start area.**

**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 as close as possible to the side of the road.
5. Privacy Act: Information concerning this event may be used by Wellington Masters Athletics for promotional purposes.

Signed.....

# - COMING EVENTS -

## 2008

### **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	<b>Lower Hutt 10km Road Race</b>	<b>Huia Pool, Lower Hutt</b>
26	Long Distance Race walking Champs - 50km, 20km, 15km and 10km	Hastings

### **Nov**

2	Adidas Auckland Full, Half & Quarter Marathons	Auckland (Devonport)
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### **Dec**

14	Honolulu Marathon	Honolulu
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## 2009

### **Feb**

14	Buller Gorge Full & Half Marathon	Westport
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### **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
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28 July -

8 Aug	World Masters Track & Field Championships	Finland
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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 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.

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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](mailto:palmer.palace@xtra.co.nz)**

# **WELLINGTON MASTERS ATHLETICS INC.**

**SUBSCRIPTION FOR THE 2008/09 YEAR  
(1 September 2008 to 31 August 2009) = \$40**

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

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

\_\_\_\_\_

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

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

**How to Pay:**

\$40 (\$80 for couple). Cheque made out to Wellington Masters Athletics Inc – (WMA Inc) and sent with form to: **VERONICA GOULD, PO BOX 5887, LAMBTON QUAY, WELLINGTON, 6145**

**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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