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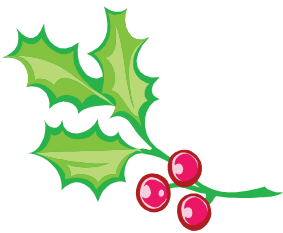
MASTER

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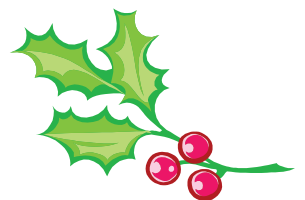
Newsletter of the Wellington Masters Athletics Inc.

Volume 7 Issue 5

December 2008



*Wishing all
members a very Merry
Christmas and
a Happy and
Prosperous New Year*



WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2008-09

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COMMITTEE MEETINGS 2nd MONDAY OF MONTH AT SCOTTISH HARRIERS CLUBROOMS, PRINCE
OF WALES PARK COMMENCING AT 5:30pm.

CLUB REPRESENTATIVES AND MEMBERS ARE ALWAYS WELCOME

EDITORIAL

As we wait for the pitter patter of reindeer hooves on the roof and the cheerful call of Ho, Ho, Ho reverberating around the neighbourhood from the merry man in the red suit, one wonders where the year has actually gone. It didn't seem that long ago that we were in holiday mode and celebrating Christmas 2007. And again, I am in a conundrum of what to write as an editorial for the final issue of 2008, so this editorial is just a review of the past years' events.

First of all I would like to thank Brian Watson, Peter Thomas and Peter Baillie for the articles that they submitted during the year for inclusion in the Master Copy. It is always difficult to try and come up with suitable material that is topical and interesting for the newsletter, and any material submitted is gratefully received.

This year's Tour de France seem to pass without too much incident and for once there didn't seem to be the endless number of cyclists being thrown out of the tour for drug taking - perhaps at last the teams have come to their senses and cleaned up their act!

For many, the highlight of the year must have been the Olympics held in Beijing. I found some of the coverage, especially the teams events which did not include a New Zealand team most frustrating and annoying. Teams events were played in the early part of the evening and you had to wait until later on at night, or early morning to get coverage of our athletes. Surely TVNZ could have taped events with New Zealanders competing and shown them instead of boring us silly with "team sports", which I feel shouldn't be part of the Olympics anyway.

Some of the competition was extremely good and some of the New Zealand athletes performed magnificently, where others would be a little disappointed with their results. One must also remember that they were up against the best in the world and if they came away with a personal best or a New Zealand record, which some of the swimmers did manage - then that has to be viewed as a satisfying result.

Our membership finished for the year at 92 members which was down on previous years but there is still a large number who are real stalwarts, and continually renew their membership year after year.

At the AGM held in September, we recognised the contributions made to Wellington Masters by Bruce and Noeleen Perry by making them both Life Members of the Association.

The Wellington Masters Track and Field Championships, held in February over two weekends, was poorly attended and a sub-committee has been set up to look at the programme to see if there is any alterations that can be made to the two days competition, in an attempt to try and attract more Masters to attend the Championships.

The events that Masters ran during the year were slightly down in participation on previous years. The Classic Relay struck problems with a Kids Bike-athon double booked at the venue where the relay is held. This entailed Masters rescheduling the event to start later in the afternoon which had an affect on participation. Don Brodie sent in a document with ideas on how we can make the Classic Relay a bigger and more successful event. The committee is currently looking at the suggestions made, and if feasible, hope to implement some in time for next years' event.

The field for the Johnsonville 8km Road Race and Walk was slightly up on last year and again a splendid lunch was provided by the organising group. This event was again organised by Brian Watson, who after 24 years as Race Director, seems to have the organisation down to a fine art.

The Lower Hutt 10km Road Race and Walk was down on numbers as it somehow got overlooked that it was scheduled to fall on Labour Weekend. This tended to take some of the possible competitors in the walk out of the equation as they went to Hastings for the Long Distance Walks and the horrible wet weather probably didn't help our cause either.

Masters athletes competed in various events throughout New Zealand over the past year, in some cases, performing exceptionally well and posting admirable times, and in some cases obtaining a podium finish in their age group.

Finally, I would like to wish all members a very Merry Christmas and a Happy and prosperous New Year. Enjoy your Christmas break, keep up the training and we will see you at the Wellington Masters Track and Field Championships in February 2009.

John Palmer

Editor

BITS AND PIECES

Membership

Since the last newsletter, our membership now stands at 60 members. A warm welcome is extended to new members Sally Albert-Mills (Maidstone) and Glen Wallis (Scottish).

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World Masters Track & Field Champs

On page 18 are the details regarding the World Masters Track & Field Champs in Finland. The following is extra information that Roy Skuse sent thru and I wasn't able to add into page 18.

Lahti is an ideal venue, it is a compact city and most things are within easy walking distance of the accommodation.

The tour through Denmark & Sweden before the champs is geared especially to suit competitors put the finishing touches to their training. Facilities for track and field athletes to train are available in Copenhagen, Jonkoping & Stockholm, as well as Bangkok.

The Tour after the championships will be great fun. I have been fortunate in getting an excellent group rate for us.

Denmark/Sweden pre champs training sessions

I have been in contact again with our friends in Denmark and Sweden; they have asked me what equipment we will require for our training sessions. Most in the group are runners but we have quite a number of throwers and a few jumpers. They will do their best to arrange our requests. For throwers I will need the weight of discus, shot etc. required.

Please let me know so I can forward your requests.

The ferry crossing from Stockholm to Helsinki, is costed per person in an **Interior Promenade cabin** (window to promenade) share twin incl. buffet breakfast.

1. A Promenade **quad** cabin will save 50euro per person. To do this we will need 4 people prepared to share.

2. A **Class exterior** cabins have a surcharge of 10euro (favoured option).

3. **Deluxe exterior** cabins with special breakfast and complimentary refreshments in the cabin 85euro surcharge. Single occupancy is **double** the twin rate.

Let me know your preferences.

Roy Skuse

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2008-09 CONTACT ENERGY SCORCHING TRIATHLONS

The triathlon series will kick off on November 16th 2008 and we will have five fun events over summer, held on the below dates:

- ~~Sunday November 16, 2008~~
- ~~Sunday December 7, 2008~~

- Monday January 19, 2009 - This is Wellington Anniversary weekend
- Sunday February 8, 2009 - Valentines Day (in support of NZ Heart Foundation)
- Sunday March 29, 2009.

For more details visit the Scorching website:
www.scorching.co.nz

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WELLINGTON MASTERS ATHLETE OF THE YEAR

Past winners:

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

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FOR SALE

Two Wellington Masters track suits. The male suit is a size medium and the female is a size small. Cost \$75 each. If interested telephone Jim Blair 04 528 2992.

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MASTER COPY

This issue of the Master Copy is being sent to all current financial members and also to those who where financial members at the time of the AGM. After this issue, it will only be sent to current financial members, so if you want to continue receiving the newsletter, please pay your subscription of \$40. A subscription form is available on the back page of the newsletter.

Thought of the Day:

You have three stages: conditioning, hill running, then racing; and you should finish one before you start the next - Arthur Lydiard

FAT

ALTHOUGH genetics and hormones can influence your body weight, ultimately excess weight is caused by eating more kilojoules (energy) than you burn, with the excess being stored as fat.

Fat Storage

Fat is generally stored underneath your skin. Just think of where you find fat on a piece of meat. Only a small amount is stored in muscle, with some on top of our kidneys and liver as well.

Storing that Excess Energy

Fat cells are like tiny plastic bags that hold droplets of fat. The actual cells are mostly formed in childhood, but it's when we fill them that can make a difference. If you store fat quickly when you're a child, more fat cells are created - in fact up to three times more, for an obese child.

But even adults, if they fill their existing fat cells to bursting point, will form new cells to store the excess energy. When you lose weight, the fat cells shrink, but they cannot be eliminated.

Eating Well

No matter how healthy the food you eat, if you eat too much of it, the excess will be stored as fat. However, gram for gram, the fat you eat has over double the energy found in either protein or carbohydrate.

The best way to fight body fat - whether it's getting rid of it or keeping it away - is with a combination of eating well and exercise.

The easiest way to start to build a healthy diet is beginning the day with a breakfast based on whole-grains. Studies show that people who skip breakfast end up gaining weight, have poor concentration and less endurance than those who do. There is a whole range of whole-grain cereals to choose from so breakfast will never be boring!

Another way to achieve a healthy diet is to add colour to your meals - and snacks. This means eating more unprocessed foods, because your fruit and vegetable intake will be higher.

Sticking to a healthy diet is made easier if you stick to fresh, wholesome food. You are less likely to snack on high fat, high sugar and high salt foods if you have the full feeling that whole-grains and fibrous fruit and vegetables give you.



BOOSTING YOUR HEALTH IN MANY WAYS

One of the interesting things when you start to read and investigate nutrition is that you start to notice a lot of compartmentalised advice - about fibre, or about protein, or liquids - but sometimes it is not totally clear how this fits into the overall picture. So, here are some official guidelines.

The Food & Nutrition Guidelines state that we should eat a variety of foods from each of the four main groups every day:

- Breads and cereal foods;
- Vegetables and fruit;
- Milks, milk substitutes (especially the low-fat varieties); and
- Lean meats, chicken, seafood, eggs, nuts or pulses.

Here's how:

- Select at least SIX servings of breads and cereals each day - (choose predominantly wholegrain).
- Select at least THREE servings of vegetables and TWO servings of fruit each day - (a serving is anything you can hold in your hand) - two small fruit would equal one bigger fruit. Choose five colours a day when selecting fruit and vegetables: Green, Orange/Yellow, Red, Blue/Purple, White/Brown.
- Select at least TWO servings of milk substitutes (preferably low-fat).
- Select at least ONE serving of lean meat, chicken, seafood, eggs, nuts or pulses each day.

In addition to making good balanced food choices, you need to remember low-fat/low-sugar options are best when preparing meals and choosing pre-*pre*-pared food. And also remember to drink plenty of liquids, especially water.

In the end, it's a lot about common sense - and remembering the equation:

Body size = food in - energy out

That means we need to remember to exercise as well!!!

* * * *

Remember, you know you are in bad shape when:

Walking your dog makes you wheeze so loudly that cars pull over when their drivers hear you coming.

You ran for the bus this morning and would have missed it if the lady expecting twins hadn't dashed ahead and held it for you.

You can't move fast enough to stop your pet turtle from running away.

WELLINGTON TRACK and FIELD PROGRAMME 2008/09

| <u>Date</u> | <u>Event</u> | <u>Venue</u> |
|--------------------|--|---------------------|
| 2008 | | |
| 7 December | Officials Training – Jumps - 9am start | Sport Wellington |
| 13 December | Gold Programme | Newtown Park |
| 20 December | Scottish Night of Miles – 5pm Start | Newtown Park |
| 21 Dec-9 January | Track closed for repairs & re-marking | |
| 2009 | | |
| 9-11 January | North Island Colgate Games | Wanganui |
| 10 January | Black Programme incorporating Kiwi Throwers Meeting | Newtown Park |
| 16-18 January | South Island Colgate Games | Invercargill |
| 17 January | Gold Programme | Newtown Park |
| 24 January | Black Programme | Newtown Park |
| 24 January | Potts Classic | Hastings |
| 24 January | NZ 10,000m Championships | Inglewood |
| 31 January | Gold Programme | Newtown Park |
| 7 February | Officials Training – Out of Stadia Events - 9am start | Sport Wellington |
| 7 February | Black Programme | Newtown Park |
| 7-8 February | NZ Combined Events Championships | Auckland |
| 13 February | Capital Classic – 6pm start | Newtown Park |
| 14 February | Wellington Masters T&F Championships – Day 1 | Newtown Park |
| 15 February | Porritt Classic | Hamilton |
| 20 February | IAAF Permit Meet – Black Singlet Invitational | Waitakere |
| 21 February | Gold Programme | Newtown Park |
| 21 February | VAL/Mayoral Mile Meet | Wanganui |
| 28 February | Wellington Champs (including Masters T&F Champs – Day 2 | Newtown Park |
| 1 March | Officials Training – AWD – 9am start | Sport Wellington |
| 2 March | Special Olympics (CSW) | Newtown Park |
| 5 March | World Athletics Tour | Melbourne |
| 6-9 March | NZ Masters Track & Field Championships | Tauranga |
| 7 March | Black Programme | Newtown Park |
| 11 March | CSW Regional Championships | Newtown Park |
| 14 March | Gold Programme - 11am start | Newtown Park |
| 19-21 March | Australian National Championships | Queensland |
| 21 March | Blackboard Programme/Requested Events | Newtown Park |
| 27-29 March | NZ Track & Field Championships | Newtown Park |
| 4-5 April | North Island Secondary Schools | Newtown Park |
| 4-5 April | South Island Secondary Schools | tbc |
| 11-12 April | Colgate Interprovincials | Hamilton |

Black Programme:

| | | |
|--------|-------------------------------|------------------------|
| Time | Track | Field |
| 1.30pm | 3000m Track Walk | |
| 2.00pm | 80/100/110 hurdles on request | Triple Jump/Pole Vault |
| 2.10pm | 800m | Shot Put |
| 2.35pm | 100/60m sprints | |
| 2.55pm | 400m | Long Jump |
| 3.05pm | 3000/5000m Men & Women | |
| 3.25pm | 200m | Discus |

Gold Programme:

| | | |
|--------|---|-------------------|
| Time | Track | Field |
| 1.30pm | 5000m Track Walk | |
| 2.00pm | | High/Triple Jumps |
| 2.10pm | 300/400m Hurdles on request | Hammer |
| 2.25pm | 100/60m Sprints | |
| 2.45pm | 1500m/1 mile/2000m | Long Jump |
| 3.05pm | 200m | Javelin |
| 3.20pm | 3000m/1500m/2000m steeplechase or other distance event on request | |
| 3.40pm | 400m (if no steeplechase on completion of 200m) | |

Notes:

Only two throws per meeting have been programmed due to lack of sufficient officials to run the events. Athletes competing in any unscheduled throwing event are not entitled to any records that may be broken.

All field events will commence at set start time. Warm up 15 minutes prior to start times please.

Times for Black and Gold Programmes may be altered depending on attendances. Please do not assume that your favoured event will be run at the stated time.



RECIPE

HAM & AVOCADO OMELETTE

Sick of sandwiches? Try this for a tasty protein-fuelled lunch. It's a simple but tasty Sunday night dinner too.

Ingredients:

- Eggs 4
- Egg whites 3, extra
- Vegetable oil spray
- Avocado 1/2, finely chopped
- Tomato 1, finely chopped
- Ham 150g, cut into thin slices
- Reduced-fat cheese, 2 tablespoons, grated
- Multigrain toast 4 slices, to serve

Method:

Place the eggs and extra egg whites in a small bowl, then add freshly ground black pepper and whisk to combine.

Place a non-stick frying pan over heat. Spray the pan well with vegetable oil spray. Pour half the egg mixture into the pan and swirl to coat the base. Cook for 1-2 minutes, until half cooked. Spoon half the avocado, tomato, ham and cheese over half of the omelette. Fold over the other side. Cook for 2-3 minutes then slide onto a plate and keep warm.

Make a second omelette using the remaining ingredients.

Cut the omelettes in half and serve with multigrain toast.

Time to make – 10 minutes.

Serves 4

* * * *

NORM RODLEY RESIGNS

The following is a letter sent in by Norm Rodley:

"It is with very much regret that I write to say I am resigning from Wellington Masters. This is mainly because I had a heart attack back on 27/11/07.

Although I never reached the top I must say I enjoyed competing in the various veterans events.

In my mind the highlight of my veteran's career was at the International Veterans Pre Games meeting at Rawhiti Domain in Christchurch, January 1974.

At that meeting my times and achievements were good and the competitors included known Olympic athletes from New Zealand and Australia. My time in the M45

event for 100 metres was 13.2. Peter Snell, in the M35 time was 11.7.

I managed a bronze at the 1981 World Veterans in Christchurch.

I wish the Masters every success for the future which I am sure it will achieve.

Yours sincerely
Norm Rodley"

Editor's note: A letter was sent from the Committee wishing Norm well and thanking him for his support over many years.

* * * *

Dad at the Mall

I took my dad to the mall the other day to buy some new shoes (he is 92).

We decided to grab a bite at the food court.

I noticed he was watching a teenager sitting next to him.

The teenager had spiked hair in all different colours: green, red, orange, and blue.

My dad kept staring at him. The teenager would look and find him staring every time.

When the teenager had had enough, he sarcastically asked, "What's the matter old man, never done anything wild in your life?"

Knowing my Dad, I quickly swallowed my food so that I would not choke on his response, knowing he would have a good one, and in classic style he did not bat an eye in his response.

"Got drunk once, and had sex with a peacock. I was just wondering if you were my son."

* * * *



Need something for a runner friend or partner for Christmas? Why not get them a copy of "As if running on air" - the Journals of Jack Lovelock. Edited by one of our own members David Colquhoun, published by Craig

Potton Publishing and available in all good bookshops.
Price \$50.

HONOURS BOARD

With the opening of the new social room at Newtown Park, it gave both athletics and soccer a much needed improved facility for functions during and after competitions.

Soccer has made good use of the new room by displaying photographs, flags and an Honours Board recognising players from Wellington who have become New Zealand Soccer representatives. As a result this room during the winter season looks like an active social room for soccer. However, during the athletics season so far there has been nothing displayed and as a result the room looks very cold and uninviting.

As a start to addressing this, Wellington Masters Athletics decided to find something suitable and appropriate to improve the look of the room. Over many years our Masters athletes have competed at World Masters Track and Field Athletic Championships as members of New Zealand teams, and many of them have not only competed with distinction they have also won many Gold, Silver and Bronze medals.

Over the last 31 year period from 1977 till the present time, 18 of our Wellington athletes have between them won 10 Gold medals, 21 Silver and 29 Bronze medals. A really outstanding achievement.

To recognise these outstanding performances the Wellington Masters Athletic Association has decided to acknowledge these athletes in a tangible way.

Heather May and Colleena Blair, who have won more individual medals than any of our athletes were asked to officially withdrew the curtain on the Honours Board.

Heather May: 2 Silver, 6 Gold & 3 Bronze - total 11.

Colleena Blair: 3 Silver, 1 Gold & 3 Bronze - total 7.

Heather and Colleena have also broken many world records.

OLD TIMERS-WELLINGTON MASTERS DAY

As part of the official unveiling of the Honours Board an Old Timers Wellington Masters Day was held in conjunction with the afternoon's programme. This is a new innovation to recognise the time and commitment Masters athletes gave to the sport of athletics.

Many other sports recognise their former sports people by having an annual get together and social occasion and it is hoped that this event will continue to be recognised each year in the future.

This season is a very important one for the Wellington Centre as it will be hosting Athletics New Zealand's National Track and Field Championships at the end of March 2009.

Some of you may not have much or any involvement since you retired from competition and if you are interested

in again becoming involved, you may be prepared to consider getting your old spikes out and perhaps joining our Masters group and giving it a go.

On the other hand, if you are not able or interested in competing again, perhaps you may be prepared to put something back into our sport by becoming an official. There is always a need for new officials. If either of these options is of interest to you, please talk to members of the Wellington Track and Field Committee or members of Wellington Masters.



Pictured at the unveiling of the Honours Board are from left: President of Wellington Masters Brian Watson, Jim Blair, Colleena Blair and Heather May

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STRETCHING: Before running? After running? When?

Before running?

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

After running?

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

When, then?

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

From Galloway's Book on Running by Jeff Galloway

SUN CARE

Skin Cancer Risks

Sunlight damages skin and anyone can get skin cancer. Areas most exposed (the hands, forearms, face and neck) are the most damaged and this damage can lead to skin cancer.

You are most at risk if:

- You have fair skin that burns easily and tans poorly.
- You have already had skin cancer.
- You have many moles, large moles or unusual irregular moles.
- Someone in your family has had melanoma.
- You have a history of high sun exposure and sunburn.

Signs of Sunlight Damage include:

Sunburn: This greatly increases your risk of skin cancer even over a short period of time.

Sunspots: Are not a cancer but are a warning that you are at risk of skin cancer. They may appear as flattish, red scaly areas on sun-exposed skin, usually in the over-40 age group.

Skin Cancer

Skin cancer is the most common cancer in New Zealand, with New Zealanders at high risk of developing a skin cancer during their lifetime. Our skin cancer rates are among the highest in the world.

There are Three Main Types of Skin Cancer:

Superficial basal cell carcinoma (SBCC): Is one of the most common and least dangerous type of skin cancer. May appear as a red patch, especially on the back, or more commonly a pale pearly coloured lump.

Squamous cell carcinoma: Tend to grow rapidly over a period of months and are usually found on parts of the body most often exposed to the sun. They may appear as a red, scaly patch or a lump below the skin that spreads under it.

Melanoma: Finding a melanoma early is important as it can then be removed when it is thinnest and least deadly. It can occur anywhere on the body including areas not exposed to the sun such as soles of feet and often appears as a change in size, shape, colour or feel to an existing mole or as a new mole with an irregular shape and will be dark (almost black) in colour.

Be Sun Smart

Protect yourself from the sun every day - even when doing daily activities such as shopping, walking,

gardening or watching or playing sport and also on cloudy days as you can be sunburn when you don't expect it. UV radiation can't be felt and therefore you may be getting burnt and not know it.

See your doctor for a regular skin cancer check.

5-Step Prevention and Treatment

Most skin cancers are preventable - the main cause of them being over-exposure to sunlight, especially sunburn.

Being Sun smart means being sensible about how and when you go outside into the sun.

Remember the rule, Slip, Slop, Slap and Wrap.

Step 1: Slip

Step 2: Slop

Step 3: Slap

Step 4: Wrap

Check 5: Check for skin cancer regularly.

For more information on sun care, visit:

www.familyhealthdiary.co.nz

This article is reproduced with kind permission, from the Nov/Dec Family Health Diary magazine.

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Well-known Marathon Runners

The following is an interesting list of celebrities who have run a Marathon:

Lance Armstrong - ING New York Marathon

Time: 2:59:36

(Lance's comment after that it was tougher than riding the Tour de France)

George W. Bush - Houston Marathon Time: 3:44:52

Al Gore - Marine Corps Marathon Time: 4:58:25

Katie Holmes - ING New York Marathon

Time: 5:29:58

David Lee Roth (from Van Halen) - ING New York Marathon - Time: 6:04:43

Bjorn Ulvaeus (from Abba) - Stockholm Marathon

Time: 3:23:54

Oprah Winfrey - Marine Corp Marathon

Time: 4:29:20.



Study shows World 100m Record will drop to 9.48s

USAIN BOLT'S stunning world record in the Olympic 100-metre final is still a long way from how fast the human body can go, according to a study by a US professor.

Shortly after Bolt ran 9.69s in Beijing, Stanford University biology professor Mark Denny set about to estimate just how fast humans will be able to run.

He concluded that male sprinters could eventually get the 100 record down to 9.48s and women could run the distance in 10.39s.

"My results...tell us that speed has limits, but not what accounts for these limits," writes Denny, whose conclusions were published in the *Journal of Experimental Biology*.

Bolt surely could have gone faster at the Olympics in August.

The tall Jamaican slowed down over the final metres and even banged his fist on his chest in celebration before crossing the line 0.03s faster than the record he had set a few months earlier.

In September, Norwegian physicist Hans Eriksen analysed TV footage of the Olympic final and estimated Bolt could have run 9.55s if he had not slowed down. The women's record in the 100 is 10.49s, set by the late Florence Griffith-Joyner in 1988. But Denny used 10.61s in his study because of "compelling evidence that the [10.49s] race was wind aided."

Denny used historical records dating back to the 19th century to track progress of speed in humans, horses and dogs. He found that speeds in horses and dogs at the major races in the United States and Britain peaked mostly in the 1970s but some earlier, while most human races had not.

"In each case, an absolute speed limit is definable, and the current record approaches that predicted maximum," Denny, 57, says in his summary.

But while Denny, like other experts in the past, concludes that speed has limits, he says it is impossible to know what those limitations are. He writes that it is unlikely that athletes' speeds are constrained by a single physiological or mechanical factor.

Denny, an avid marathoner, says the pattern of these limitations on speed could help scientists figure out how to break them.

At the Olympics, Bolt followed up his record in the 100 with another in the 200, running 19.30s. Denny predicts that record could be lowered to a staggering 18.63s.

In the marathon, where Haile Gebrselassie holds the men's record of 2h 3min 59s, Denny's study says that time can be lowered by more than three minutes to 2:00.47. According to the research, the women's record of 2:15.25, set by Paula Radcliffe, could be trimmed to 2:14.97.

"Predicted maximum speeds for women are 9.3 per cent to 13.4 per cent slower than those for men," Denny writes. "The present gender gap between men and women will never be closed between 100 metres and the marathon."

Denny also mentions performance-enhancing drugs and their ability to make human, or animal, go faster.

"For present purposes, let us define a greyhound, thoroughbred or human [male or female] as an individual performing without drug or genetic enhancement," Denny writes.

"If drugs have contributed to the winning speeds in the races used here, speeds in the absence of these drugs would presumably have been slower."

Reproduced from the Dominion Post, edition 3/12/08.

* * * *

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.

* * * *

Q. How many male Australian fans does it take to change a light bulb?

A. Seven - one to change it, five to moan about it, a manager to say that if the referee had done his job in the first place the light bulb would never have not gone out.

THE ATHLETE'S KITCHEN

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



Nutrition Issues in Underperforming Athletes

"Nutrition is my missing link. I have my training down, but my eating needs help."

Time and again, my clients express this concern when they fail to get desired results from their workouts. These busy people, who range from casual exercisers to competitive athletes, are eating at the wrong times, choosing the wrong balance of carbohydrates, protein and fat, drinking too little fluids, and consuming adequate iron.

The question arises: *How much better could these athletes perform?* The answer is: *Lots better!* The following article highlights some common missing food links, and provides solutions that can help you to avoid these pitfalls.

Missing link #1: Respect for the power of food

"You know, Nancy, too many athletes show up for training but they don't show up for meals. They might as well not show up for training..." These words, spoken by a winning Boston College hockey coach, are true, indeed. Instead of rushing to practice, only to show up poorly fueled, you'd be better off taking 10 minutes from your training time to fuel properly and be able to get more from your workout. Plan ahead!

Missing link #2: Eating enough during the active part of the day

The same athletes who show up underfueled for training are generally the ones who undereat nourishing meals by day, only to overeat "junk" by night. This pattern fails to support an optimal sports diet — nor long-term health.

Why do so many athletes undereat during the active part of their day?

- Some claim they are "too busy." Wrong. If they can find time to train, they can find time to fuel for training.
- Other athletes are purposefully restricting their food intake at breakfast and lunch, with hopes of losing weight. In a survey of 425 female collegiate athletes, the vast majority wanted to lose five pounds. Forty-three percent of the women reported feeling terrified of becoming overweight; 22% were extremely preoccupied with food and weight.⁽¹⁾ This fear that "food is fattening" certainly deters many athletes from fueling optimally.

If you are weight-conscious, pay attention to *when* you eat. Fuel adequately during the active part of your day, so you have energy to exercise. You will then be less hungry at the end of the day and better able to "diet" at night (that is, eat less dinner or fewer evening snacks). After dinner, get out of the kitchen and away from food, brush your teeth after dinner, go to bed early, and lose weight when you are sleeping, instead of when you are trying to exercise.

Note: If you want to lose weight, you should not severely undereat. Rather, create just a small 100- to 200-calorie deficit. Little changes at the end of the day — like eating just 2 to 4 fewer Oreos — can knock off 100 to 200 calories a day and theoretically lead to 10 to 20 pounds of fat loss a year.

MISSING LINK #3: Eating the right amount of calories at evenly sized, evenly scheduled meals

Too many athletes eat in a crescendo, with the biggest meal in the evening. The better plan is to divide your calories evenly throughout the day, eating every 4 hours, so you are always in the process of fueling-up or re-fueling. Here's an example of a 2,400-calorie fueling plan for an active woman (or a dieting man):

| | | |
|--------------|------------|---------------|
| Breakfast | 7-8:00am | 600 calories |
| Lunch | 11-12 noon | 600 calories |
| Second Lunch | 3-4:00pm | 500 calories |
| Workout | 5-6:30pm | -600 calories |
| Dinner | 7-8:00pm | 700 calories |

If you have trouble listening to bodily cues that regulate a proper food intake, you might want to meet with a sports dietitian who can help you estimate your calorie needs and translate that calorie information into a food plan for a balanced sports diet. To find a local sports dietitian, use the referral network at www.SCANdpg.org.

continued on next page

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MISSING LINK #4: Eating an appropriate amount of fat

Athletes who eat too much fat (butter, oil, salad dressing, fried foods) displace the carbs they need to optimally fuel their muscles. That is, if you fill up on cheese and oil in the fettuccini Alfredo, you are not filling up on the carb-rich pasta. You'll end up with "dead legs."

Athletes who eat too little fat fail to replenish fat stored within the muscles that supports endurance performance. A study with runners who ate a very low (16%) fat diet for a month reports they had 14% less endurance compared to when they ate a moderate (31% fat) diet. Their self-selected diets were supposed to offer equal calories, but the runners with the moderate-fat diet actually ate not only more fat but also more calories. The extra calories did not make them fatter; rather, because the runners had been undereating on the low fat diet, conserving energy and became less able to perform well. (2)

Conclusion: Including some healthful dietary fat in addition to adequate carbs and calories offers important fuel that gets stored within the muscles and can improve endurance performance. Enjoy some peanut butter on the bagel, olive oil on the salad, nuts for snacks, and salmon for dinner.

MISSING LINK #5: Fueling before you exercise

If you think you have "no time" to eat before your workout, think again. Eating 100 to 300 calories of a pre-exercise snack even 5 minutes prior to exercise enhances performance, assuming:

- 1) You will be exercising at a pace you can maintain for more than 30 minutes and;
- 2) You can tolerate pre-exercise food.

How much difference does this pre-exercise fuel make? Lots! In a study where the subjects ate dinner, and then the next morning exercised to exhaustion, they lasted 109 minutes with no breakfast, 136 minutes with breakfast (400 calories, equivalent to a bowl of Wheaties with milk and a banana). That's quite an improvement! (3)

In another study, athletes biked hard for 45 minutes, and then sprinted as hard as they could for 15 minutes. When they ate a 180 or 270-calorie snack just five minutes before they exercised, they improved 10% in the last 15 minutes. They improved 20% when they had eaten a meal four hours prior to the exercise, then the snack 5 minutes pre-exercise. (4) This means: Eat breakfast and lunch, plus a pre-exercise snack and you'll have a stellar afternoon workout!

Even if you are working out for less than an hour, you should still eat a pre-exercise snack and drink water. Athletes who ate no breakfast, biked hard for 50 minutes and then sprinted for 10 minutes to the finish were able to sprint 6% harder when they consumed adequate water vs. minimal water, 6% harder with adequate carbs vs. no carbs and minimal water, and 12% harder with a sports drink (adequate carbs + water) (5). Fueling works!

One way to organize your pre-exercise fueling is to plan to eat part of the upcoming meal prior to your workout. For example—

- If you exercise in the morning, enjoy a banana before your workout, and then afterwards refuel with the rest of your breakfast, such as a bagel and a yogurt.
- If you exercise at lunch, eat half a sandwich before your workout and then enjoy the rest of your lunch afterwards.
- For afternoon or after work sessions, enjoy a granola bar or some graham crackers pre-exercise, and then refuel with chocolate milk.

Whatever you do, don't let nutrition be your missing link. You will always win with good nutrition!

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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

HEALING FOODS

"Let food be thy medicine, and medicine be thy food".

Words of wisdom from the Father of Medicine, Hippocrates, nearly 2500 years ago. Today, science is proving these words true. Study after study is showing that the food we eat can prevent and, in some cases, fight disease.

Nutritionists have for a long time been preaching that if you want to have healthy biochemistry, you have to turn to natural foods and adopt the strategies of natural health. Refrain from conventionally processed and manufactured foods and replace them with natural whole foods such as nuts and whole grains, fruits and vegetables, and then enhance your diet with nutritional supplements and superfoods.

Of course, these foods are not meant to replace modern medicine, but adding them to your diet might just mean spending less time in the doctor's office. Remember, "You are what you eat". Take things in moderation and don't forget to combine good health with exercise.

NUTS - are rich in heart-healthy monounsaturated fat, oleic acid and anti-oxidants. Walnuts, specifically, are full of omega-3 fatty acids which help reduce the risk of heart disease and hypertension. Nuts help lower cholesterol level and prevent the risk of developing gallstones. Contrary to popular belief, eating nuts help lower risk of weight gain.

FRUITS - are packed with vitamins, minerals and phytochemicals, which are naturally - occurring pigments that are responsible for the vibrant colours of fruit and vegetables as well as being powerful anti-oxidants such as lycopene in tomatoes and beta-carotene in carrots and apricots. Having a daily dose of fruits enhances the immune system and promotes healthy eyesight all the way preventing heart disease and even cancer. Pomegranate, cherry, apple and blueberry (among others) have shown significant protective and healing properties.

WHOLE GRAINS - provide just as many benefits as fruit and vegetables. They have a whole army of different phyto nutrients to protect against heart disease, gum disease, diabetes, some forms of cancer and obesity. Whole grains include oats, whole wheat, brown rice, bulgur and bran, among others.

Recharge for the year ahead!

As the year winds to an inevitable conclusion, the anticipation of summer starts to set in. The holiday season is generally a time when there is an 'excuse' or 'reason' to take time out for you! Most people today spend much of their lives 'rushing' or meeting deadlines, managing families and trying to add some fun time to that mix. However, often the person that gets the least attention is the person you know best...YOU.

Stress is almost synonymous with life today and can have serious implications for us if we do not give ourselves adequate time and space to recharge and rejuvenate. Stress manifests in ways that become increasingly apparent for us and those around us. You may become lethargic, attention span can be affected, often you notice a quickening of the pulse or heart rate and increased perspiration. These are just a few obvious signs that you're under pressure and that you need to consider taking timeout!

How can we avoid the potential negative effects of stress? Everyone has needs that are unique to them, however, there are a few 'sure fire' tips that seem to be universally recognised as "stress busters!"

- Leave work behind... If only for a short time! Try hard to shut up shop and enjoy a break. Easier said than done, yet if you choose to focus on something else, for example, a personal goal for the coming year... it will be easier to put distance between you and work.
- Get out of your comfort zone. Sometimes staying at home is no break at all, as you get hooked into completing those forgotten tasks. Even if it's only for a day, try getting away, to a beach, a bush walk, another space where there is no chance you can be tempted into focusing on your stuff!
- Set some goals for YOU: Not for work or for family or for anyone else: JUST FOR YOU! Our busy lives sometimes lessen the importance that we place on keeping ourselves happy.

The holiday season can provide us with a little of that secret elixir that will allow us to re-group, re-examine and rejuvenate so that we know exactly where we are heading in the New Year. Take some time to think carefully about the resolutions you make, don't take this job lightly...because life is what you make it...so let's make it GREAT! Happy New Year!

By Sara Chatwin, Registered Psychologist. This article is reproduced with kind permission, from the Nov/Dec Family Health Diary magazine.

TRACKS & WALKS

OTAKI GORGE WALKS

Getting there

Otaki Forks is 19km inland from Otaki township - approximately a 1½ hour drive from Wellington or Palmerston North. The easiest turn-off from State Highway 1 is at Otaki Gorge Road, just south of the State Highway 1 bridge over the Otaki River. The last 5km of the Otaki Gorge Road is unsealed, narrow and windy - please drive carefully.

About the area

Otaki Forks

Otaki Forks is the main western entrance to the Tararua Forest Park. The area has been developed for a wide range of activities.

Description

There are a number of short tracks that descend from Otaki Gorge Road into the gorge, giving access for picnicking, swimming, fishing and water sports.

Just below the Waiohanga Bridge there is a vehicle track that leads down to a swimming hole.

Just above the Waiohanga Bridge the Bridgeview Track leads down to the river.

Just above Pukehinau Stream the PEP (Programme Employment Project) Track leads down to the river.

Past Shields Flat a vehicle track leads down to the river and a private bridge.

There are other tracks leading down to the river past the big slip and just below the Otaki Forks.

Activities

- Activities with children
- Fishing
- Kayaking/canoeing
- Photography
- Rafting

Otaki Gorge offers a range of activities, on and around the water.

Plan and prepare

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.

OTAKI GORGE SHORT WALKS

Time: 40 min - 2 hr depending on route

Description

There are a number of easy short walks around the forks.

The Arcus Loop commemorates the Arcus family who farmed the Otaki Forks locality from the 1930's. The walk begins on Boielle Flat and crosses the Waiootauru River footbridge, then works its way across the river terraces and gullies as it climbs to join the Field Track, taking 50 min return. There are good views of the campground and river.

The Fenceline Loop is a 1.5 - 2 hr return trip that passes through regenerating forest above the campground and gives some good views of the Waiootauru Valley.

The Waiootauru Walk is an easy 40 min return walk from the Waiootauru carpark up-valley to the site and relics of Seed and O'Brien's sawmill.

Safety information

Always contact the nearest visitor centre for the latest information about facilities and conditions.

Wellington Visitor Centre

Phone: +64 4 384 7770

Kapiti Area Office

Phone: +64 4 296 1112

You deserve a medal, say Evers-Swindell twins

Porirua athlete Peter Hanson has added another medal to his collection, and he didn't even need to break a sweat.

The 71-year-old was presented with the Fonterra Anlene medal recently as part of Osteoporosis New Zealand's 'You Deserve a Medal' awards.

He has been nominated by Karen White, village co-ordinator at Summerset Aotea where Peter and his wife Nola reside.

Karen says, "I think Peter is truly inspirational because in his late fifties he used his fitness to overcome a serious medical condition [myxoma], he says that running saved his life."

Last year Peter celebrated his 70th birthday by running the London Marathon. He runs daily and is a member of the Olympic Harriers and Wellington Masters Athletics clubs. He has competed at a national level at athletic meetings, and is currently ranked second in his age group in the 800 metres.

Kapi-Mana News caught up with him in August following his showing at the Oceania Masters Games (see Master Copy volume 7 issue 4 page 16).

Peter was presented his award on October 22 by Osteoporosis New Zealand 'bone ambassadors' Caroline and Georgina Evers-Swindell.



Peter Hanson displays his Fonterra Award, presented by bone ambassadors Georgina and Caroline Evers-Swindell.

Osteoporosis New Zealand's 'You Deserve a Medal' programme aims to encourage older people to stay physically active - a key contributor to maintaining bone health.

Osteoporosis New Zealand director Julia Gallagher says regular exercise offers many benefits to people's health from an overall improved sense of wellbeing to helping prevent falls through improved balance and muscle strength.

Reproduced from the *Kapi-Mana News*, published Tuesday 4 November 2008.

* * * *

DOCTOR & RUNNER REWARDED

TWO Wellingtonians have been honoured for their outstanding contributions to the community.

Runner Melissa Moon and paediatrician Brendan Bowkett were presented with Rotary's highest award, the Paul Harris Fellowship, at a function in Wellington.

Moon's was for being an outstanding ambassador for her country through her skills as a leading athlete. The 38-year-old has won more than 20 national athletic, cross country and mountain running titles and has represented New Zealand internationally many times.

In 2001 and 2003 she gained the title of World Mountain Running Champion and during 2007 was the only southern hemisphere runner of 21 participants in the 95-day round-the-world Blue Planet Relay, promoting the availability of safe drinking water.

Her main priority now is caring for Wellington's 60 to 90 homeless people. Working for the Sisters of Compassion, she finds them housing and jobs, and arranges doctors' appointments and court appearances.

Dr Bowkett received his award for being a leading advocate and researcher in his field and, through advancing techniques and procedures, improving the quality of life among children, especially in the Wellington region, in the past 10 years.

Dr Bowkett also served five tours of duty in East Timor with volunteer teams from the Royal Australasian College of Surgeons.

He was the lead surgeon in the Wellington Hospital team that treated Alex Gonzaga from East Timor, removing a large tumour to save the 14-month-old boy's life.

Dominion Post, Monday 24th November 2008

Don't forget nominations for

WELLINGTON MASTERS

ATHLETICS INC.



SPORTSPERSON OF THE YEAR

It is time to put forward nominations for the Sportsperson of the Year Award.

Award:

Known as the Sportsperson of the Year Award.

Period Covered:

From 1 January to 31 December.

How Nominated:

Nominations may be made by Clubs, Centre Committees, and individuals or by athletes themselves.

Criteria for Award:

Achieving a medal at the WAVA or (WMA) Championships or World Masters Games.

Achieving a World Record or a World Best Performance.

Achieving a New Zealand Record or New Zealand Best Performance.

Achieving 90% or higher performance on the Age Graded Tables.

Achieving a meritorious performance or performances.

Closing Date:

The 20th January following the year for consideration.

Selection:

This is to be made by the Committee of Wellington Masters Athletics.

Presentation Date:

Either on the second day of the Wellington Masters Athletics Track and Field Championships in February following the year of consideration or at a special presentation dinner.

Form of Award:

A trophy has been donated by Jim and Colleena Blair and this year was awarded to Colleena Blair.

RESULTS

Wellington Masters 10k Road Run and Walk

Lower Hutt – Sunday 26 October 2008

Numbers were down this year on previous years with only 9 walkers and 17 runners taking part. With the race being on Labour Weekend, other events on the same weekend, and the bad weather probably contributed in the decrease in numbers. Fastest male walker was Kevin Watson, while Robyn McArthur held that honour for the women. Fastest runner was Grant McLean, with Fiona McCrudden the fastest woman over the distance.

| Walkers: Name | Club | Time | Place | Grade |
|------------------|----------|--------|-------|-------|
| Kevin Watson | Scottish | 62.10 | 1 | M50 |
| Robyn McArthur | | 63.05 | 1 | W45 |
| John Hines | Scottish | 70.34 | 1 | M70 |
| Melanie Watson | Scottish | 73.56 | 1 | W50 |
| Dorit Hahn | | 74.40 | 1 | W30 |
| Daphne Jones | Scottish | 76.11 | 1 | W65 |
| Margaret Bray | Scottish | 84.33 | 1 | W60 |
| Brian Read | WMC | 84.49 | 1 | M75 |
| Anne Dry | | 105.14 | 2 | W45 |
| Runners: | | | | |
| Grant McLean | Scottish | 31.45 | 1 | M40 |
| Des Young | Scottish | 38.50 | 1 | M50 |
| Paul Homan | Trentham | 38.53 | 1 | M45 |
| Dave Colquhoun | Scottish | 39.17 | 1 | M55 |
| Glen Wallis | Scottish | 40.35 | 2 | M40 |
| John Barrance | WHAC | 44.20 | 1 | M60 |
| Floro Astromomia | | 44.58 | 2 | M50 |
| Fiona McCrudden | Aurora | 45.06 | 1 | W35 |
| Richard Sweetman | Scottish | 46.12 | 2 | M60 |
| Ken Ritchie | Olympic | 46.46 | 3 | M60 |
| Brain Watson | Olympic | 51.55 | 1 | M70 |
| Tineke Hooft | Olympic | 53.58 | 1 | W45 |
| Ellie Brown | | 54.58 | 2 | W45 |
| John Ihaka | WMA | 55.28 | 2 | M55 |
| Jean Skelton | | 55.37 | 1 | W50 |
| Peter Hanson | Olympic | 55.39 | 2 | M70 |
| Peter Thomas | Trentham | 61.29 | 1 | M75 |

NZMA North Island Track and Field Championships

Mt Smart Stadium, Penrose – 28th November 2008

Only three Wellington entrants - Colleena and Jim Blair and Peter Hanson. Results as follows:

| | | | | | | | |
|------------------|---|----------------|---------|---------------------|----|----------------|--------|
| 100m | | | | Discus | | | |
| M70 | 2 | Peter Hanson | 15.94 | W75 | 1 | Colleena Blair | 13.45m |
| 200m | | | | M75 | 2 | Jim Blair | 23.63m |
| M70 | 2 | Peter Hanson | 34.74 | Javelin | | | |
| 400m | | | | W75 | 1= | Colleena Blair | 14.02m |
| M70 | 2 | Peter Hanson | 1:22.53 | M75 | 2 | Jim Blair | 24.93m |
| 800m | | | | Weight Throw | | | |
| M70 | 2 | Peter Hanson | 3:17.81 | W75 | 2 | Colleena Blair | 8.29m |
| High Jump | | | | | | | |
| M75 | 1 | Jim Blair | 1.20m | | | | |
| Shot Put | | | | | | | |
| W75 | 1 | Colleena Blair | 5.91m | | | | |
| M70 | 1 | Peter Hanson | 8.62m | | | | |

World Masters Track & Field Championships Finland

28th July - 8th August 2009

Travel options - all twin share prices

A. **Time saver** - travel direct to Finland. Airfare, Lahti Transfer & 13 nights Grand Hotel Lahti or Hotel Alex Park. We also hold 2 apartments at Apartment Hotel Lahden Koti. We may also have some school accommodation which will cost less.

Package costs are estimated to be \$4800 per person (to be finalized shortly)

Costs do not include taxes or fuel surcharges currently \$800-\$1200.

We may also have some school accommodation which will cost less.

B. **Pre Champs tour** - with training options.

1. **Stop in Bangkok** - training track available with possibility of some competition to sharpen up. Includes 3 nights at Patumwan Princess Hotel, airport transfers and city tour. **\$360.00**

2. **Denmark & Sweden Pre-Champs, 10 day acclimatisation tour.**

Thursday 16th July. Arrive in Copenhagen. BW Hebron Hotel three nights in Copenhagen, training track, facilities and equipment all arranged. The Tivoli Gardens are very close to the hotel and amazing, they are well worth a visit. Entertainment is provided at night.

Sunday 19th July. Coach to Jonkoping. Elite Stora Hotel 2 nights. Once again training track & facilities available, visit to the Husqvarna factory and museum which has operated since the 1600's. Originally manufactured firearms. Now chainsaws, tractor-mowers etc.

Tuesday 21st July. Coach to Stockholm. Scandic Park Hotel. Four nights. Ten minutes walk to the Olympic Stadium. Use of the track, throwing and jumping equipment available. Great sightseeing in Denmark & Sweden. Hotels are central and comfortable.

Saturday 25th July. Overnight Ferry across the Baltic, Stockholm to Helsinki. Coach to Lahti. Accommodation, Coach & Ferry - **\$1995.00**

3. **Day tours** in Finland on rest days. In the process of being arranged.

Visas required for New Zealand Australian & British nationals for Russia. Approx \$120.

After Champs Tour. Imatra & St Petersburg to Moscow Cruise 9th - 20th August

Sunday 9th August - depart Lahti for Imatra. We stay at the historic hotel Rantasipi Imatran. The town is famous for its rapids which run near the hotel.

Monday 10th August - Depart for St Petersburg to board our 130m cruise ship 150 cabins. Large scenic windows, ensuite, aircon, refrigerator etc. Cabins are Middle deck.

Upgrades: Boat deck \$150. Suite \$1200.

Downgrades: Main deck less \$120, Lower Deck, \$250

St. Petersburg - Moscow (11 days 10 nights) - depart 10th August

Day 1-3 St. Petersburg - Transfer airport - ship, bus city tour, Peter & Paul Fortress, Hermitage museum.

Day 4 Svirstroy - Free time, green stop.

Day 5 Kizhi - Open-air museum of wooden Architecture.

Day 6 Goritsy - Monastery of St. Cyril on the White Lake, Museum of icons.

Day 7 Yaroslavl - Bus city tour, Church of Elijah the Prophet, Savior - Transfiguration Monastery, territory of Possad, interactive tour of former Governor's House (Art Gallery).

Day 8 Uglich - Walking city tour, Kremlin, Church of St. Dmitry on the blood, Transfiguration cathedral.

Day 9-11 Moscow Bus city tour, Kremlin + 1 cathedral, Novodevichy Monastery (territory), transfer ship - airport.

Included services:

• Luggage handling • Full board (three meal daily) including dinner upon arrival and breakfast on departure day • Welcome "bread and salt" ceremony.

• Captain's welcome cocktail reception.

• English\French\German\Spanish\Italian speaking board guides • On board entertainment including Russian language course and Russian songs lessons, live music concerts, dancing music in bars nightly, Captain's bridge tour, etc. • Included excursion programme (in Moscow and St. Petersburg all tour buses are air-conditioned). - Captain's Farewell dinner (special menu). Transfer to Airport.

Not included services:

• Additional drinks and mineral water in ship restaurant and bars • Optional tours • Tips for the crew and ship staff.

Coach to St Petersburg, overnight Imatra. Cruise to Moscow \$2950.00 share twin.

Deposits: World Champs: \$400 - Pre champs Tour \$300. Russia cruise tour \$300.

Cheques preferred - For Credit cards add 2%.

For further information contact Roy Skuse:

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WE NEED YOU!

Athletics Officiating is Fun and Right Now we need Timekeepers, Measurers, Checkers, Result Recorders and more become an official because officiating means:

- **The best seat in the house to watch and support Runners, Walkers, Jumpers and Throwers**
- **Opportunities to travel and meet new friends, and enjoy the camaraderie of the athletics culture**
- **To experience and share the pleasure of seeing athletes compete, and improve their best performances**
- **To help perform an interesting variety of tasks for our athletes, who also enjoy their sport**
- **You can come and join our team of Wellington Centre volunteers**
- **You can become a track, road, cross country, jumps or throws judge and see it all from close up**
- **Come on Give it a Go! You will be made MOST WELCOME!**
- **You will ENJOY THE CHALLENGE!**

***Come and Join the Wellington Centre
Athletics Officials***

For more information contact Bruce Perry on

Telephone 04 473 0877

The Wellington Centre is short of officials at the present time owing to retirements, officials moving away from the area and others moving on to other interests. To successfully hold a big meeting at Newtown Park the Centre needs 85 officials to run the meeting successfully. Please give serious consideration to becoming an official of the Wellington Centre.

GOLD COAST MARATHON 2008

This year's Gold Coast Airport Marathon celebrated its 30th year with record numbers, great elite racing, jubilant finishers of all ages and abilities, plenty of colour and crowds, and some amazing stories.

The final entry total was 21,010 participants across all the events on race day, with more than 18,850 making it to the finish line.

Some key statistics to put this year's event and its growth into perspective:

- The overall entry increase of 4,828 was the largest increase in any one year (30% up on last year).
- There were 7,188 participants from outside Queensland including 2,481 from overseas.
- All of the events on race day had record participation.
- 21,010 was the largest field ever assembled for an Australian marathon event.
- The full marathon (3,935) had the second largest field assembled in an Australian marathon, only behind the 2000 Host City Marathon in Sydney.
- This year's field was more than triple the field in the 2000 Gold Coast Airport Marathon which drew approximately 7,000.

In other milestone and interesting results:

- The female winner of the Gold Coast Airport Marathon Shireen Crumpton, from New Zealand, became the first repeat female winner of the marathon in 22 years. Shireen also won in 2003, and it hasn't been since Margaret Reddan's win in 1986 that a female has won in more than one year.
- Gold Coast runner Michael Shelley's win in the Asics Half Marathon was his fourth victory at the Gold Coast Airport Marathon adding to his three 10km Run wins (2004, 06, 07). The only other runners to have won four times on the Gold Coast include Pat Carroll (6), Kylie Risk (5) and Margaret Reddan (4).
- The one Race Record to be set on Sunday was by Katelyn Simpson who clocked 13:19 to win the 4km Junior Dash, breaking her own record set last year by 51 seconds. The win was also Katelyn's third straight in that race.
- The inaugural winner of the Gold Coast Marathon in 1979 was Eric Sigmont. Eric returned for the event's 30th year and clocked 3:57:11 at age 59.
- This year's event took the number of finishers in the 30 year history of the event to almost 200,000.

- Erin Sprague, who was attempting a Guinness World Record to become the youngest woman to complete a marathon on all seven continents, crossed the line in the 42.195km race in 3:55:55.
- The youngest entrant in the field, Patrick Bogner from Newcastle, who turned five on race day, finished 423rd in the 2.25km Junior Dash in 16:49.
- The oldest entrant in the field, Joy Ward from Ipswich, turned 87 on race day and finished 6,267th in the Asics Half Marathon in 3:59:26.
- New Zealander Margaret Cribbens attended the event with more than 50 members of the Auckland YMCA Club to celebrate her 80th year. Margaret ran the full marathon and finished 3,658th overall in a time of 7:09:02 - less than one minute inside the cut-off time.
- Queensland Premier Anna Bligh completed the Asics Half Marathon in 2:26:33, while new Gold Coast Tourism CEO Martin Winter finished that race in 1:56:43.

* * * *

One day an Irishman, who has been stranded on a desert island for over ten years, sees an unusual speck on the horizon. That's certainly not a ship, "he thinks to himself. As the speck gets closer and closer, he begins to rule out the possibilities of a small boat, then even a raft. Suddenly, emerging from the surf comes a drop dead gorgeous blonde woman wearing a wet suit and scuba gear.

She approaches the stunned man and says to him, "Tell me how long has it been since you've had a cigarette?"

"Ten years," replies the Irishman. With that, she reaches over and unzips a waterproof pocket on her left sleeve and pulls out a pack of fresh cigarettes. He takes one, lights it, takes a long drag and says, "Faith and begorah! Is that good!"

"And how long has it been since you've had a sip of whiskey?" she asks him.

Trembling, the castaway replies, "Ten years." She reaches over, unzips her right sleeve, pulls out a flask and hands it to him. He opens the flask, takes a long swig and says, "Tis absolutely fantastic!"

At this point she starts slowly unzipping the long zipper that runs down the front of her wet suit, looks at the man and asks, "And how long has it been since you've played around?"

With tears in his eyes, the man falls to his knees and sobs, "Sweet mother of Jesus! Don't tell me you've got golf clubs in there too?"

- COMING EVENTS -

2009

Feb

14 Buller Gorge Full & Half Marathon Westport

March

1 Taupo Ironman Taupo
15 Round the Vines Fun Run & Walk Martinborough

April

20 Boston Marathon Boston
26 Flora London Marathon London

May

2 45th Rotorua Marathon Rotorua
3 Nelson Half Marathon Stoke
10 Masters Classic Relay Trentham Memorial Park

July

5 Gold Coast Full and Half Marathons & 10km Gold Coast, Queensland
26 Johnsonville 8km Road Race and Walk Olympic Harrier Clubrooms

28 July -

8 Aug World Masters Track & Field Championships Finland

Nov

1 Lower Hutt 10km Road Race and Walk Huia Pool

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.

CENTRE RECORDS:

WHEN KATHRYN FRASER WAS RESIDENT IN WELLINGTON SHE USED TO KEEP THE WELLINGTON CENTRE RECORDS FOR US. AT PRESENT KATHRYN IS STILL KEEPING TRACK OF ANY RECORDS THAT ARE SET AT ANY OF THE MEETINGS HELD IN THE CENTRE. SHE SENDS THE RESULTS TO THE COMMITTEE FOR RATIFICATION ON A REGULAR BASIS. IT WAS FELT THAT SOMEONE IN THE WELLINGTON CENTRE SHOULD BE IN CHARGE OF THIS FUNCTION SO WE ARE LOOKING FOR SOMEONE TO TAKE ON THE ROLE OF KEEPING THE CENTRE RECORDS. IF YOU ARE INTERESTED IN THIS ROLE PLEASE CONTACT ONE OF THE COMMITTEE MEMBERS. IN THE MEANTIME KATHRYN IS STILL WILLING TO KEEP ON UPDATING ANY RECORDS THAT ARE BROKEN/SET BUT HAS ASKED THAT IF ANY MASTER ATHLETE FEELS THAT THEY HAVE SET A RECORD TO LET KATHRYN KNOW AFTER GETTING THE APPROPRIATE PAPER WORK SIGNED OFF. THIS WILL MAKE HER JOB A LITTLE EASIER.

WALKERS:

THE INTEREST IN WALKING OVER THE PAST 12-18 MONTHS IN THE WELLINGTON CENTRE HAS GROWN TWO-FOLD THROUGH THE EFFORTS OF BART JONES AND DAVID LONSDALE. IF YOU ARE INTERESTED IN FINDING OUT MORE ABOUT WALKING OR WHAT THEY HAVE TO OFFER VISIT THEIR WEBSITE AT:

<http://www.wellingtonwalkers.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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