

THE

MASTER

COPY

Newsletter of the Wellington Masters Athletics Inc.

Volume 8 Issue 2

May 2009



"You need more activity. Start with some light dusting of your exercise equipment."

— :: —

WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2008-09

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President:	Brian Watson	971 1351
VPresident:	John Palmer	479 2130
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Michael Browne	973 7404
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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

OH NO NOT ANOTHER TEAM SPORT?

Earlier this year Jacques Rogge, President of the International Olympic Committee came to New Zealand for a series of high-level meetings around the possibility of rugby gaining re-introduction into the Olympic Games in 2016.

Rogge is a former rugby international, having represented Belgium in the 15-a-side game, as well as competing at three Olympics as a sailor.

He was quick to point out that he doesn't get to vote on this issue. There has been a lot of discussion about whether to have the fifteens or sevens code. The problem with the fifteens is two weeks is not enough time to have a proper programme.

Rugby is one of seven sports chasing two spots on the Olympic programme for the 2016 games onwards. The others are golf, squash, karate, roller sports, softball and baseball. The choice of which sport gets chosen will be made on important criteria. The first criteria will be the universality of the sport, and second, the sport has to give added value to the Olympic programme, and must contain something that will attract viewers either in the stadiums or on TV.

One must ask are these team sports really necessary as part of the Olympic programme? Personally I think not - a lot of the team sports, now part of the Olympic movement, have their own "World Cups or Championships" so what benefit do they add to the programme? There is also the problem of team members from some of the countries being "professional players", paid to play their chosen sport. The games should be for amateurs, as it was in the past. It must difficult for some of the athletes and teams from the smaller countries who compete as "amateurs", receive no sponsorship or monetary benefits, and who just compete for the "love of the sport" they have chosen. Whether it is a team sport, or a track or field event they seem to be up against it from the very start - this doesn't quite seem like a level playing field.

What then comes into the equation is the TV rights, bidden for by the large TV companies, which was evident at the Beijing Olympics, where we were bombarded by team sports in prime viewing time, so that team sports could be shown to the millions of followers back home. I found this most frustrating, especially when some of the "team sports" shown didn't feature New Zealand athletes at all.

If the Olympic committee wishes to keep adding more team sports to the programme, perhaps it is time that the programme was divided into two, with track and field and the traditional Olympic events being held over the first days of the programme, followed by all the team sports over the next part of the programme. This would then enable the "traditionalist" viewers to be able to enjoy the track and field events and not have to sit through, in some cases, boring team games.

John Palmer

Editor

Printlink, Wellington

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

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

Please support our sponsor whenever possible.

BITS AND PIECES

MEMBERSHIP

Since the last newsletter, our membership now stands at 83 members. At the same time last year our membership was 88 members.

* * * * *

SCORCHING DUATHLONS 2009

September 6 - Father's Day Special (Upper Hutt).

October 4 - venue to be confirmed.

Scorching Duathlons are a fun, relaxed series of events involving running and cycling only for participants of all abilities. The focus is on participation, and as such there are no first prizes, but plenty of spot prizes.

All events are on Sunday mornings starting at 9am (registration and late entries from 7:30am). Online registrations (through this website) are recommended.

* * * * *

BEREAVEMENT

JOHN ECCLES, (aged 83), leading Masters competitor and stalwart of the sport for nearly 60 years in the Wairarapa. John won the New Zealand Masters M75-79 5000m title in 2001 in 24m 43.27s. He also won the M75-79 2000m steeplechase the same year in 9m 59.94s.

* * * * *

Athletics New Zealand Media Release

9 April 2009

TEAM FOR WORLD CHAMPIONSHIPS IN ATHLETICS ANNOUNCED

Valerie Vili and Nick Willis head an initial selection of nine athletes selected to represent New Zealand at the World Championships in Athletics. The Championships will be held in Berlin Germany from 15 to 23 August.

Vili will be defending her world shot put title won in Osaka in 2007 while Willis has been named for the 800m and 1500m. Vili and Willis were pre selected in February.

Joining these two are Adrian Blincoe 5000m, James Dolphin 200m, Stuart Farquhar javelin throw, Brent

Newdick decathlon, Kimberley Smith 5000m and 10,000m, Rebecca Wardell heptathlon and Monique Williams 200m and 400m.

It will be the fourth world championships for Vili after Paris in 2003 where she was fifth in the shot put, Helsinki 2005 third and the title in Osaka in 2007.

After a fourth in the 1500m at the world junior championships in 2002 Willis reached the 1500m semi-final in Helsinki and was tenth in the final of the 1500m in Osaka.

Blincoe was a semi-finalist in the 1500m at both Paris and Helsinki. Dolphin reached the quarter finals in the 200m at Paris and Osaka.

It will be the first world championships for Newdick who has been selected as a development athlete. Newdick was fourth in the decathlon at the 2006 Melbourne Commonwealth Games.

Smith was 15th in the 10,000m in Helsinki improving to fifth in Osaka.

Wardell competed in Helsinki in the 400m hurdles. At the Commonwealth Games in Melbourne Wardell finished seventh in the heptathlon.

Williams has also been selected as a development athlete and will be entering her first senior championships after competing at the world youth championships in 2001 and the world junior championships in 2004.

A further selection will be made on 25 May of athletes to compete in the marathon and world cup marathon. Team coaches and support staff will also be announced on 25 May.

Any further selections will be announced when the final team is confirmed on 27 July.

* * * * *

THOUGHT FOR THE DAY:

"We run, not because we think it is doing us good, but because we enjoy it and cannot help ourselves. The more restricted our society and work become, the more necessary it will be to find some outlet for this craving for freedom. No one can say, 'You must not run faster than this, or jump higher than that.' The human spirit is indomitable." - Sir Roger Bannister, first man to break the four minute mile.

Winter Training Tips

By Ray Boardman

Stay warm, stay visible, stay safe

With a chill in the air and hours of daylight reduced, training during the winter months becomes harder. The secret to good training is consistency. To become more consistent with your training you need to stay warm, stay visible and stay safe.

Staying warm can be achieved by one of two methods. Wearing appropriate clothing for the conditions or exercising indoors. An indoor trainer or gym membership can be an excellent investment for over winter, especially if used wisely. The indoor trainer can allow you to continue training whilst in the comfort of your own house (even whilst watching television), and a number of gyms offer Spin classes, which are great for the motivation the instructor provides and high intensity driven music and workout (even whilst it is pouring down outside).

There are a range of high tech fabrics now available on the market that are great for running and cycling in. If you layer your clothing with a snug fitting, moisture wicking base layer to ensure that sweat isn't held against the skin. Have a warm layer next followed by a wind breaker and/or a water proof layer. A warm hat is essential for keeping your head warm whilst running and I recommend at the minimum ear warmers under your helmet for cycling on cold days. Good quality wind proof gloves also make cycling during winter more enjoyable, a pair of polyprop gloves will keep the fingers nice and toasty whilst running.

Staying visible, is more than just wearing reflective clothing and lights when exercising in conditions with reduced visibility. It is also about making your actions obvious and predictable. A motorist that sees you indicate to move out will be more receptive to you moving across in to 'their' lane.

Remember that if you intend to participate in an event which might involve exercising in less than ideal weather conditions you should also train in those weather conditions. So get out train hard, train smart and then race easy.

Ray Boardman is a qualified and experienced coach of athletes who win medals at world, national and provincial championships to athletes who compete for pure enjoyment. Regardless of your goal Ray can assist you to reach your potential. Ray also supplies all the training programs for the Scorching Duathlon series.

You can contact Ray at info@qwikkiwi.com

Editor's Note: This article was reproduced with kind permission from Ray Boardman. For more training tips and information, you can contact Ray at the email address provided.

Ray often write articles for different organisations (sports clubs, triathlon, cycling & harrier/athletics clubs) and if you have a specific article or question you would like covered he would be happy to tailor something specific for future issues.

* * * *

Rural Australia Thesaurus of Computer Terminology

Log Off - The barbecue is too hot.

Monitor - Keeping an eye on the barbecue.

Floppy Disc - What you get lifting too much firewood at once.

Keyboard - Where you hang the ute and bike keys.

Screen - What you shut in the mosquito season.

Byte - What mosquitoes did.

Mega Byte - What Aussie mosquitoes do.

Chip - A bar snack.

Micro Chip - What's left in the bag after you have eaten the chips.

Software - Plastic knives and forks you get at Big Rooster.

Hardware - Real stainless steel knives and forks from K Mart.

Mouse - What eats the grain in the shed.

Web - What spiders make.

Web Site - The shed or under the verandah.

Cursor - The old bloke who swears a lot.

Search Engine - What you do when the ute won't go.

Yahoo - What you say when the ute does go.

Upgrade - A steep hill.

Server - The person at the pub who brings out the counter lunch.

Mail Server - The bloke at the pub that brings out the counter lunch.

User - The neighbour who keeps borrowing things.

Network - When you have to repair your fishing net.

Internet - Complicated fish net repair method.

Netscape - When fish manoeuvres out of reach of net.

Online - When you get the laundry hung out.

Off Line - When the pegs don't hold the washing up.

Letter to the Editor

Wellington T & F Championships - 2009

I enjoyed the above event. I entered to satisfy my curiosity about the new surface of the Newtown Park track that proved amazingly kind to my hooves and to use the 3000m track walk to check the accuracy of my Garmin GPS-enabled trainer watch that I use for exercise walks. It always underestimates the distances of my regular walks as measured by the car, pedometer and other estimates by approximately 10 percent. The good news is that it measured the event to be exactly 3000m.

It was my original intention to walk at the same pace as I train, between 11 and 12 minutes per kilometer but I first had to negotiate with the conscientious adjudicators not to interfere with me on the track to allow me to compete the distance unhindered by not removing my race number. Under normal circumstances I knew that disqualification would be inevitable because of a series of strokes and sciatica that rule out any possibility of my conforming to race walk requirements.

A short warm up on the track proved so comfortable that my 12 min/km intention was discarded in favour of traveling as fast as I could using my snail pace training action that does not involve lifting. I was delighted with the results obtained from my watch. The readouts revealed that my pace was a lightning 9.35/km with a comfortable completion time of 28:52.54. I avoided getting too fat by the expenditure of 215 calories. My average speed was 3.9 mph or 15:20 per mile. What was surprising my heart rate averaged 135 bpm with a maximum rate of 158 bpm. In normal training on road surfaces I do not or cannot normally exceed about average 98 bpm and max 114 bpm. All these statistics tells a great deal about the quality of the Newtown track surface because I was two months away from qualifying for the M85 age-grade. My only disappointment is that I have not been able to check my finish time as recorded by the time keepers. I think they should have been recorded in the newsletter with a d/q to allow this old bloke to check against his own time keeping.

Regards

W.E (Bill) Childs

Editors Note:

The results that were given to me for inclusion in the last newsletter did not include Bill's name with a d/q registered against it, hence there being no time available for me to publish.

Milestone Mile

On 10th March 2009, the Milestone Mile was run down and back along Jackson Street in Petone. From memory Wellington has not run a Mile Street race before.

There were eight races starting with boys and girls age groups through to Masters. The main race was the final one which was won by Rob Myers from the USA in a time of 4m 13.79 secs, with Hamish Carson from Wellington second in 4m 14.24 secs - very close racing.

Nick Willis was down to race but due to injury did not compete. One of the races the "Hutt City Council Mayoral Mile" was for local Councilors and Masters Athletes.

Results:

1. Mark Handley, Olympic - 5:21.23
2. Steve Tait, Olympic - 5:22.30
3. Gary Moller, no club - 6:10.23
4. Dean Rabbit, Upper Hutt City Council - 6:32.08
5. Nigel Wilson, Greater Wgtn Regional Council - 6:51.97
6. David Ogden, Lower Hutt City Council - 7:37.67
7. Ross Jamieson, Lower Hutt City Council - 7:39.10
8. Brian Watson, Olympic - 7:52.34
9. Elizabeth Dixon, Olympic - 9:24.04.

A good race with plenty of vocal support from the spectators. It was a pity that there were not more competitors in each race.

Brian Watson.



Start of the "Mayoral Mile" with Wellington Masters President, Brian Watson second from the left.



RECIPE

BUBBLE 'N' SQUEAK

Hands-on time: 20 minutes.
Time to cook: 10 minutes.

Ingredients:

- 1kg potatoes, peeled, diced
- 2 tablespoons reduced-fat spread
- 250g frozen peas, corn and carrots
- 2 cups finely shredded cabbage
- 4 spring onions, thinly sliced
- ¼ cup breadcrumbs
- 1 cup grated reduced-fat cheese
- Olive oil spray

Method:

Step 1: Boil potatoes until tender. Drain. Mash roughly with spread.

Step 2: Add vegetables to potatoes. Stir to combine. Mix in breadcrumbs and cheese.

Step 3: Heat a large non-stick frying pan over a medium heat. Spray with oil. Shape into 6 patties and fry in batches, until golden, turning halfway through. Serve immediately.

Note: This vegetarian dish is the perfect accompaniment to meat or vege sausages.

Serves 6

* * * *

GET THE JUICE

Raise a glass to better cholesterol control.

A glass of pure juice is a convenient way to get a serving of fresh fruit, not to mention disease-fighting polyphenols and protection from LDL oxidation - the trigger for the development of "bad" cholesterol.

Best Sources - some of the new "gourmet" juices, made with pomegranate, blueberries, black cherries or acai berries, have up to 20% more antioxidants than orange, apple and cranberry juices.

Where to find them - Supermarkets such as New World and Pak 'n Save stock some of these juices, while others are only found in health shops. Look for brands such as Yan or Omaha Blueberries. Pick those labelled 100% juice, since they'll have no added sugar or syrup.

A word of warning - These juices tend to be more expensive and, like all juices, are also high in kilojoules. Luckily, they're intensely flavoured and nutrient-dense, so a little goes a long way.

* * * *

MISCELLANEOUS RESULTS

Anzac Day Races

Saturday 25th April, Dalefield, Carterton

- Peter Wrigley 40:55 (2M45)
- Glen Wallis 42:15 (4M45)
- John Palmer 48:53 (1M60)
- Maryanne Palmer 52:20 (1W55)
- Brian Watson 53:54 (1M70)
- Diane Rogers 59:35 (1W70).

* * * *

Grape Expectations

Are grapes more than merely tasty? When the researchers at John Hopkins University tested grape powder on rats with arthritis, the rodents showed fewer signs of pain than those fed a placebo. The scientists also found that a pain reliever plus grape powder reduced discomfort and swelling more than the pill alone. The study was sponsored by the California Table Grape Commission, so keep an eye out for other studies to confirm these results. In the meantime, it can't hurt to munch on grapes, or try grape seed extract (available at health-food stores).

* * * *

GOOD LUCK!

The Dominion Post Wellington Sportsperson of the Year Awards, to be held on Thursday 11th June, will feature two Wellington Masters members who have been nominated for the awards.

The NZ Community Trust Volunteer of the Year sees Geoff Henry nominated in the field of athletics.

The BDO Spicers Official of the Year sees Peter Wrigley, also nominated in the field of athletics.

Good luck to you both.

* * * *

KAPITI DUATHLONS

Mazengarb Park, Paraparaumu - Start time 8.00am

Dates:

- Sunday 31 May
- Sunday 21 June

Sunday 12 July
Sunday 9 August

This isn't someone else's problem: your lifetime risk of developing diabetes is 33% for a man and 39% for a woman. While doctors search for better treatments, here are some of the facts.

DIABETES UNRAVELLED

One name, different conditions

If you have diabetes, the problem is basically this: you have too much glucose in your blood. Glucose is our main source of energy, derived from eating carbohydrates, and is absorbed into our cells with the help of the hormone insulin. If our body has a problem with insulin, the glucose isn't absorbed.

There's a range of reasons for this. In some people, their pancreas fails to produce insulin. That's type 1. A small number of people become diabetic when their pancreas is destroyed, for example in a car accident or during surgery. But for most people with diabetes, the body has problems processing the insulin the pancreas does produce: type 2.

The Epidemic

- It's the fastest-growing disease in the world, with 230 million people already affected.
- Diabetes is the world's leading cause of heart disease, stroke, blindness, kidney disease and lower limb amputation.
- Over 175,000 New Zealanders have type 1 or type 2 diabetes.
- 19 New Zealanders are diagnosed with diabetes every day.
- In 2005, an estimated 1.1 million people globally died from diabetes.

Actually, within the term "diabetes" doctors are discovering dozens and dozens of conditions. Says Dr Greg Fulcher, director of the Department of Diabetes, Endocrinology and Metabolism at Royal North Shore Hospital, Sydney, "As we learn more, we can identify the conditions more accurately; for example if they're caused by different genetic abnormalities. We even talk about a type 1½, which has elements of type 1 and type 2. One day they may become categorized by the underlying abnormalities rather than just being bundled under one issue."

But for now the big headache for health authorities is type 2. That's where a complicated metabolic process means not enough insulin is produced, or the insulin that is produced doesn't work effectively. Type 2 comprises 85% of total diabetes cases in New Zealand, and it's increasing fast.

Linked to obesity, the most worrying trend is that it's being diagnosed in younger and younger people. That's a major problem, since the longer you live with diabetes, the more likely you are to develop complications.

Living with Type 2

People most at risk are those that have the classic "apple" physique. Carrying more fat around the abdominal organs makes insulin less efficient at controlling glucose levels. Routine blood tests in GP's surgeries pick up most cases, as more often than not the patients have no idea they have diabetes.

People with type 2 diabetes don't necessarily need to follow a special diet, but if they are overweight - which approximately 80% of people with type 2 are - then it's important they slim down.

"Even 5-10% weight loss can be enough to get good results in terms of blood sugar and metabolic profile," says Diane Harvey, an accredited practicing dietitian with Diabetes Australia. "By managing their blood sugar they will reduce the chance of getting complications."

Most people know how hard it is to follow a weight-loss diet and exercise regime. But people with diabetes ignore the risks at their peril: all diabetes is serious, and can lead to devastating complications. Too much sugar in your blood damages the vascular system and organs. That means people with diabetes are much more prone to cardiovascular disease, and three times more likely than most people to have high cholesterol, high blood pressure or obesity. Shockingly, close to 80% of people with diabetes end up dying as a result of a heart attack or stroke.

The longer you live with diabetes, the more likely you are to develop complications

Blood glucose can also damage the small blood vessels, which causes problems in eyes (a quarter of patients develop retinopathy, which can lead to blindness), kidneys, feet and nerves. That means that if diabetes isn't well controlled, people are looking at kidney failure or lower limb damage requiring amputation.

Exercising and losing weight can reduce the risk of all of these complications, but what many people don't realise is that their diabetes is a progressive disease.

"Eventually, most people with type 2 diabetes will require insulin," says Harvey.

Continued on next page

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Type 1 explained

The threat of serious complications weighs heavily on the mind of anyone with diabetes. But it's particularly tragic when the person with diabetes is a child.

Childhood is usually when type 1 diabetes is diagnosed. In type 1, the body's own immune system attacks the beta cells in the pancreas that produce insulin. It's responsible for about 10% of diabetes cases.

Type 1 diabetes cannot be prevented. Patients usually have a genetic predisposition but their disease is triggered by something in the environment, such as a virus. Traditionally called "juvenile onset diabetes", type 1 can strike at any age.

What doctors don't understand is why it's increasing. Research is pointing the finger at milk or certain fats inducing diabetes in people with a genetic predisposition, but at the moment these are just theories.

People with this disease used to monitor their carbohydrate intake carefully around regular insulin shots. These days, patients are more likely to follow the DAFNE (Dose Adjustment for Normal Eating) plan - they eat anything, as long as it's healthy, and adjust their insulin intake accordingly. "It frees them up and allows them to have a normal life," says Harvey, "but it does require some diligence."

The big problem with type 1 diabetes is it's impossible to accurately supply insulin all the time. If the amounts are wrong, it can be life-threatening: too much sugar leads to hyperglycemia, too little to hypoglycemia, while build-up of ketones in the blood can lead to a ketoacidotic coma.

That's why every person with type 1 diabetes becomes an expert at doing the maths. "People always say, 'Should you be eating that?' We are very clever and know what we should be eating," says Renza Scibilla, type 1 diabetes programme leader at Diabetes Australia and herself a type 1 patient. "It's really important that people realise having type 1 shouldn't stop you from doing anything. We have full and active lives, we have babies, and we travel to work."

The Warning Signs

Here's what should ring alarm bells:

Type 1

- Extreme thirst
- Frequent urination
- Constant hunger
- Blurred vision

- Sudden weight loss
- Nausea
- Vomiting
- Infections
- Extreme tiredness

Type 2

- Excessive thirst
- Frequent urination
- Feeling tired and lethargic
- Slow healing wounds
- Itching and skin infections
- Blurred vision
- Mood swings

Common Myths

Myth 1: Sugar causes diabetes

Wrong -, type 1 diabetes is thought to be caused by generic factors combined with environmental triggers. Type 2 diabetes is caused by a combination of genetic and lifestyle factors. People with diabetes do need to limit foods that are concentrated sources of sugar, but they can eat small amounts of sugar.

Myth 2: People with diabetes can't eat chocolates or sweets

Small quantities of chocolates and sweets are occasionally OK as part of a healthy eating and physical activity plan.

Myth 3: People with diabetes have to eat special foods

Like everyone, people with diabetes have to eat healthily. That means following the Dietary Guidelines - a diet low in saturated fat and high in fibre and wholegrain foods.

Myth 4: You can catch diabetes

Diabetes is not contagious.

Myth 5: People can have a "touch of diabetes"

You can't have mild or borderline diabetes. All diabetes is serious and, if not managed properly, can lead to serious complications.

Mark in your Diaries:

Johnsonville 8km Road
Race & Walk

Sunday 26th July 2009

RESULTS

NZ Masters T&F Championships - Tauranga 6-9 March 2009



Grant McLean and Jenny McDonald after a successful Championships at Tauranga

A number of Wellington Masters made the trek up to Tauranga to represent Wellington at the National Masters Track and Field Championships. The event was held at the stunning setting of the Tauranga Domain and athletes were treated to a brand new Mondo track and some great local hospitality. Over the course of the weekend, there were many inspiring efforts with two national records by Margaret Peters (75 to 79 age group) in the 100 (16.70) and 200m (35.53).

Wellington Masters Results:

100m Women

W35	2	Michelle Ward	15.64
W70	1	Judy Hammond	18.25

Men

M40	2	Graham McPhail	12.22
M45	3	Gary Rawson	12.64

200m Men

M40	2	Graham McPhail	24.83
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400m Men

M40	4	John Turner	56.38
	5	Murray Peebles	1:01.10
M75	2	Michael Browne	1:44.33

800m Women

W50	1	Jenny McDonald	2:31.13
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Men

M40	2	Grant McLean	2:08.71
	4	Murray Peebles	2:17.68
M75	2	Michael Browne	3:51.73

1500m Women

W50	1	Jenny McDonald	5:06.20
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Men

M40	1	Grant McLean	4:12.68
	5	Murray Peebles	4:43.54
M75	4	Michael Browne	7:51.78

5000m Men

M40	1	Grant McLean	15:38.00
	5	Murray Peebles	18:15.87
M75	5	Michael Browne	29:21.68

10,000m Men

M40	1	Grant McLean	32:44.37
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110m Hurdles Men

M40	1	John Turner	20.10
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Long Jump Men

M40	1	Rod Plimmer	4.98m
	2	John Turner	4.98m
M45	2	Gary Rawson	5.19m
M75	2	Jim Blair	3.16m

High Jump Men

M40	1	John Turner	1.70m
	2	Rod Plimmer	1.45m
M75	1	Jim Blair	1.15m

Triple Jump Women

W75	1	Colleena Blair	4.41m
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Men

M40	1	Rod Plimmer	10.12m
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Shot Put Women

W35	1	Michelle Ward	9.70m
W45	4	Sally Albert-Mills	5.45m
W75	2	Colleena Blair	5.59m

Men

M403		Grahan McPhail	10.00m
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Discus Women

W35	3	Michelle Ward	27.39m
W45	6	Sally Albert-Mills	14.86m
W75	2	Colleena Blair	13.09m

Men

M40	3	Graham McPhail	25.64m
M45	4	Gary Rawson	24.03m
M75	2	Jim Blair	22.44m

Javelin Women

W35	2	Michelle Ward	18.80m
W45	4	Sally Albert-Mills	14.30m
W70	2	Judy Hammond	13.03m
W75	2	Colleena Blair	12.00m

Men

M40	4	John Turner	33.20m
	5	Graham McPhail	30.55m
M45	2	Gary Rawson	32.50m
M75	2	Jim Blair	25.32m

Hammer Women

W35	2	Michelle Ward	23.13m
W45	3	Sally Albert-Mills	15.07m

Weight Throw Women

W35	2	Michelle Ward	8.67m
W45	2	Sally Albert-Mills	6.03m
W75	2	Colleena Blair	7.80m

Weight Pentathlon Women

W35	2	Michelle Ward	2052pts
W45	2	Sally Albert-Mills	1431pts
W75	2	Colleena Blair	2826pts

Pentathlon Women

W70	1	Judy Hammond	2966pts
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Men

M40	1	John Turner	2469pts
	2	Rod Plimmer	2268pts

* * * * *

10km ROAD RECORD BROKEN

Micah Kogo of Kenya clipped one second off Haile Gebrselassie's world 10km road record, running 27m 1s at the 21st Parelloop 10km in Brunssum Holland.

THE ATHLETE'S KITCHEN

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



Engineered Sports Foods: Convenience or Necessity?

To look at all the ads for sports drinks, energy bars, electrolyte replacers, and sports candies, you'd think these engineered products are a necessary part of a sports diet, particularly if you are doing endurance exercise such as training for a marathon or a triathlon. When runners ask for advice about how to use these products, I first assess their daily sports diet to determine if they can get — or are getting — what they want from standard foods (carbs, sodium). In most cases, they can get their needs met with a wisely chosen sports diet.

While there is a time and a place for engineered sports foods (particularly among runners who train at a high intensity), many runners needlessly waste a lot of money misusing them. The purpose of this article is to help you become an informed consumer, so you can wisely spend your hard-earned money.

Pre-exercise energy bars

While fueling with a pre-run PowerBar and Gatorade (\$2-\$3) is one way to energize your workout, you could less expensively consume 300 calories of banana+yogurt+water (\$1) or pretzels+raisins+water (50¢). Any of these choices are carbohydrate-rich and will offer the fuel your muscles need for a stellar workout.

The best pre-exercise snacks digest easily, settle well in your stomach, and do not talk back to you. Standard supermarket foods can do that as well as engineered foods. Experiment to determine what settles best in your body.

Energy Drinks

There's little doubt that Red Bull and other energy drinks are popular, particularly among runners who use them for alcohol mixers. The 110 calories of sugar "helps the medicine go down" (for those who don't enjoy the taste of certain alcoholic beverages). The resulting problem is wide-awake drunks who think they can drive themselves home — but then get into accidents.

For runners, energy drinks are the source of enough sugar and caffeine to give you a quick energy boost. The problem is, one quick fix will not compensate for missed meals. That is, if you sleep through breakfast and barely eat lunch, having a Red Bull for a pre-workout energizer will unlikely compensate for the previous inadequate food intake. If you can make the time to train, you can also make the time to fuel appropriately, rather than rely on a quick fix.

Caffeine

A known "ergogenic aid", caffeine enhances performance by making the effort seem easier. A pre-run caffeine-fix — especially if accommodated by carbs — can energize your workout. Here's how the options compare:

Option	Caffeine (mg)	Cost
Coca-Cola, 20 oz	60	\$1.59
Red Bull, 8-oz	80	\$2.19
No-doz, 1 tablet	200	\$0.33
Starbuck's, 16 oz	300	\$1.94

Sports Drinks

Many runners believe the sodium in sports drinks is essential to replace the sodium lost in sweat. Wrong. Sports drinks are actually relatively low in sodium compared to what you consume in your meals. Sodium enhances fluid retention and helps keep you hydrated, as opposed to plain water that goes in one end, out the other.

If you are sweat heavily, you might lose about 1,000 to 3,000 mg sodium in an hour of hard exercise. Here are options for replacing these sodium losses:

Replacements	Sodium (mg)	Replacements	Sodium (mg)
Endurolytes, 1 capsule	40	Cheese stick, 1 oz	200
PowerBar Electrolytes, 8 oz.	65	Pizza, 1 slice	500
Gatorade, 8 oz.	110	Salt, 1/4 teaspoon	600
Gatorade Endurance, 8 oz.	200	Soup, 1 can Campbell's	2,200

continued on next page

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As you can see, there is no need for anyone to drink a sports drink with their lunch, because the soup or cheese sandwich have far more sodium than the small amount of sodium in the sports drink. By consuming some salty food such as 8 ounces of chicken broth before exercising in the heat, you can get a hefty dose of sodium into your body before you even start to exercise. This has been shown to enhance endurance. (1)

Electrolytes

One triathlete reported using electrolyte replacers throughout the day. He then admitted he didn't even know what electrolytes are. I explained they are electrically charged particles, more commonly known as sodium, calcium, magnesium, and potassium. Standard foods abound with electrolytes, more so than engineered sports foods —

	Sodium	Calcium	Magnesium	Potassium
Endurolytes (1 capsule)	40	50	25	25
Nuun, 1 tab	360	12	25	100
PBJ & milk	600	300	130	750
Pizza, 1 slice	650	200	30	220

Vitamin Water and vitamin-enriched sports foods

Many engineered foods tout they are enriched with B-vitamins "for energy". Yes, B-vitamins are needed to convert food into energy, but they are not sources of energy. Few runners realize the body has a supply of vitamins stored in the liver, so you are unlikely to become deficient during exercise.

Runners, who eat far more food — hence more vitamins — than sedentary folks, have the opportunity to consume abundant vitamins. A big bowl of Wheaties offers 100% of the Daily Value (DV) for B-vitamins. (Most cereals, breads, pastas and other grain foods are enriched with B-vitamins unless they are "all natural".) Eight ounces of orange juice offers 100% of the DV for Vitamin C. In contrast, 8 ounces of Energy Tropical Citrus Vitamin Water offers only 40% of the DV for C.

Sports Candy

I groaned when one runner told me she ate Sports Beans (\$1/100-calorie packet) for her afternoon snack. Like sports drinks, sports beans are designed to be taken during exercise. Regular jellybeans would be a far less expensive snack! She unlikely even needed extra sodium, given she ran for only an hour. Raisins, dried pineapple, or grapes would make a healthier snack option.

Conclusion

Not everyone uses sports foods to enhance their performance. Research on a simulated 3-day adventure race suggests otherwise (2). When the racers were given a buffet of fueling options during this event, 86% of their calories came from supermarket foods (candy, pizza, sandwiches, soft drinks, coffee, bananas, etc.) as opposed to only 14% from engineered sports foods (sports drinks, gels, energy bars, protein bars). They reported standard foods tasted better and were more palatable. As an educated consumer, do you want to do the same?

Nancy Clark, MS RD CSSD (Certified Specialist in Sports Dietetics) counsels active people in her practice at Healthworks, the premier fitness center in Chestnut Hill MA. Her Sports Nutrition Guidebook, and food guides for new runners, marathoners, and cyclists are available on www.nancyclarkrd.com or www.sportsnutritionworkshop.com.

References:

1. Sims, ST, van Vliet L, Cotter J, Rehrer N. 2007. Sodium loading aids fluid balance and reduces physiological strain of trained men exercising in the heat. *Med Sci Sports Exerc* 39(1):123-130.
2. Zimberg IZ, Crispim CA, Juzwiak CR at al. 2008. Nutritional intake during a simulated adventure race. *Int J Sport Nutr Exerc Metab* 18(2):152-68.

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.

Note: the prices quoted in this article are in US\$ and some of the products also mentioned might not be readily available in NZ.

HEALTH

OBESITY IN NEW ZEALAND

The following provides introductory facts and statistics about obesity in New Zealand. For more information, refer to A Portrait of Health: Key Results from the 2006/07 New Zealand Health Survey.

Obesity statistics for New Zealand Adults:

The 2006/07 New Zealand Health Survey found that:

- One in four adults were obese (26.5%).
- 41.7% of Maori adults were obese.
- 63.7% of Pacific adults were obese.
- 11% of Asian adults were obese.
- Pacific men and women were two and a half times more likely to be obese than men and women in the total population.
- Maori men and women were one and a half times more likely to be obese than men and women in the total population.
- There has been an increase in the prevalence of obesity for men and women from 1997 to 2006/07, adjusted for age, but the rate of increase appears to be slowing.

Obesity statistics for New Zealand children:

The 2006/07 New Zealand Health Survey found that:

- One in twelve children (aged 2 to 14 years) were obese (8.3%).
- One in five children were overweight (20.9%).
- There has been no change in the average (mean) BMI for children aged 5 -14 years since 2002.
- There has been a decrease in average BMI for Maori children.
- Adjusted for age, Pacific boys and girls were at least 2.5 times more likely to be obese than boys and girls in the total population.
- Maori boys and girls were 1.5 times more likely to be obese than boys and girls in the total population.

Other statistics:

- Nine out of ten (87.8%) children aged from birth to 14 years have ever been breastfed.
- Nine out of ten (87.8%) children aged 2-14 years ate breakfast at home every day in the past 7 days.
- Two out of three (63.6%) children had fizzy drink in the past 7 days. One in seven (13.6%) children had three or more fizzy drinks in the past 7 days.

- Seven out of 10 (70.9%) children ate fast food in the past 7 days. One in seven (13.6%) ate fast food twice in the past seven days and one in 14 (7.2%) had eaten fast food three or more times in the past seven days.
- Two out of three (64.1%) children aged 5-14 years usually watched two or three hours of television a day. This equates to 368,700 children.
- Two out of three adults (64.1%) ate the recommended three servings of vegetables each day, and two out of three adults (60.0%) ate the recommended two or three servings of fruit a day.
- One in seven adults (13.6%) reported that they were currently taking medication for high blood pressure. This equates to 425,000 adults.
- One in 12 adults (8.4%) were currently taking medication for high blood cholesterol.
- One in 20 adults (5.2%) had been diagnosed with ischaemic heart disease.
- The prevalence of diabetes in children was 0.2% which means that approximately 1700 children had been diagnosed with diabetes by a doctor (most probably type 1).
- One in 20 adults (5.0%) had doctor-diagnosed diabetes (excluding diabetes during pregnancy). This equates to 157,100 adults. Nine out of every 10 adults with diabetes were diagnosed when they were 25 years or older, and most all will have type 2 diabetes.
- After adjusting for age, Pacific men and women had three times the prevalence of diagnosed diabetes than men and women in the total population.
- Just under half of the children (47.0%) aged 5-14 years usually use active transport to get to and from school (walking, biking, skating or using some other forms of physical activity). Common reasons given by parents for what stops their children walking, biking etc to school - live too far from school, busy traffic/main roads, too dangerous for reasons other than traffic, takes too long.
- Half of the adults (50.5%) met the definition of being regularly physically active. Overall one in seven (15.0%) adults were sedentary, reporting less than 30 minutes of physical activity in the previous week.

For more information visit: <http://www.moh.govt.nz>

TRACKS and WALKS

KAWEKA ROAD WALKS

Getting there

Kaweka Road is located 65 km north-west of Napier. From Napier follow Puketitiri Road for 36 km before turning left into Whittle Road. Kaweka Road is the first road on the right.

Whittle Road passes partly through farmland, to the park entrance (please leave all gates as found). This road may be closed at times during winter because of snow.

About the area

Kaweka Forest Park

Kaweka Forest Park has alpine shrublands, tussock valleys and beech forests. It offers rafting, canoeing, hunting and fishing, hot springs and tramping for both experienced trampers and day walkers.

The saddle is a popular starting point to enjoy a variety of short walks along the mountain tops.

For more challenging tracks see [Kaweka Road tramping tracks](#).

Description

Ngahere Loop Track

Time: 1 hr return

From the carpark a track leads to Ngahere Base (the former hydrological survey base) then follows an old road down to a stream. Across the bridge the Matauria Ridge Track turns to the right and the Ngahere Loop Track climbs straight ahead.

About thirty minutes easy walking, through beech forest, takes one over Ngahere Hill (1114 metres) and out to Kaweka Road just over 1.8 km from the carpark.

Matauria Ridge

Time: 30 min

A worthwhile detour from the Ngahere Loop Track is to walk along Matauria Ridge. From this wide, open ridge there are fine views into the beech forested Donald catchment, back to Makahu Saddle and across to the main Kaweka Range.

Four kilometres before Makahu Saddle a short road turns off Kaweka Road and leads to Little's Clearing. Here there is a picnic area and a 20 minute loop walk through beech forest. The clearing itself is a tussock bog.

A track which is used mainly for hunting access leads from the loop walk on to Black Birch Range. Black Birch Bivouac is 1.5 hours along the range.

Places to stay

Makahu Saddle Hut

Makahu Saddle Hut is situated within a red and mountain beech mixed forest below steep eroded scree slopes of the main Kaweka Range.

Plan and prepare

What to expect on a short walk:

- Easy walking for up to an hour
- Track is well formed, with an even surface. There may be steps or slopes
- Suitable for people of most abilities and fitness
- Stream and rivers crossings are bridged
- Walking shoes required.

* * * *

WE LOVE BEEF and LAMB

Kiwis are enjoying their beef and lamb more than ever, according to recent market research results. A nationwide survey has revealed beef and lamb consumption has increased to an average of 3.6 meals each week, from 3.1 meals last year.

While kiwis are eating beef and lamb more often, they are still choosing amounts well within national nutritional guidelines - most having the recommended 'deck of cards'-sized steak on their plate.

The research also confirmed most of us recognise beef and lamb as the best source of easily-used iron for adults, babies and toddlers.

Source: Beef & Lamb New Zealand, August 2008

* * * *

What did the blonde ask her doctor when he told her she was pregnant?
"Is it mine?"

Brian's passion for racing big cats

By Jim Chipp

Motor-racing drivers once built and tuned their own cars and locals rubbed shoulders with the world's best in the pits, according to a retired Paparangi mechanic.

Brian Watson, who used to race Jaguars, has recorded his recollections, and an extensive outline of Jaguar racing history in New Zealand, in his book, *Jaguar Memories*.

"I wanted to write something of what I had done and seen before I got too old," he said. The resulting book was 23 years in the making. It has about 200 photos and 300 pages documenting the history of Jaguar racing, with each chapter devoted to a different model.

"There are so many people in it from all the early years of motor-racing, the 1950s to the 1970s. It went on and on like Topsy and it just grew," Watson said.

"It's taken me quite a while, because people have disappeared or died, and photos were hard to get. It was almost 50 years ago. It's a New Zealand history. But we are a young country and any history we have we don't want to lose."

Watson began his career as a mechanic at Wright Stephenson's, servicing trucks and Vauxhall cars. After 10 years he became a Jaguar agent.

"I went to Archer and Lupp because I wanted to improve my tuning skills and the only one who knew anything about tuning was Lionel Archer," he said. He fell in love with the Jag's twin overhead camshaft engines. "Other makers were still building overhead valve, push-rod motors," he said.

"I've built them; raced them; hill-climbed them and sprinted them. All sorts of things."

In those days, New Zealand motor-racing was more down-to-earth. At circuits such as Levin and Pukekohe, local drivers would rub shoulders with the sport's international elite. "You'd line up, have your car here. Next door you'd have the Lotus team, and then the Cooper team."

He recalled turning up for scrutineering, and finding one other vehicle. "The other car was a Formula One Lotus." The driver queued ahead of him was the legendary Jim Clark.

The overawed girl asked Clark for his licence, meaning his competition licence. Smiling, Clark, a farmer in Scotland, first produced his dog licence and then his pedigree bull breeder's licence, before finally showing her his driver's licence.



CAT LOVER: Brian Watson in his 1990 Jaguar XJ40.

That year Clark went on to win the Tasman Series, the Indianapolis 500 and the world drivers' championship for Lotus.

Things had changed in other ways in the last 30 or 40 years, Watson said "When I was a mechanic, you did everything on a car. Then people specialised. Wheels and alignment, engines.

"Now you've got the situation where a mechanic is just a fitter of parts. We even used to make the parts."

To buy *Jaguar Memories*:
email cwtzim@paradise.net.nz

Reproduced from the Kapi-Mana News, May 5, 2009 edition.

* * * *

Although most people believe eating fish and seafood is good for us, 33% don't eat it because they think it doesn't taste good.

Others blame the cost, smell, inconvenience of picking at the bones and personal beliefs.

* * * *

66% of New Zealanders are struggling with their weight and 86% plan to exercise more.

WALK YOURSELF FIT

You don't have to join a gym or train for a marathon to get fit. Getting healthy is as easy as a walk in the park.

Can you really get fit by walking? The answer depends on who you ask, but everyone agrees walking will make you fitter, and there are some techniques which deliver a better result than others - and in less time, too!

From Walking to Fitness

Brisk walking is probably the best overall exercise for most of us as it has better compliance rates than other physical activities. Walking for at least one hour, five days each week is associated with a reduced risk of cardiovascular disease.

These health benefits can be achieved through structured or non-structured physical activity, accumulated throughout the week. To turn these health benefits into fitness benefits, you need to walk 60-70 per cent of your maximum capacity - a pace which allows you to talk, but not sing a tune. Walking at this speed for as little as five weeks can increase your aerobic fitness by 10-20 per cent.

If you're not looking to boost your aerobic fitness further, you need to challenge your body. Continually performing exercises your body isn't used to forces it to adapt, so your body becomes more efficient and in effect, fitter. You can do this by changing either the frequency, intensity or duration of your walks.

Challenging Yourself

There are plenty of ways to coax your body to better fitness. Walk six days per week instead of five; include stairs, hills or jogging during your walk; or increase your walking time. Up your pace, but walk for the same length of time. Try a pedometer to monitor this - aim to boost the number of steps you take on each walk.

Adding in resistance exercises throughout your walk will also help: do push-ups on the ground or against a tree, stop for some walking lunges and sit-ups, or vary your terrain by walking through the bush or on the beach instead of the pavement. The added weight of carrying a backpack will give you an extra challenge, too - so now there's no excuse for avoiding the walk home with the shopping!

* * * *

Aid for the Ageing Brain

A Mediterranean diet lessens the risk of mental decline.

Nutritionists have sung the praises of a Mediterranean diet for decades, particularly its heart health benefits. Now a US study suggests people who follow the diet have less chance of developing mild cognitive impairment - a transition stage between normal brain function and dementia or Alzheimer's disease.

Further studies are needed, but the diet is linked to improved cholesterol, stable blood sugar levels and blood vessel health - all of which reduce the mild cognitive impairment. With research showing dementia affects almost 41,000 New Zealanders; it's definitely worth a try.

What is a Mediterranean diet? It's the diet that says yes to a splash of olive oil and the occasional glass of wine. It's characterized by a variety of colourful and enjoyable ingredients, such as olive oil and fish.

Menu ideas

- Stock up on smart carbs. Cereal or wholemeal toast for breakfast is ideal, while a serve of rice, grains or beans will provide the perfect dish for lunch.
- Replace butter with avocado.
- Eat whole fruit and vegetables daily.

Cut up and store fresh fruit in the fridge. Fill your lunch and dinner plates with green, leafy vegetables.

- Use canola or olive oil.

A drizzle on your salad or a brush on a slice of wholegrain bread will go a long way. Add a touch of olive oil, garlic and green onions to pasta, for an authentic Mediterranean flavour.

- Swap red meat and poultry for fish.

Avoid sausage, bacon and high-fat meats. Go for grilled fish at least twice a week.

- Snack on nuts. Walnuts, almonds, pecans and brazil nuts are ideal.
- Sip on red wine - if it's OK by your doctor. Otherwise red grape juice will suffice.

Now remember you are running too much when:

You've become so skinny that no one notices you behind your necktie.

The only erotic experience you can immediately recall is spreading Vaseline on your thighs before your run.

The first thing you notice about a member of the opposite sex is that he or she pronates.

You divorce your husband and move in with your podiatrist.

24th Wellington Masters Classic Cross Country Relay

Trentham Memorial Park, Upper Hutt, Sunday 10th May 2009

The conditions underfoot were a bit boggy in parts having been cut up by the Kids Bike Jam held in the morning. This year only 16 teams: this was partly because of the later start time owing to a double-booking of the grounds again!! Fastest laps were contributed by Peter Versey (14:45) and Janet Crawford (14:59). Fastest walkers were Peter Baillie (22:35) and Vivian Butt (31:02).

250+

Hutt Valley Harriers A

Peter Versey	0:14:45
Bill Trompetter	0:16:18
Tony McKone	0:17:50
Stephen Cummings	0:17:52
Warren Magurer	0:15:46
	1:22:33

1 of 3

Hutt Valley Harriers B

Vaughan New	0:14:55
Karl Van Polan	0:16:54
Graeme Burr	0:17:20
Stuart Henderson	0:17:12
Colin Sasse	0:17:39
	1:24:03

2 of 3

Olympic

Rob McCrudden	0:18:42
Ken Ritchie	0:19:44
Jan Fulstow	0:16:01
Brian Rusbridge	0:19:43
Brian Watson	0:22:25
	1:36:35

3 of 3

300+

Kapiti

John Hammond	0:22:11
Tony Fraei	0:20:29
Steve McDonald	0:15:47
Maurice Piper	0:20:07
Steve Brady	0:16:52
	1:35:26

1 of 3

Hutt Valley

Chris Fayen	0:19:08
Steve Robertson	0:18:57
Dave Moore	0:24:02
Dave Trow	0:18:50
Albert Van Veen	0:21:32
	1:42:29

2 of 3

Trentham United

John Ihaka	0:23:06
Diane Rogers	0:23:50
Roy Rogers	0:26:49
David Hood	0:18:06
Alan Cox	0:18:02
	1:49:53

3 of 3

Women

Olympic A

Cathryn Wood	0:19:06
Gabrielle Parle	0:19:12
Michelle Van Looy	0:16:18
Teneke Hooff	0:19:22
Geraldine Smith	0:19:16
	1:33:18

1 of 4

Trentham United

Teresa Cox	0:17:57
Christine Taylor	0:21:45
Janet Crawford	0:14:59
Nic Cross	0:20:29
Susan van der Jagt	0:18:39
	1:33:49

2 of 4

Hutt Valley Harriers

Vanessa Trompetter	0:19:19
Brig Murdoch	0:18:14
Julia Baron	0:17:15
Kathleen Burns	0:20:54
Marian Goodwin	0:18:33
	1:34:15

3 of 4

Olympic B

Rose Ohlsson	0:22:48
Annie Van Herick	0:20:35
Denise Pitcher	0:22:24
Jean Skilton	0:22:39
Elle Brown	0:23:08
	1:51:34

4 of 4

Mixed

Kapiti

Kate Jenkins	0:19:29
Bart Henderson	0:19:04
Bronwyn Kettle	0:23:54
Paul Binkhorst	0:15:58
Bryn Kempthorne	0:21:31
	1:39:56

1 of 2

Olympic

Murray McGaughran	0:21:30
Elizabeth Dixon	0:25:36
Rob McCrudden	0:19:04
Donna McDonald	0:26:56
Jan Fulstow	0:17:00
	1:57:38

2 of 2

Walkers

Scottish Mixed A

Peter Baillie	0:22:35
Daphne Jones	0:32:13
Kevin Watson	0:26:15
	1:21:03

1 of 4

Olympic

Vivian Butt	0:31:02
Murray McGaughran	0:33:26
Peter Baillie	0:23:35
	1:25:50

2 of 4

Trentham United

Sonja McLean	0:32:02
Pat Scholes	0:34:34
Margaret Bowman	0:39:01
	1:45:37

3 of 4

Scottish

Melanie Watson	0:31:08
Margaret Bray	0:35:13
Peter Tearle	0:42:51
	1:49:12

4 of 4

CLASSIC RELAY 2010

The Masters Classic Relay for 2010 will be held on Sunday 9th May. We have had confirmation that Wellington Masters have been granted use of Trentham Memorial Park for 2010 and the start time will be back to the normal start time of 11am. Hopefully this earlier start will attract more teams to the event.

MISCELLANEOUS RESULTS

Wellington & Manawatu/Wanganui Masters Championships, Massey Track, Palmerston Nth 15th March 2009

Weight Pentathlon - Women

W35	1	Michelle Ward - Wgtn	2070pts
W40	1	Jenny Fee	1820pts
W45	1	Judy Brock	2007pts
W60	1	Jill Evans - Man/Wang	3239pts
W75	1	Colleena Blair - Wgtn	2997pts

Men

M40	1	John Turner - Wgtn	1569pts
	2	Gavin Jensen	1086pts
M45	1	Kevin Fee	1679pts
M60	1	Bo Cox - Man/Wang	3061pts
M65	1	Mike Shepherd	1996pts
M75	1	Jim Blair - Wgtn	2691pts

Pentathlon - Women

W35	1	Michelle Ward - Wgtn	1328pts
W40	1	Jenny Fee	86pts

Men

M40	1	John Turner - Wgtn	2443pts
	2	Gavin Jensen	2220pts
M45	1	Kevin Fee	2523pts

FOOTWEAR SELECTION

One of the most critical decisions you must make with your running is buying the right shoe. If you get the wrong shoe it can be a direct cause of injury and time out of running. Not to mention the risk of missing your major goal race.

The problem for runners is how do you sort through all the different models, the hype of each brands technology and the marketing jargon surrounding each shoe. The best way is to sift through the vast array of choices is to get help and advice from fellow experienced runners or from a reputable sports shoe shop.

Most companies try to separate the models into a few categories based on how much stability or cushioning they offer. The best way is to go that one stride further and put them within the type of support they offer as well as what they will be used for.

The best thing to do when you are choosing shoes is to ignore all the noise you are bombarded with from many sources and let the shoe decide which one is best for you. To make that work you need to run in each model when you try them on. But first you need to narrow it down by picking the right category of shoe to try. It is about matching the needs of your feet with the features each shoe offers.

High Mileage Trainers

These shoes can be either side of the spectrum from stability to neutral control. What differentiates them from most other shoes is their durability and cost. They most likely will have all the whistles and bells with the newest technology from each brand usually being launched first in their high end shoes. If you are running over 100km each week or feel you need more support than the average runner then you should consider this category of shoes.

Motion Control

With pronation losing its evil aura this category of shoe is no longer ascendant. There is an optimum amount of control that is needed for each runner. If a little bit of control is good that does not mean that maximum control is better. The type of runner that needs this shoe is either someone with major injury problems caused by poor biomechanics or someone who destroys shoes. It is a mistake to think that your injury problems will be fixed by blocking foot motion. However if that is what your foot needs then these are the shoes to do it.

Moderate Stability

The most popular shoes always come from this category. They suit most runners, who need a bit of stability but generally have no real problems. If you are not really sure what you need it may be best to start here and let your experience in the shoes direct you to the right category next time.

Firm Neutral

A neutral shoe is one that does not push you to reduce pronation. They are best for stiff feet that have reduced movement or feet roll out. A firm neutral shoe is required when the foot is moving around a lot, for heavier neutral runners or when you want to reduce the amount of strain on the calves from a too soft shoe.

Flexible Neutral

Flexible neutral shoes allow more torsional movement through the midfoot. They are best for very rigid feet that need to be encouraged to deflect forces sideways. They also tend to be lighter and softer.

Race Trainers

Lightweight trainers have become the racing shoe of choice for many runners. They have the lightness and responsiveness of a racer without sacrificing too much support and cushioning. They range across the continuum of flexibility and stability.

Trail, Kids, Racing, Spikes, XT

Shoes for specialist groups can include all of the preceding types of footwear. They usually have extra requirements for fit and function. You need to go through the same exercise to find the right specialist shoe.

* * * *

December 1969

The bus overturned killing all the women returning from the Church Workers Convention. An embarrassed St Peter greeted them at the pearly gates, explaining that heaven was full and he would have to put them in Hell until the new subdivision was finished.

Three weeks later a frantic Satan called Peter, begging that he take the woman back. "But I'm still having housing troubles", St Peter replied.

"Troubles? You don't know what trouble is" roared Satan. "What with their cake stalls, jumble sales and bazaars, do you know these women are only 50 dollars short of air conditioning this place?"

Olympic cheats busted - at last

THE International Olympic Committee's pursuit of drug cheats has paid off after six Olympic athletes - including two medalists were busted for blood doping in retests of their Beijing samples.

Eight months after the Games closed, the committee said seven tests involving six athletes - none of them New Zealanders - came back positive for Cera, an advanced version of blood-boosting hormone EPO.

A person familiar with the results said the tests nabbed three track and field athletes, two cyclists and a weightlifter. The IOC did not name the athletes or sports involved, saying it was notifying the athletes through their Olympic committees.

The person said a male track and field athlete who won a gold medal was one of the athletes. The other medalist was a cyclist.

The Italian Olympic Committee said one of the six was an Italian, though it declined to name him. The Italian news agency Ansa identified him as cyclist Davide Rebellin, silver medalist in the road race.

The IOC reanalyzed 948 Beijing samples after new lab tests for Cera and insulin became available.

Dominion Post Thursday 30th April.

Footnote:

In the following days Dominion (Friday 1 May) it was reported that one of the athletes who tested positive was Rashid Ramzi, winner of the 1500 metres at Beijing. If his "B" sample also tests positive he will be stripped of his gold medal, moving New Zealand's Nick Willis into the silver medal and Asbel Kipruto Kiprop of Kenya would then be declared the winner of the gold medal.

* * * *

Perks of reaching 50 and heading towards 70

1. Kidnappers are not very interested in you.
2. In a hostage situation you are likely to be released first.
3. No one expects you to run anywhere.
4. People call at 9 pm and ask - did I wake you?
5. People no longer view you as a hypochondriac.
6. There is nothing left to learn the hard way.
7. Things you buy now won't wear out.
8. You can eat supper at 4 pm.
9. You can live without sex but not your glasses.

10. You get into heated arguments about pension plans.
11. You no longer think of speed limits as a challenge.
12. You quit trying to hold your stomach in no matter who walks into the room.
13. You sing along with elevator music.
14. Your eyes won't get much worse.
15. Your investment in health insurance is finally beginning to pay off.
16. Your joints are more accurate meteorologists than the national weather service.
17. Your secrets are safe with your friends because they can't remember them either.
18. Your supply of brain cells is finally down to manageable size.
19. But a word of warning - never, under any circumstances, take a sleeping pill and a laxative on the same night.

* * * *

Advances in Osteoarthritis

Skip the supplements?

A few years ago, the large arthritis study known as GAIT delivered disappointing news: glucosamine and chondroitin sulfate didn't ease pain in people with mild arthritis, though the combination did seem to help people with severe discomfort.

New GAIT results further erode hopes for the supplements, which don't appear to slow cartilage damage. Knees showed similar wear over two years, whether patients took a placebo, a prescription painkiller or supplements. Still, the researchers are reserving final judgment, partly because all volunteers' knees stayed healthier than expected. Looking at small differences (not big enough to be statistically reliable), the scientists say that the patients on glucosamine alone fared best.

Patients on glucosamine plus chondroitin did worst of all - which may mean one supplement interferes with the other's absorption.

* * * *

World Masters Indoor Track & Field Championships

**Kamloops, Canada
1 - 6 March, 2010**

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* BOOK REVIEW *

RACING JAGUAR

IN NEW ZEALAND

follows the history of Jaguar designed and engined cars from the early pioneering days of racing on paddocks and back streets through to modern specialised speedways.

Each chapter explores a different Jaguar car including detailed descriptions of the engine specifications and design and the histories of individual cars and car drivers.

An extensive record of racing results and colourful stories have been used to illustrate the fortunes of the characters who built, restored and successfully raced these innovative and powerful cars.

Many of the photographs and stories contained in this book are available to the public for the first time and have been collected over the last two decades through correspondence with the race drivers concerned and their families.

This book includes appendices of maps of many of the major racetracks in New Zealand and an extensive XK register (up to 1996).



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- COMING EVENTS -

2009

June

13	Dorne Cup - Cross Country	Trentham Memorial Park
20	Taranaki Walks Weekend	New Plymouth
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

1	NZ Cross Country Championships	Christchurch
22	Wellington Road Championships	Trentham

Sept

12	Belvedere Block Road Relays	Carterton
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Oct

10	NZ Road Relay Championships	Akaroa
11	Masterton Full and Half Marathons	Masterton

Nov

1	Auckland Full & Half Marathons & 10km	Devonport
1	Lower Hutt 10km Road Race and Walk	Huia Pool
14	Rimutaka Incline Run	Kaitoke

2010

March

1-6	World Masters Athletics Indoor Track & Field Championships	Kamloops, Canada
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Oct

3-14	Commonwealth Games	New Delhi
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2012

	North Island Masters T&F Championships	Newtown Park
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2013

	NZ Masters T&F Championships	Newtown Park
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Note: While every attempt is made to provide correct dates of events, intended dates and venues can change. It is advisable to check the information from official entry forms, websites or event organisers.

UNIFORMS:

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

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