

THE

MASTER

COPY

Newsletter of the Wellington Masters Athletics Inc.

Volume 8 Issue 1

March 2009



President Brian Watson presenting the Wellington Masters Athlete of the Year trophy to 2008 recipient Jim Blair at the luncheon adjournment on the first day of the Wellington Masters Track and Field Championships held at Newtown Park on Saturday 14th February.

WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2008-09

EXECUTIVE:

President:	Brian Watson	971 1351
VPresident:	John Palmer	479 2130
Secretary:		
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

IN THIS ISSUE . . .

Club Co-ordinators	2
Editorial	3
Bits & Pieces	4
10 Tips for Safe Cycling	5
Tips for becoming a Roadie	6
Recipe & Masters Indoor Champs	7
Spirit of the Marathon	8
Foot Roadworthy	9
Massage Therapy & Preventing Diabetes	10
The Athlete's Kitchen	11
Health	13
Tracks & Walks - Walking Access Act	14
Walkers Ekiden Relay & Sun Tips	15
Results - Masters T&F Champs	16
Training	17
Miscellaneous Bits	18
Coming Events	19

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 6037	971 1351
VICE PRESIDENT:	John Palmer	122 Onslow Road, Khandallah, Wellington 6035	479 2130
SECRETARY:			
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	973 6741
EDITOR:	John Palmer	122 Onslow Road, Khandallah, Wellington 6035	479 2130
MASTERS RECORDS:	Kathryn Fraser	22 Wai-iti Road, Timaru 7910	

CLUB CO-ORDINATORS

CAPITAL RUNNERS:		PO Box 1973, Wellington 6140	
H V HARRIERS:	Don Brodie	30 Sunshine Crescent, Kelson, Lower Hutt 5010	565 0705
H V MARATHON:	Trevor Knowles	105 Major Drive, Kelson, Lower Hutt 5010	565 0294
KAPITI:	John Hammond	148 Wellington Road, Paekakariki, Kapiti 5034	04 292 8030
KIWI:			
OLYMPIC:	Brian Watson	96 Beazley Avenue, Paparangi, Wellington 6037	971 1351
RIMUTAKA:	Mike Clark	128 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 6011	384 3231
UNIVERSITY:	Richard Brandon	PO Box 6108, Wellington 6140	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

EDITORIAL

The following is the short speech that Wellington Masters President Brian Watson gave at the presentation to Jim Blair of the Wellington Masters Athlete of the Year trophy (see photo on front of issue).

"In the year 2000 this trophy was first presented as an annual trophy to honour a member of our Masters Association. This year I have great pleasure in presenting this trophy to Jim Blair.

I have had a long association with Jim over the past 30 years, and during that time I have known him to be a consistent performer in track and field events, Masters events etc, soccer and other sports.

During the past year Jim competed in the World Indoor Championships achieving a third place in the High Jump. At the Oceania Games in Townsville, Australia, he got medals in all his events achieving 3 Gold (long jump, javelin and high jump) and a Silver in the discus.

As well as being a great achiever, Jim is a great ambassador for Wellington Masters and a good friend to many of our members, and a great inspiration to us all.

Jim, we wish you many further achievements and we will continue to watch you win many more Gold medals in the future.

Brian Watson, President."

Our next event is the Masters Classic Relay to be held on Sunday 10th May at Trentham Memorial Park. Entry forms should be out with the club coordinators in the very near future. This year we are opening the event up to senior runners in an attempt to try and boost the number of teams participating and we are looking at sending entry forms to the other Centres of Hastings, Wanganui and Palmerston North.

Later in the year, the committee will look at the Wellington Masters Track and Field Championships programme to see if we can come up with a programme that is more suitable and more friendly with our master's athletes.

John Palmer

Editor

Printlink, Wellington

Kind sponsors and printers of "The Master Copy" magazine.

33-43 Jackson Street, Petone - Telephone: 04 576 5151

BITS and PIECES

Membership

Since the last newsletter, our membership now stands at 80 members. A warm welcome is extended to new members Nyla and Grant Carroll; Murray Taylor (WMA); Bill Childs (WMC); Philip Jensen (LHAAC); and Peter Jack (Kiwi).

* * * * *

Vacancy - Secretary

Owing to work commitments, Toni Romanos has had to resign as Secretary of Wellington Masters Athletics. We are now on the lookout for someone who would be prepared to step in and fill this important role. The task isn't too onerous - the committee meets on the second Monday of each month at the Wellington Scottish Athletics Clubrooms at 5.30pm. The meetings are reasonably short and are usually over by 6.45pm. If you are interested in finding out more about this role please contact the President, Brian Watson on 04 971 1351 or Vice President John Palmer on 04 479 2130.

* * * * *

NUTS and SEEDS

Although seeds and nuts are high in fat, the fat they do contain is 'unsaturated' - so "good" for you. Nuts have been shown to lower the "bad" (LDL) cholesterol and total cholesterol in the blood - this is protective for the heart.

But there is more to seeds and nuts than fat - they are a great source of protein and fibre as well as vitamin E, magnesium, calcium, zinc and other nutrients.

LSA, a ground mixture of Linseed (Flaxseeds), Sunflower seeds and Almonds, is a fantastic way to sprinkle goodness into your day.

Linseeds (sometimes known as Flaxseeds) - are rich in alpha linolenic acid (ALA), an omega 3 fatty acid. It has been reported that the nutrients contained within linseeds are better absorbed from ground rather than whole state. Omega 3 fats can:

- Help reduce inflammation
- Promote bone health by preventing excessive bone-turnover
- Reduce the formation of blood clots
- Reduce blood pressure
- Help relieve constipation
- Stabilize blood sugar levels.

Sunflower seeds are an excellent source of the fat-soluble antioxidant vitamin E. Vitamin E neutralises free radicals that potentially damage the cells of the body.

This vitamin also has significant anti-inflammatory effects. The high amount of magnesium found in sunflower seeds is very beneficial to the body because it is important for bone and nerve health. A DNA-repairing nutrient contained within sunflower seeds is selenium. Selenium is deficient in NZ soils so eating sunflower seeds is an easy way to off-set deficiency.

Almonds are technically NOT nuts, they are a fruit. Almonds are high in mono-unsaturated fat that is actually very good for you heart. There are 20 flavonoids identified in the skin of almonds - a huge anti-oxidant boost for the body. Almonds also contain calcium for the bones.

* * * * *

New Seat Belt Law

Becomes effective April 01, 2009

New Seat Belt Law - The National Highway Safety Council has done extensive testing on a newly designed seat belt. Results show that accidents can be reduced by as much as 45% when the belt is properly installed. Correct installations illustrated below...



10 TIPS FOR SAFE CYCLING

1 Be safe, be seen

Wear high visibility clothing, and always use a bright front and rear light at night and in poor lighting. Ensure an approved helmet is correctly worn at all times.

2 Obey traffic signals

Cyclists must drive like other vehicles if they are to be taken seriously by motorists. For your own safety, never run a stop sign or red light.

3 At intersections

Get in the middle of the lane at busy intersections and use the same turn lane as the vehicle. If going straight, be wary of turning vehicles.

4 Go with the flow

Always ride in the same direction as traffic, never in the oncoming lane or on the footpath (unless there is a shared pathway).

5 Scan ahead for hazards

Always look for potholes, glass, drain gratings, pedestrians or drivers who have not seen you.

6 Stay in the lane of traffic

If you have moved left to the kerb between parked cars motorists may not see you when you move back into the lane of traffic.

7 Use hand signals

Be predictable and signal as a matter of law, courtesy and self-protection.

8 Take the road less travelled

Go for roads with designated cycle lanes, less traffic and lower speeds.

9 Never ride with headphones

Riding with headphones means you are less likely to hear traffic approach from behind and to your side. Stay aware of your surroundings.

10 Be considerate

For your own safety, obey road rules, be predictable and be courteous to other road users if you expect this in return.

For more information or a copy of this brochure, call 499 4444.

* * * *

Advice for visiting the South Island:

1. Pull your pants up. You look like an idiot.
2. Turn your cap right, your head ain't crooked.

3. Let's get this straight: it's called a 'gravel road.' I drive a Ute because I want to. No matter how slow you drive, you're gonna get dust on your Lexus. Drive it or get out of the way.

4. They are sheep. That's why they smell like sheep... They represent wool & food to us. Get over it. Don't like it? SH1 goes north, find it.

5. So you have a \$60,000 car. We're impressed. We have \$350,000 tractors that are driven only 3 weeks a year.

6. Every person in the South waves. It's called being friendly. Try to understand the concept.

7. Yeah. We eat trout, salmon, deer and duck. You really want sushi and caviar? It's available at the corner bait shop.

8. The 'Opener' refers to the first day of duck season. It's a religious holiday, we will observe it!

9. We open doors for women. That's applied to all women, regardless of age.

10. No, there's no 'vegetarian special' on the menu. Order steak, or you can order the Chef's Salad and pick off the 2 pounds of ham and turkey.

11. When we set a table, there are three main dishes: meats, vegetables and breads. We use three spices: salt, pepper, and Watties Tomato sauce!

Oh, yeah we don't care what you folks in Ponsonby call that stuff you eat. IT AIN'T REAL CHILI!!

12. You bring 'Coke' into my house, it better be brown, wet and served over ice. You bring 'Mary Jane' into my house, she better be cute, know how to shoot, drive a truck, and have long hair.

13. High School Rugby is as important here as the All Blacks, the Highlanders and the Crusaders and a heap more fun to watch.

14. Yeah, we have golf courses. But don't hit the water hazards it spooks the fish.

15. Turn down that blasted car stereo! That thumpity-thump cr@p ain't music, anyway. We don't want to hear it anymore than we want to see your boxers! Refer back to #1!

* * * *

A WEEK OF IT

Cameron Brown's Training Diary

Monday: Swim 5.5km; cycle 120km; run 10km

Tuesday: Ocean swim 4.5km; run 22km; cycle 60km

Wednesday: Cycle 180km; run 15km; swim rest day

Thursday: Swim 5.5km; run 21km; ride 60km

Friday: Swim 5.5km; run 12km; weights 45 mns; cycle rest day

Saturday: Ride 200km; run 15km; swim rest day

Sunday: Run 34km; cycle 45km; swim rest day.

Tips for becoming a roadie



Oh those silly roadies!

As a mountain biker, you have no doubt noticed an entirely different kind of rider from time to time: the road cyclist. You have probably heard that many pro mountain bikers train on the road, due to the improved power, stamina, and pedalling technique road cycling yields.

Perhaps you've noticed how elegant and svelte a good road bike looks, and have thought to yourself 'I wouldn't mind riding on the road.'

Well, good for you.

However, my mountain biking friend, there are seven vital things you should know before you hit the road, so to speak.

1. Your bike is different

As a mountain biker, you are used to putting your back into it when you need to lift the thing onto a bike rack, over a log, or so forth. My own preferred method is to use the 'Clean and Jerk.' If you use similar force when lifting a road bike, there's a good chance you'll accidentally throw it over a building.

Also, you need to pump the tires up harder. Much harder. No, even harder than that. Generally, in fact, it takes the weight of two or three 'roadies' (an endearing term road cyclists like to call themselves) to push down hard enough on a standard floor pump to get the tires to the proper pressure.

How do you know when a road tire is inflated to the proper pressure? The answer is simple: it's hard enough when one single more stroke of the pump will blow it off the rim. The real art is, naturally, in knowing whether you've reached that point.

2. The terrain is different

When you are mountain biking, you naturally are inclined to look for interesting obstacles to ride over -- roots, rocks, fallen logs are all part of the fun. On a road bike, on the other hand, anything but perfectly smooth pavement is a potentially life-threatening danger, and must be avoided at all costs. Further, if you are ahead of another cyclist, you must use elaborate hand gestures to indicate that there is - horrors! - a pebble 75 metres up the road.

3. Words you know have different meanings

Since roadies and mountain bikers have a common heritage, it's no surprise that they share some vocabulary. It's also no surprise that the variance in meaning in some of that vocabulary can get you into trouble.

For example, if a mountain biker says a ride is 'technical', you can assume that there is loose shale, several ledge drops, high-penalty (e.g., death) exposure on one side of the trail, or slick, mossy roots twisting along the single track. If a roadie calls a ride 'technical' on the other hand, it most likely means that there is a roundabout somewhere in the ride.

As a second example, when a mountain biker talks about going on a 'group ride', it means that a bunch of friends got together, regrouped at junctures of the ride, talked as they were riding, and probably had a beer or twelve together after the ride. When roadies have a 'group ride', on the other hand, riders are expected to ride in a tight formation, paying strict attention to the gap between your front tire and the rear wheel ahead of you. The gap should be no more than four inches. After the obligatory ten minute warm-up, it becomes each rider's dual purpose to drop every other rider, while not being dropped yourself.

4. Beware of triathletes

As a mountain biker, you've always been deeply suspicious of triathletes. As a road cyclist, you will find out you were correct to be so, and you will find out why. Triathletes will try to infiltrate your ranks and join your rides, then demonstrate that they have no idea of how to ride in a group, and very little control of their direction of travel.

Most importantly, though, they wear these short shorts and tank tops that are just plain creepy.

5. You must now keep your bike clean

On a mountain bike, dirt is a badge of honor. A little mud on the downtube tells other riders that you're not afraid to ride in the rough stuff. On a road bike, on the other hand, if your bike isn't 15 percent cleaner than when you bought it, you are a slovenly ne'er-do-well who cannot be trusted.

6. Your body needs to change

As a mountain biker, you've no doubt noticed it's quite helpful to have not just strong legs, but strong arms as well. Roadies, on the other hand, regard their arms as a necessary evil, their sole function being to keep their chests from falling onto the bike's stem.

It's a well-known fact that roadies bind their arms to their sides when not riding bikes, doing everything they can to facilitate the atrophy of these non-contributing limbs.

7. What you look at changes

When mountain biking, you have no doubt been astounded at the beauty around you - the trees, the streams, wildlife, beautiful sandstone vistas. As a road cyclist, you will also find yourself occupied with things to look at, such as the pavement. Or, if you're riding in a group, you'll be treated to the constant, unavoidable sight of the butt of the guy riding ahead of you. And cars flying by you, yelling out helpful suggestions about what you should do and to whom, as well as their understanding of whether you belong on the road (their stance is that you do not).

It's breathtaking, frankly.

As you can clearly see, road cycling has numerous exciting different experiences to offer the mountain biker.

I'm sure you can hardly wait to try it out.



RECIPE

FISH WITH CHEESY PEA MASH

Time to make – 35 minutes.

Ingredients:

4 x 200g potatoes
 250g packet frozen green peas
 2 tablespoons light sour cream
 ¼ cup grated parmesan
 Black pepper, to season
 Olive oil spray
 4 x 150g firm white fish fillets such as snapper or hoki
 4 cups salad greens
 ½ red onion, sliced
 Lemon wedges, to serve

Method:

Step 1: Boil potatoes for 15 minutes or until tender, adding peas in the last 5 minutes of cooking. Drain and mash. Stir in sour cream and parmesan. Season with pepper. Keep warm.

Step 2: Spray a frying pan with oil and heat over a medium heat. Cook fillets 4-5 minutes each side. In a salad bowl, combine greens with onion.

Step 3: Divide mash among serving plates. Top with fish. Serve with salad and lemon wedges.

Serves 4

* * * *

World Masters Athletics Indoor Track & Field Championships

**Kamloops Canada
 1st – 6th March 2010**

Great Venue, Great Facilities, Great Accommodation.

The championships are being held at the University, 200m 6 lane indoor track, pole vault and high jump areas, indoor jump pits and throwing areas. Plus all outdoor athletic facilities.

Programme also includes, 8km cross country, 10km road walk and half marathon.

Excellent self contained 2 bedroom University accommodation which is close to the city free buses are part of the deal.

Costs and more information available shortly

Contact Roy Skuse to get in the loop.

Email: roy@netfares.co.nz

PO Box 57 Gisborne NZ – Phone 64 6 868 7700.

See Outback Canada

Option of 10 day tour after the Champs, coach to Jasper, 2 nights, train to Prince George (overnight stop) and Prince Rupert, 2 nights then ferry to Vancouver Island coach to Victoria, 3 nights, visit Butchart Gardens etc.

Stadia

Gender	Event
M & W	60m / 200m / 400m / 800m
M & W	1500m / 3000m
M & W	60m Hurdles
M & W	4 x 200m Relay
M & W	3000m Track Race Walk
M & W	High Jump
M & W	Pole Vault
M & W	Long Jump
M & W	Triple Jump
M & W	Shot Put
M & W	Weight Throw
M & W	Indoor Pentathlon

Non Stadia

Gender	Event
M & W	8 km Cross Country
M & W	10 km Road Race Walk
M & W	Half Marathon
M & W	Hammer Throw
M & W	Discus Throw
M & W	Javelin Throw

* * * *

FACT: Running faster at shorter distances can improve longer distance times

- * To run a faster marathon, train to run a faster half marathon.
- * To run a faster half marathon, train to run a faster 10km.
- * To run a faster 10km, train to run a faster 5km.
- * To run a faster 5km, train to run a faster 1500m.

From *Running a Year Round Plan* by Jeff Galloway

* * * *

Why am I nauseous at the end of a race or run?

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

From *Running Testing Yourself* by Jeff Galloway

SPIRIT OF THE MARATHON

FIRST MAJOR FEATURE FILM ABOUT MARATHON RUNNING

LAUNCHING IN NEW ZEALAND ON MARCH 19

ICONIC NEW ZEALANDERS SHOWCASED

Four years in the making, SPIRIT OF THE MARATHON is the first ever non-fiction feature film to capture the drama and essence of the marathon, the famed 42.2 kilometre running event.

Filmed on four continents, the movie brings together a diverse cast of marathon luminaries, and great and ordinary athletes alike. It particularly follows six unique runners as they train for and run the Chicago Marathon. As the six stories unfold, we are drawn in to their personal dramas as well as the larger landscape of the global marathon movement.

More than a sports movie, SPIRIT OF THE MARATHON is an inspirational journey of perseverance and personal triumph. It is a spectacle of beauty and tremendous power that will be embraced by runners and non-runners alike.

SPIRIT OF THE MARATHON is in cinemas nationwide March 19. Special gala openings will also take place on March 12 at the Reading Cinema in Queenstown, March 18 at the Paramount in Wellington.

To celebrate the New Zealand launch of SPIRIT OF THE MARATHON, producer Jon Dunham and associate producer Melissa Leggett have traveled to New Zealand to appear in person at several galas. They are available for interviews from 9 March - 21 March.

People in running don't let any grass grow under their feet! While in Queenstown, Dunham and Leggett will also compete in the 50km mountain bike race of the famed Motatapu Icebreaker on March 14 and Robinson and Switzer will be race announcers.

ALSO FEATURING:

Rod Dixon's New York City Marathon triumph.

Kathrine Switzer under attack during the Boston Marathon.

The Running Professor, Roger Robinson of Wellington.

PLUS:

World record breaker Paula Radcliffe.

Unforgettable scenes from Kenya, Japan and New York City.

The greatest in-race footage ever of a 40,000-runner marathon.

SPIRIT OF THE MARATHON - gala screening

Wednesday 18 March: Gala launch, Paramount Theatre, Wellington, 6:30pm.

Tickets on sale now!

Info and discount rates on group bookings:
kate@paramount.co.nz or 04 384 4488.

For more information on SPIRIT OF THE MARATHON:

www.marathonmovie.com

www.rialtodistribution.com

* * * *

Three women friends, one in a casual relationship, one engaged to be married and one a long-time wife, met for drinks after work. The conversation eventually drifted towards how best to spice up their sex lives. After much discussion, they decided to surprise their men by engaging in some S&M role playing.

The following week they met to compare notes. The single girl said "Last Friday at the end of the work day I went to my boyfriend's office wearing a leather coat. When all the other people had left, I slipped out of it and all I had on was a leather bodice, black stockings and stiletto heels. He was so aroused that we made mad passionate love on his desk right then and there!"

The engaged woman said, "That's pretty much my story! When my fiancé got home he found me waiting for him in a black mask, leather bodice, black hose and stiletto pumps. He was so turned on that we not only made love all night, he wants to move up our wedding date!"

The married woman said, "I did a lot of planning. I made arrangements for the kids to stay over at Grandma's. Took a long scented-oil bath - I slipped into a tight leather bodice, a black garter belt, black stockings and six-inch stilettos. I finished it off with a black mask, ready for action..." When my husband got home from work, he grabbed a beer and the remote, sat down and yelled, "Hey, Batman, what's for dinner?"

* * * *

Mark in your Diaries:

Masters Classic Relay

Sunday 10th May 2009

Trentham Memorial Park at 10am

FOOT ROADWORTHY

After many kilometers of running your feet can start to feel the strain. Like with your car you should give them a bit of extra care by going to see a Podiatrist for a check up. Podiatrists are not just about orthotics; they can also help you with persistent skin or nail trauma and irritation. This article covers some of the ways that a Podiatrist can help you make your feet happy again.

Skin and Nail Care

Typically runners get more skin lesions on their feet than the average person. This commonly includes hard skin (calluses), corns, fissures (cracks), blisters and bleeding under the skin. In growing toenails may also cause problems.

Such lesions are generally due to increases in foot pressures combined with shear (sideways movement) forces and prolonged activity. The forces generated are influenced directly by factors such as foot shape, footwear fitting and lower limb biomechanics.

All of the above can be treated and removing the cause is a big aspect of this. The best way to remove the cause is to know why we get such problems.

Corns and Calluses

Corns are really central areas of hardened skin, which can be particularly painful however; corns and calluses can be reduced (pared down) professionally and avoided in the longer term if the cause is also removed.

Fissures

Fissures are really cracks in the skin and are particularly common on the heels. If they are left to get too deep they can become infected and will then be much more troublesome to manage. Some people are more susceptible to heel fissures and should seek treatment before deepening.

Blisters

Blisters can be a common occurrence in the runner but should not be underestimated as they can be the cause of great pain and even end a very good run! If you are getting blisters it may be a good idea to seek advice before they ruin your running.

A Podiatrist is especially trained in the diagnosis and treatment of skin lesions of the foot and a consultation with a Podiatrist may throw some light on any skin issues you may be having.

In-Growing Toenail

An in-growing toenail is a relatively common complaint especially amongst the more active population. Classically the big toenail (although lesser toes can be affected) will irritate the soft tissue either side of the nail adjacent to it. There are various causes of an in-growing toenail such as:

- Excessive clipping of the edges of the toe.
- Ill-fitting footwear.
- Abruptly/acutely curved nail.
- Wide nail.
- Trauma.
- Fungal nail infection.

Typically the big toe will present initially with inflammation and swelling around the margins of the nail irritation into the soft tissue. This can be painful and may develop exudation of fluid or even bleeding around the affected area. This can further develop into an infection of the toe if the condition isn't treated successfully.

In runners it is particularly relevant to have a correctly fitting running shoe with room for the Hallux (big toe) to move forward with each foot strike. This would mean having a gap at the front of the shoe, when assessed weight bearing, of at least 1cm. Even mild pressure from shoe gear can cause enough irritation to develop an in-growing toenail. In addition to this, thickening of the nail is common in toenails subjected to repetitive minor irritation from shoes and this itself is also a risk factor for an in-growing nail to develop.

Treatment

Podiatrists are trained extensively in the various management strategies of an in-growing toenail including:

Conservative Treatment

This consists of clipping away the side of the nail adjacent to the skin causing the problem. However, due to the pain and swelling often associated with the condition it is not always possible to do this without a local anesthetic to make the toe numb. In addition to this, recurrence of the condition is common following initial onset.

Nail Surgery

The surgical removal of a piece of the offending nail under local anesthetic provides a permanent solution to the problem of an in-growing toenail. Due to the often difficult nature of managing an ongoing problem with in-growing toenails it is desirable to have the problem eradicated permanently with a simple surgical procedure performed under local anesthetic by your Podiatrist.

continued on next page

Continued from previous page . . .

The procedure consists of an injection of local anesthetic into the sides of the toe similar to that used by a dental surgeon. The injection provides numbness in the toe allowing the Podiatrist to remove a section of the nail away from the area. This creates a small 'gap' between the nail and soft tissue removing any irritation of the toe and leaving the nail looking perfectly 'normal' once healing has taken place. Recurrence of an in-growing nail following nail surgery by a Podiatrist is very low indeed and provides a total solution to an often difficult and painful condition.

* * * *

MASSAGE THERAPY - What are the benefits to Runners?

Encourages blood flow to the muscles - oxygen and nutrients are brought into the muscles.

Assists in the removal of waste products and toxins (eg lactic acid) - a build up of waste can cause pain, "heaviness" and disrupt the functioning of the muscles.

Breaks down adhesions and scar tissue - micro tears (caused by everyday training) and muscle injuries are repaired by thick collagen (protein) fibres (much like a scab on a surface cut). Excessive fibres, which lie across the direction of the muscle fibres, hinder the muscle from contracting and stretching properly.

Reduces muscular spasm and tension - relaxes muscles to enable them to function properly and without pain.

Assists in the natural process of soft tissue healing can reduce swelling and spasm, encourage nutrients and oxygen for repair, breakdown excessive scar tissue.

Stimulates muscle tone - some techniques (tapotement) can stimulate the nervous system, preparing the muscle for action.

What is Sports Massage?

An educated application of a diverse cross section of massage techniques, in parallel with an athlete's training/competition programme, to enhance sporting performance, physiologically and psychologically.

It is **not** a single, one-off session, but a series of massages interwoven into the athlete's training programme to assist in maximizing the sporting performance.

It is **not** a system, but is an individually, tailored programme for the specific goals/needs of the athlete.

It is **not** deep-tissue techniques, but a whole range of techniques applied appropriately throughout the athlete's training programme.

It is **not** a "treat" before or after an event, but continuous care to aid the recovery process of the athlete's body during training and competition.

As a Matter of Interest . . .

Massage has been linked to sport for many centuries. Although having been in use since ancient Roman times, massage in sport underwent a resurgence after Lasse Viren, a Finnish distance runner, attributed part of his success of winning gold medals in both 5,000m and 10,000m at the 1972 Munich Olympics to receiving daily deep tissue massage.

Many athletes of all sports and abilities now use massage as an integral part of their lifestyle, none more so than cyclists! In 1987, Dr Jack Harvey, medical director of the Coors Classic cycle race was quoted as saying "... most of the professional cyclists value their massage therapist more than they value any medical care that is offered to them. They frequently seek the advice of their massage therapist first. If the injury is serious, then they may see a physician, and they will weigh the advice of their physician against the advice of the massage therapist."

* * * *

Preventing Type 2 Diabetes

Type 2 diabetes occurs when the production of insulin is a bit sluggish or the body is resistant to insulin.

The body needs insulin to help with the regulation of the metabolism of carbohydrates and fats, especially of glucose to glycogen. Being overweight is often the cause of the body's resistance to insulin, and can trigger Type 2 Diabetes.

It is a progressive condition, in that the pancreas continues to get more sluggish over time. Type 2 Diabetes can be treated with weight loss and regular physical activity.

To help preventing the onset of diabetes it is important to make good food choices.

See www.diabetes.org.nz for more information.

Currently 165,000 New Zealanders are living with Type 2 Diabetes.

* * * *

"Every day I get up and look through the Forbes list of the richest people in America. If I'm not there, I go to work".

Robert Orben

THE ATHLETE'S KITCHEN

Copyright: Nancy Clark, MS, RD, CSSD - January 2009



Body Image and Athletes

Question: What are two things dogs and athletes have in common?

Answer: One, both dogs and athletes love to exercise. Two, they both come in different sizes and shapes.

Question: What is one thing dogs and athletes do NOT have in common?

Answer: Dogs are content with their natural physiques, while too many athletes try very hard to change the way they look. These athletes might be better off being like dogs. That is, does that bulky St. Bernard yearn to look like a lanky Greyhound? Heavens, no! Does the barrel-chested Labrador want to look like a sleek Setter? Doubtful. Each dog is very proud to represent his breed. Wouldn't life be easier if each active person could be just as proud of his or her "breed"?

As a sports dietitian, I spend too many hours helping my clients find peace with their bodies. Most of these active people take the outside-in approach. They think if they change their body from the outside by losing undesired body fat or by adding some muscular bulk, they will be happier on the inside. Unfortunately, not true!

No weight will ever be good enough to do the enormous job of creating happiness. This story, told to me by a cyclist, proves that point: "I once weighed 124 pounds and was unhappy with that weight. I started exercising and dieting rigidly. I lost to 99 pounds but I still wasn't happy. I ended up binge-eating; I gained to 160 pounds, where I was miserable. I sought help from a counselor, stopped eating emotionally, and with time, got my weight back to 124 — and I felt happy there! Why couldn't I have been happy at 124 pounds in the first place? Because happiness has nothing to do with weight..."

Granted, some people do have excess body fat they can appropriately lose to be healthier as a person and lighter as an athlete. They can rightfully feel pleased when they accomplish the goal of attaining an appropriate weight. But other athletes just think they have excess fat to lose; they have distorted body images. A survey of 425 collegiate female athletes reports the women wanted to lose 5 pounds, on average.

(1) Another survey of the top women runners in the country found the same results. (2) Even elite athletes wistfully believe they will perform better if they are leaner. Unfortunately, the struggle to attain that "perfect weight" can cost them their health and happiness.

Restrictive diets with inadequate protein, iron, zinc, calcium and a myriad of other health-protective nutrients — to say nothing of carbs for fuel — often contribute to injuries and poorer performance.

So what can you do if you are discontent with your body? First of all, you should get your body fat measured to determine if you actually have excess fat to lose. Data can be helpful. (Find a local sports dietitian to measure your body fat via the referral network at SCANDpg.org.) You may discover you have less body fat than expected!

Feeling fat

It's easy to understand why so many athletes have distorted body images.

When you put on skimpy running shorts that expose your "flabby things", or a bathing suit that shows every bump and bulge, you can very easily "feel fat." Sound familiar?

One solution to the "I feel fat syndrome" is to remember "fat" is not a feeling. That is, you don't feel "blond hair" or "freckled." You also do not feel "fat." Yes, you may be feeling uncomfortable with your body.

But you are really feeling imperfect, inadequate, insecure, anxious — and any number of other feelings that get described as "feeling fat."

I encourage you to explore those real feelings, and figure out where you got the message that something is wrong with your body. The media is a good start, but it could also be a parent who lovingly said at a tender age "That outfit looks nice, honey, but if only you'd lose a few pounds..." What you hear is "I'm not good enough" and this can create a downward spiral of self-esteem. Weight issues are rarely about weight.

continued on next page

continued from previous page

They tend to be about feeling inadequate and imperfect.

What to do

So how can a discontent athlete feel better about his or her body? One tactic is to stop comparing yourself to your peers. To compare is to despair. Rather, pretend you live on an island where your body is "good enough" the way it is. (You are unlikely to ever have a "perfect" body, so the second best option is to enjoy a body that is "good enough.") If you step off your island and start comparing yourself to your peers, please notice: Do you end up being too fat, too slow, too ugly, too dumb? Do you ever let yourself rise to the top and be better than others? Doubtful. You are better off staying on your island, and calling yourself a Gorgeous Goddess or Handsome Hulk. With time and practice, you can change the way you see yourself and come to believe perhaps you are, indeed, good enough the way you are!

Granted, changing the way you feel about your body is a complex process.

The following resources can help you in this journey to find peace with your body:

www.nourishingconnections.com (free e-newsletter) www.findingbalance.com (has videos about resolving weight issues) www.adiosBarbie.com (offers resources, and insights into the media) For a plethora of books, visit the online bookshelf at www.gurze.com.

Some of my favorites include The Body Image Workbook and The Don't Diet, Live-It Workbook.

Life is more enjoyable when you can love your body and appreciate it for all it does and stop hating it for what it is not. When the drive for thinness comes with a high price, that price may not be worth the cost.

References:

1. Beals K and M Manore. Disorders of the female athlete triad among collegiate athletes. Int'l J Sport Nutrition and Exercise Metabolism. 2002. 12:281-293
2. Clark N, M Nelson, W Evans. Nutrition educational for elite female runners. Physician and Sports Medicine. 1988. 16:124-135

Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) counsels both casual and competitive athletes in her practice at Healthworks, the premier fitness center in Chestnut Hill MA (617-383-6100). Her NEW 2008 Sports Nutrition Guidebook, Food Guide for Marathoners, and Cyclist's Food Guide are available via www.nancyclarkrd.com. See also sportsnutritionworkshop.com.

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

A young man named Jim received a parrot as a gift. The parrot had a bad attitude and an even worse vocabulary. Every word out of the bird's' mouth was rude, obnoxious and laced with profanity. Jim tried and tried to change the bird's attitude by consistently saying only polite words, playing soft music and anything else he could think of to 'clean up' the bird's vocabulary.

Finally, Jim was fed up and he yelled at the parrot. The parrot yelled back. Jim shook the parrot and the parrot got angrier and even ruder. Jim, in desperation, threw up his hand, grabbed the bird and put him in the freezer. For a few minutes the parrot squawked and kicked and screamed. Then suddenly there was total quiet. Not a peep was heard for over a minute.

Fearing that he'd hurt the parrot, Jim quickly opened the door to the freezer. The parrot calmly stepped out onto Jim's outstretched arms and said "I believe I may have offended you with my rude language and actions. I'm sincerely remorseful for my inappropriate transgressions and I fully intend to do everything I can to correct my rude and unforgivable behavior."

Jim was stunned at the change in the bird's attitude. As he was about to ask the parrot what had made such a dramatic change in his behavior, the bird continued, "May I ask what the turkey did?"

HEALTH

FAST EATERS GET FAT

Eating slowly could help you win the battle of the bulge. A study of more than 3000 Japanese adults published in the *British Medical Journal* found that those who ate their meals quickly were about twice as likely to be obese as their slow-munching counterparts.

People who ate quickly and who ate until they were full were three times more likely to be obese. The research supports previous evidence that people tend to consume more kilojoules when they eat quickly, but also that eating quickly is linked to obesity regardless of how many kilojoules are eaten.

Dr Elizabeth Denney-Wilson, an obesity expert from the University of New South Wales, says research suggests people can learn to eat more slowly and recognise their internal cues for fullness. She adds that while it is not known what drives us to eat quickly, behaviour such as eating while distracted and eating fast food on the go may be to blame.

Setting aside meal times and having conversation between bites can help slow the rate of eating and allow your body to send fullness signals before you've overeaten.

* * * *

Season's Pick: Berries

Eat your fill of fresh strawberries, blueberries, blackberries and raspberries. They are readily available right now - and they're heart healthy.

Adults who ate about a cup of berries a day over eight weeks lowered their blood pressure and raised their HDL (good) cholesterol, according to a new study in Finland.

Fresh or frozen berries are a highly concentrated source of polyphenols, the disease-fighting antioxidants also found in red wine, grapes, chocolate and nuts, says Paula Quatromoni, a professor of nutrition at Boston University. She tosses handfuls in cereal, salads, smoothies and pancakes. Quatromoni also likes pureed berries spiked with onions, garlic and spices served alongside poultry and meat.

* * * *

Treatment on Achilles tied to age

All Black Dan Carter, who went to play rugby in France at the end of last year, ruptured his Achilles tendon.

He had it repaired surgically but will not be able to play rugby for some months. There are possibly some of you out there that can relate to this kind of injury.

The Achilles tendon is a large tendon that connects the calf muscle to the heel bone. It is just below the skin at the back of the ankle and is thick and bulky. For us to walk properly, this tendon needs to be intact, because this is what pulls our heel up and enables us to take a step, stand on our toes, run, jump and go up and down stairs.

The common way to rupture a tendon is through rapid acceleration, such as racing to hit a ball.

Diagnosis of an Achilles rupture is not difficult. Often the injured person will say they felt they were kicked or shot behind the ankle and heard a loud snap.

When you examine the patient there is often a gap above the heel and when you squeeze the calf muscle while the patient is lying down the foot does not move. You can do an ultrasound or an MRI scan but usually they are not needed.

Although sports injuries are the major cause for rupture, sometimes simply stepping off a deck or falling into a hole is all it takes. The average age for the injury is in the 30s and (for reasons that are not entirely clear) it is common in males by a ratio of 20:1.

We do know that certain drugs, such as the anti-biotic ciprofloxacin, can lead to increased risk. As well, steroids injected into the tendon can weaken it.

The tendon is either sewn under general anesthetic, or a plaster is applied in what is called the equinus position, where the foot is bent backwards so that the opposing edges of the Achilles tendon can meet and fuse together.

Treatment depends on the age and fitness of the patient. Young athletes such as Carter will have the tendon sewn, but not-so-fit people will be treated conservatively with a plaster in the equinus position to let the tendon heal.

The plaster stays on for six to eight weeks, followed by shoe heel raises to gradually bring the foot into a neutral position.

Reproduced from Dominion Post, Monday 23rd February 2009.

TRACKS and WALKS

Rather than feature another popular "Tracks and Walks", I thought it appropriate to include the Walking Access Act which was passed into legislation last year.

The Walking Access Act 2008

On 25 September 2008, the Walking Access Act came into being. The origins of the Act hail back to 2004 when the Government floated the idea of creating marginal public strips across privately-owned land to allow all New Zealanders access to important recreational waterways. Property owners were concerned law may be passed to compulsorily acquire privately-owned land for public walkways and farmers raised various concerns related to disruption of stock, damage to private property near to walkways and public safety. One major concern was their own potential liability for accidents on their property.

In answer to these concerns, a Walking Access Consultation Panel was established that received almost 1400 submissions in response to its consultation document. The Panel made various recommendations that have now been enshrined in the new Act.

The Walking Access Act 2008 establishes a New Zealand Walking Access Commission to enhance and extend walking access to our great outdoors. The Commission will form national strategy and provide national leadership to co-ordinate access among key stakeholders. The Commission will also provide advice and information on walking access routes, determine the nature of the access (i.e. walking, bicycles, access with motor vehicles, access with dogs and use by hunters), negotiate new walking access across private land and facilitate the handling of any disputes.

The Commission will develop, promote and maintain a code of responsible conduct for users of walkways that will include such matters as:

- Standards of behaviour to be observed.
- Information about Maori customs, values and practices.
- Maori relationships with land and waterways.
- A summary of benefits conferred and obligations imposed by the Act, and
- Any such other matters that the Commission feels would be beneficial to users of walkways and relevant landowners. A draft code is to be prepared as soon as practicable.

The Act preserves private property rights and provides that public access to private land should be achieved through negotiation and agreement with landholders rather than compulsory acquisition. It sets out the process that must be followed to declare a walkway over public land and to negotiate a walkway over private land and Maori freehold land.

Section 54 of the Act sets out a number of strict liability offences that may be incurred while using walkways. Strict liability offences include:

- Discharging a firearm
- Setting a net, trap or snare
- Placing poison or explosives
- Lighting a fire
- Taking plants
- Using a vehicle
- Taking a horse or dog on a walkway without authority.

Section 56 sets out offences that require knowledge, intent or recklessness, such as interfering or disturbing livestock or wildlife, damaging or destroying structures and attempting to intimidate persons using the walkway.

The Act provides for the appointment of enforcement officers, for a term not exceeding 3 years, who have powers to prevent or stop offenders. A fine not exceeding \$5,000 may be imposed for offences under section 54 of the Act and a fine not exceeding \$10,000 for offences under section 56 of the Act.

Within 11 years from the commencement of the Act, the Minister must report on a review into the Act and any recommendations for changes to the Act.

You can find more about the Commission at its website: www.walkingaccess.org.nz

* * * *

My husband & I divorced over religious differences.
He thought he was God and I didn't.

I Work Hard Because Millions on Welfare Depend on
Me!

Beauty is in the eye of the beer holder.

A hangover is the wrath of grapes.

Walkers Ekiden Relay

The Wellington Scottish Walkers Ekiden Relay will be held on the weekend of 23rd and 24th May 2009 in Trentham, Upper Hutt.

The race will be on the same fast safe course that we've developed over the last two years. However the administration, registration and prize giving will be in the YMCA Gym on Somme Road, as the NZ International Campus which we have previously used has closed.

Entry forms and more information about the race will be sent out in a few days time. There are a few changes to the rules. As we had so many composite teams in both the A and B Divisions in the first two years we have decided we do not need a separate C Division for them. Composite teams will be allowed as before in the A and B Divisions.

As all teams will be judged, at least for loss of contact walkers can not wear trousers or anything which cover the knees.

Registrations will be on Saturday afternoon, with a Happy Hour and food. There is no formal dinner this year as the venue we have used has closed. Registrations continue on Sunday from 8.00am. The B Division starts at 9.00am and we've put back the A Division start until 10.00am to provide a better spectacle at the finish.

We already have advice of four teams from out of Wellington who have booked accommodation for Saturday. We will send details of motels with the entry form. There is no Campus accommodation this year.

We are well under way with our planning for the weekend, and look forward to hosting you and your friends for another walker's only event. We will send out the entry forms, rules and accommodation information shortly. So why not start planning now to take part? We promise you it will be another well organised event, so please pass on the dates to your fellow walkers. We look forward to meeting you in May 2009.

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

David Lonsdale
Race Director

* * * *

BE A BIT BRIGHTER THAN THE SUN

The summer sun's fierce ultraviolet rays can soon damage your skin. Too much exposure to UV rays now can lead to melanoma and other skin cancers later.

Skin cancer is the commonest cancer in New Zealand and we have one of the highest rates of melanoma deaths in the world.

SLIP, SLOP, SLAP & WRAP

SLIP into a shirt - and slip into some shade, especially between 11am and 4pm when the ultraviolet rays are most fierce.

SLOP on some sunscreen before going outdoors.

- Put sunscreen on any skin not covered by clothes.
- Choose a sunscreen that meets the Australian and New Zealand Standard AS/NZS2604.
- Use a SPF30+ broad-spectrum sunscreen. Wipe it on thickly at least 15 minutes before going outdoors.
- Reapply - do this 15 minutes after the first application to ensure complete coverage, and also after physical activity, swimming or towel drying.
- Sunscreen should not be used as a means of staying out in the sun longer, but as a way to reduce the risk of sun damage to the skin when exposure to the summer sun is unavoidable.

SLAP on a hat with a brim or a cap with flaps. More people get burned on the face and neck than any other part of the body, so a good hat is important.

WRAP on a pair of sunglasses. Choose close fitting, wrap-around glasses that meet the Australian Standard AS1067.

So, remember when things are cooking this summer, only prawns should change colour!

* * * *

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
2008	Jim Blair

WELLINGTON MASTERS T & F CHAMPIONSHIPS – 2009 RESULTS

Grade	Pl	Name	Result	Grade	Pl	Name	Result
100m							
W30	1	Vanessa Story	13.75		2	John Turner	4.77m
W45	1	Lynne Plimmer	15.57	M45	1	Gary Rawson	4.91m
M40	1	John Turner	12.60	High Jump			
	2	Gavin Jensen	12.89	M40	1	John Turner	1.65m
M45	1	Gary Rawson	12.66		2	Gavin Jensen	1.50m
M50	1	Kevin Watson	15.03		3	Rod Plimmer	1.45m
M55	1	Laurie Malcolmson	12.89	M50	1	Kevin Watson	1.20m
M70	1	Peter Hanson	15.97	M75	1	Jim Blair	1.10m
200m				Shot Put			
W30	1	Vanessa Story	28.82	W45	1	Lynne Plimmer	6.67m
M40	1	Gavin Jensen	26.06		2	Sally Mills	5.10m
M70	1	Peter Hanson	33.97	W50	1	Melanie Watson	7.01m
400m				W75	1	Colleena Blair	5.63m
W30	1	Vanessa Story	1:04.00	M40	1	John Turner	8.37m
W50	1	Jenny McDonald	1:11.50		2	Gavin Jensen	6.63m
M35	1	Murray Taylor	1:23.73	M45	1	Laurence Voight	10.13m
M40	1	Gavin Jensen	57.20	M50	1	Kevin Watson	6.18m
M50	1	Kevin Watson	1:16.76	M70	1	Peter Hansen	9.32m
M55	1	Laurie Malcolmson	1:04.06	M75	1	Jim Blair	7.74m
M70	1	Peter Hanson	1:18.85	Discus			
800m				W30	1	Vanessa Story	17.20m
W50	1	Jenny McDonald	2:31.76	W45	1	Lynne Plimmer	15.80m
M40	1	Gavin Jensen	2:19.59		2	Sally Mills	12.55m
M60	1	David Trow	3:12.91	W50	1	Melanie Watson	15.55m
M70	1	Peter Hanson	3:12.69	W75	1	Colleena Blair	13.66m
1500m				M40	1	John Turner	23.05m
W45	1	Helen Willis	5:25.33		2	Rod Plimmer	22.75m
W50	1	Jenny McDonald	5:16.91		3	Gavin Jensen	17.88m
M40	1	Murray Peebles	4:46.41	M45	1	Gary Rawson	25.78m
M60	1	Richard Sweetman	5:58.83	M50	1	Kevin Watson	14.68m
	2	David Trow	7:45.34	M60	1	Keith Bade	29.40m
M75	1	Michael Browne	7:44.70	M75	1	Jim Blair	25.22m
5000m				Javelin			
M40	1	Murray Peebles	17:59.97	W45	1	Sally Mills	13.93m
M45	1	Glen Wallis	19:51.40	W50	1	Melanie Watson	10.60m
M50	1	John Morrow	22:15.66	W75	1	Colleena Blair	11.04m
M60	1	Richard Sweetman	21:35.02	M40	1	Rod Plimmer	31.50m
	2	John Edward	22:03.34		2	John Turner	27.43m
M70	1	Brian Watson	26:07.83	M45	1	Gary Rawson	33.50m
	2	John Hines	34:26.50	M50	1	Kevin Watson	18.81m
M75	1	Michael Browne	29:26.50	M60	1	Peter Jack	11.10m
10000m				M75	1	Jim Blair	23.50m
M60	1	Richard Sweetman	44:51.80	Hammer			
M70	1	Brian Watson	53:57.09	W45	1	Sally Mills	12.51m
	2	John Hines	1:10:44.00	W50	1	Melanie Watson	20.40m
M75	1	Michael Browne	59:19.69	M40	1	Phil Jensen	57.16m
3000m Track Walk				M45	1	Laurence Voight	31.49m
W60	1	Margaret Bray	26:33.34	M50	1	Kevin Watson	13.75m
W655	1	Daphne Jones	22:57.07	M60	1	Keith Bade	23.59m
M60	1	Peter Baillie	15:25.65		2	Peter Jack	16.73m
1500m Track Walk				M75	1	Jim Blair	18.02m
M60	1	Margaret Bray	13:00.29	Weight Throw			
Long Jump				W45	1	Sally Mills	5.71m
W30	1	Vanessa Story	3.62m	W50	1	Melanie Watson	7.30m
W75	1	Colleena Blair	2.45m	W75	1	Colleena Blair	8.21m
M40	1	Rod Plimmer	5.18m	M40	1	Phil Jensen	18.23m
				M50	1	Kevin Watson	6.30m
				M60	1	Keith Bade	8.40m
				M70	1	Peter Hanson	7.62m
				M75	1	Jim Blair	8.71m

TRAINING

Training for a Triathlon

So you have taken the plunge and decided to enter a triathlon or maybe you are considering taking the plunge. Either way you need to know what sort of training you need to do to be able to complete the event. Now you don't need to be a qualified triathlon coach to know that you need to do swim, cycle and run training, but other than jumping in the pool, getting on your bike and getting out the front door for a run what else has to be considered? The key aspect is training at an intensity that is specific to what you will do in the event and will develop your body to make you efficient (keep in mind that what is efficient for me will be different to what is efficient for you).

The key component for any triathlon distance (especially if you are only aiming to complete the event and not race it) is endurance. When training for endurance the body improves the efficiency of the heart and lungs. It gets better at moving blood which in turn is carrying oxygen to the muscles that need it. This sort of training assists the body to create tiny blood vessels called capillaries through the muscles that are working, which enables the blood to deliver the oxygen closer to the muscle fibers that need it the most.

Endurance training should be done at an intensity that you can maintain a conversation with a training partner without getting out of breath. If you work too hard your body is too busy trying to clear lactic acid and other waste products from the working muscles, that you don't reap the benefits mentioned above.

The key to improving endurance is to train at a steady pace for periods of time, progressively increasing the duration. You don't want to go too long or too far in the early stages until you build up your ability to withstand longer durations of exercising. Too much training too early will lead to fatigue and possibly injury. As a rule of thumb do not increase any training session each week by more than 10%.

Swimming lots of boring lengths in a pool can get pretty tiresome with minimal mental stimulation. The key to making endurance training for swimming interesting is to pick a distance that is a little past your comfort zone and swimming a little further and having a short 10-20 second break and repeating this a number of times. Say for example, you usually swim two lengths (67m) of Freyberg pool before stopping to

take a break and have a quick drink, typically swimming a kilometre. If this is you, swim 100m (or three lengths) stop and rest for 15 seconds. Using the pace clock on the wall to time your rest, be strict on yourself and then repeat a total of 10 times.

Sandwich this between a few lengths at a relaxed pace for a warm up and cool down and you have a pretty good session that has been kept relatively simple, that will keep you interested to focus on your pace for the three lengths because you know you are getting a wee rest very shortly. Because it is only a short rest and you keep your effort level constant throughout the session, you will develop your endurance engine, making your heart bigger and capable of pumping more blood with each beat and your lungs more efficient at transferring oxygen from the air into your blood.

The two key secrets to successful training programmes are recovery and consistency. You will not make improvements if you don't recover from the training that you do and you won't develop if you take a week totally off training every few weeks (whether due to fatigue, tiredness or laziness).

This article is from Ray Boardman, Director and Head Coach for Qwik Kiwi - Endurance Sports Consultants, Official Coach for the Scorching Triathlon series. Qwik Kiwi offers personalised internet based training programmes via their website www.qwikkiwi.com and also run Open Water Swim Seminars to develop your Open Water Swimming skills and confidence.

Editor's note:

Although Ray only covers the swimming aspect of the training required, the biking and running components of training for a triathlon is basically the same principle with endurance being the key, followed by sessions of speed work. The same rule of thumb applies here as well - don't increase any training session by more than 10% each week.

What I try and do in my training is having what is called a "run off the bike", where a 40km bike ride is followed by a run of a distance anywhere from 2km up to 10km. This allows the body to get used to running after a fairly intense bike ride. This is geared towards both triathlon and duathlon training but probably is beneficial more to the duathlon as you have to run at the beginning of the event and then again at the end after the bike leg.

If money doesn't grow on trees, then why do banks have branches?

2009 Gold Coast Airport Marathon

In one of the most desirable holiday destinations in the world - the Gold Coast in Queensland, Australia - is an event that motivates and challenges tens of thousands of people of all ages and abilities.

It is the Gold Coast Airport Marathon to be next held on Sunday 5 July 2009, featuring a 42.2km Marathon, 21.1km Half Marathon, 10km Run, Community Walk and Junior Dash races for the kids over 4km and 2.25km.

The 2008 event saw more than 21,000 people from 30 countries take part. It has grown by over 10,000 runners in the past 5 years as more and more people 'Embrace the Next Step' towards a personal challenge, health and fitness goals and participating in a vibrant community event.

Now in its 31st year, the Gold Coast Airport Marathon is recognised worldwide for its fast, flat and scenic course and technical excellence. Runners come from all over Australia and the world to experience the magnificent running conditions and beautiful course that runs alongside the Pacific Ocean surf beaches and Broadwater, with the hinterland as a glorious backdrop.

Annual social events such as the Asics Sport & Leisure Expo and Legends Motivational Carbo Lunch ensure participants and supporters maximise their Gold Coast Airport Marathon experience.

Visitors to the Gold Coast can book direct flights into Gold Coast Airport and have a massive choice of accommodation, dining, public transportation and leisure activities.

Visit www.goldcoastmarathon.com.au

* * * *

Summer is here and we have another hour of sunlight to enjoy the water

Three facts about the Water in NZ:

1. Did you realise that New Zealand has the fifth largest coastline of any country in the world?
2. Drowning is New Zealand's third highest cause of accidental death - with 78% being male victims.
3. Between October 2007 and July 2008 Surf Life Saving NZ recorded 183,350 patrol hours worked by its volunteer Lifeguards across NZ!

Three Water Safety Tips:

1. If you get caught in a rip, do not panic! Paddle or swim parallel to the shore toward the breaking waves.

2. Get a marine forecast before you head out to sea. If in doubt, don't go out.

3. Always swim between the flags if you are on a patrolled beach.

* * * *

SLOW THE FUEL FLOW

Keep the pedal off the metal - and you'll cut petrol consumption.

Want to help look after the environment, keep your car in good condition and spend less money? Follow these simple tips to achieve all three.

Plan your route - combine errands and try to avoid heavy-traffic areas, road construction and hilly terrain to save fuel.

Don't drive aggressively - try and flow with the traffic and avoid hard acceleration and braking. Tests found that in the same vehicle "aggressive" driving increased fuel consumption by up to 30% compared with "smooth" driving.

Don't speed - vehicles are at their most fuel-efficient at 60-80kmh, depending on the vehicle. According to Energywise, travelling at 100kmh instead of 110kmh can reduce fuel consumption by 13%.

Use cruise control - on highways that are essentially level with gentle curves, set your cruise control to keep your speed constant and save fuel.

Make sure your tyres are inflated - keeping tyres up to pressure minimises sidewall flexing. This reduces heat build-up, maximising tyre life and reducing fuel consumption by 1-2%.

Get regular servicing - this will ensure your car is in tiptop shape, reducing the need for repairs as well as saving fuel and reducing emissions.

Use air-conditioning sparingly - in urban areas when the weather is fine, switch off the air-conditioning and open the windows. This can reduce fuel consumption by up to 10%.

Avoid short journeys - a cold engine uses more fuel. If you don't have far to travel and the weather is nice, why not think about walking?

* * * *

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**

- COMING EVENTS -

2009

April

19	Moonshine Half Marathon & 10km	Trentham Memorial Park
20	Boston Marathon	Boston
25	Anzac Day Races - 5km & 10km Run and Walk	Carterton
26	Flora London Marathon	London

May

2	45 th Rotorua Marathon	Rotorua
2	Shaw Baton Relay	Battle Hill Farm
3	Nelson Half Marathon	Stoke
10	Masters Classic Relay	Trentham Memorial Park
23	Vosseler Shield - Cross Country	Mt Victoria
24	Ekiden Walking Relay	Trentham

June

13	Dorne Cup - Cross Country	Trentham Memorial Park
28	Harbour Capital Half & Full Marathon & 10km	Westpac Stadium

July

4	NI Cross Country Championships	Taupo
5	Gold Coast Full and Half Marathons & 10km	Gold Coast, Queensland
18	Wellington Cross Country Championships	Waikanae
26	Johnsonville 8km Road Race and Walk	Olympic Harrier Clubrooms
28 July - 8 August	World Masters Track & Field Championships	Finland

Aug

22	Wellington Road Championships	Trentham
----	-------------------------------	----------

Oct

3	NZ Road Relay Championships	Christchurch
---	-----------------------------	--------------

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.

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:
gvvgould@xtra.co.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


