

THE

MASTER

COPY

Newsletter of the Wellington Masters Athletics Inc.

Volume 8 Issue 3

August 2009

PROPOSED DATES:

**WELLINGTON MASTERS
TRACK & FIELD CHAMPIONSHIPS**

1st day - Sunday 21st February 2010

2nd day - Sunday 28th February 2010

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CONFIRMED DATE:

WELLINGTON/MANAWATU-WANGANUI

WINTER WEIGHT PENTATHLON

Sunday 23rd August 2009
at Massey University, Palmerston North
(Back up day Sunday 30th August)

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

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WGTM 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 RECESSION AND RUNNING

As the recession starts to bite and families start to feel the effects of trying to make ends meet, and along with the family budget being stretched, there are usually some drastic choices to be made. The first to go in many cases are the "extras" that for some time has been part of their weekly routine and family life. These pleasures are usually things like the children's piano or ballet lesson, going to watch sport at the local stadium, going bowling, or the special treats like eating out or going to the movies.

But what seems to be happening in these tough times is that more people seem to be taking up running. Recently there was an article in the Dominion Post which reported a surge in the numbers of people entering races overseas. Some of them are the BIG events on the calendar like the Boston and New York Marathons. The article went on to say that more people who have been made redundant are taking up running. It seems that rather than sit around and dwell on their misfortune, they are looking at keeping fit and active, and in some cases have set themselves a goal - to run a full or half marathon. One person featured in the article had done very little running and when he was laid off from his job took up the challenge and set himself a goal of running in this year's Boston Marathon. He started a vigorous training programme and achieved his goal of completing the marathon in 3hrs 15mn. It seems that these people are prepared to also pay the expensive entry fees to some of these events.

Closer to home, one only has to look at the Harbour Capital event held in June where this year's entries were up on last year quite considerably over all categories. This year a total of 4701 persons entered to run in the different categories, though the statistics put out after the event show that only 4249 crossed the starting mat.

The Gold Coast Marathon and associated events was also up this year on the previous year - 21,000 competitors in 2008 - this year the numbers reached 23,398 across all events. The article in the Dominion Post also reported that numbers had increased in the Huntly Half Marathon and the Christchurch Full and Half Marathons. The Auckland Marathon to be held on 1 November this year has been "sold out" for weeks with the limit that is allowed to cross the Harbour Bridge reached very soon after entries had opened.

It is not only the running races that are seeing an increase in numbers, the walking events held in conjunction with these major races are also seeing an increase in entrants as well. One must now ask whether there is another running/walking boom on the horizon, or is the sudden increase in participation the result of people wanting to get out and exercise more, have a goal to aim for, and not have to dwell on the effects the economic climate is having on them and their family and friends.

Whatever the reason, hopefully there might be some spin-offs for the running and walking clubs throughout New Zealand.

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, there has been no change in our membership which still stands at 83 members.

* * * * *

Run the Original

Yes, why not run the original, the Athens Classic Marathon - 8th November 2009. A reasonably testing course from Marathon to Athens with some long but steady uphill stretches, but then down into Athens and a great finish in the ancient Stadium.

Next year, 28th to 30th October The Association of International Marathons and Road Races (AIMS) will hold in Athens, their annual Congress and celebrate 2,500 years since the legend of the Greek soldier-runner, Pheidippides in 490BC ran from the town of Marathon to Athens without stopping, to announce that the Persians had been defeated in the Battle of Marathon and allegedly burst into the assembly, exclaiming, "We won" before collapsing and dying. On the 31st October 2010 the Athens Marathon will be held and will be part of this unique occasion.

Andy Galloway Marathon Tours

Phone: +64 7 849 1782

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Website: www.marathontours.co.nz

* * * * *

The Marathon

The marathon commemorates the ancient Greek messenger who ran from the Battle of Marathon to Athens. The length was finally standardised for the 1908 Summer Olympics in London because the Royal Family wanted the marathon to start at Windsor Castle. The distance from Windsor Castle to the Olympic Stadium was 42.195 metres (or 26 miles and 385 yards) and that's now the official length of marathons.

Source: *Runner's World*

* * * * *

THOUGHT FOR THE DAY:

"Some people want it to happen, some wish it would happen, others make it happen."

Michael Jordan

Oceania Champs, Tahiti

3-10 July 2010

Air fares and 8 nights at the Royal Tahitian Hotel.

Cost estimate \$2500.

Closest to the track.

Contact Roy Skuse for more information.

Email: roy@netfares.co.nz

PO Box 57 Gisborne New Zealand. Phone 868 7700

* * * * *

Masterton Council votes for all weather track

Masterton has agreed to an 8 lane all weather track, according to the Wairarapa Times-Age, who report:

"Masterton councillors leaped one of their biggest hurdles last night when they voted yes to a \$300,000 contribution toward the proposed all-weather athletics track.

Their long-awaited decision, made subject to the developers' full plan coming together, means the track trust can now go to other funders for the near-\$1m facility at Colin Pugh Sports Bowl.

The vote came after a year of often-fiery debate and was only reached with a slim margin and after tense discussion."

* * * * *

GET WELL SOON . . .

Wellington Masters member, Bruce Perry had a fall recently and broke an arm and ripped a piece of bone off his hip. He was in hospital but there was some reluctance to let him go home as Noeleen Perry also has a broken arm. Our thoughts are with you both.

* * * * *

CONGRATULATIONS . . .

To Jim Blair who was elected to the position of Vice President of Athletics New Zealand at the recent AGM held in Wellington. Jim will hold this position for a one year term where he will then take over as President of Athletics New Zealand.

HYDRATION

Correct fluid intake both during and after your endurance training sessions and races is critical. Drink too much and risk hyponatremia, drink too little and risk dehydration. Dehydration is the more common problem for all marathoners, while marathon walkers and slow runners are the ones most at risk for hyponatremia (1).

Hyponatremia is a condition that occurs when an athlete consumes too much fluid (either water or other fluids), diluting the body's sodium levels. Hyponatremia is relatively rare but in extreme circumstances can be fatal. It appears to occur most often in slow-paced athletes e.g. walking or running for over 4 hours and those with body mass index extremes (1, 2). It also appears that women may be at a greater risk than men, because of their smaller body size which means that they have less surface area to lose fluid via evaporative sweating mechanisms for the same total amount of fluid ingested (2-4).

Dehydration occurs more frequently, and happens when you don't drink enough fluid, especially in hot weather. Dehydration can affect your physical and mental performance, increase cardiovascular strain and decrease heat tolerance (1).

The International Marathon Medical Directors Association (IMMDA) of the Association of International Marathons (AIMS) published a position stand recommending that marathon runners drink approximately 400-800 ml/h, with the higher rates for the faster, heavier runners competing in warm environmental conditions and the lower rates for the slower runners/walkers completing marathon races in cooler environmental conditions.

The bottom line is that you want to avoid fluid extremes and in addition to water replacement you also need to replace the electrolytes you lose through sweat such as sodium, magnesium and chloride. Electrolytes are best consumed in your drink during training and the race. Specialised sports drinks are designed to replace these electrolytes and some drinks also contain carbohydrate which has the added benefit of providing an additional energy source as well.

A method to determine your own fluid replacement requirement is to record your body weight (wearing minimal clothes) before and after as many training runs as you can - record the results on your training log, along with everything you have drunk along the way. Also note the weather conditions e.g. humidity, temperature, cloud cover etc. You should lose no more

than 1-3 percent of your pre-run weight. This along with your recovery times will give you an indication of how much you should be drinking and you can adjust your fluid intake accordingly.

Once you have collated your results you should be drinking enough fluid to replace the fluid lost in sweat, and you should lose no more than 1-3 percent of your pre-race weight. One litre of sweat is approximately equal to 1kg of weight loss (this also includes some burning of fats and carbohydrates) and some research suggests you should drink no more than 500mls per hour during training, depending on your weight, environmental conditions and speed (5,6).

For example: You weigh 70kg and you plan to run for four hours at a temperature of 20°C. You know that you sweat about 1 litre per hour at this pace and temperature, so you can expect to lose about four litres of sweat. Because you want to lose no more than about 1-3 percent of your body weight (0.7-2.1kg) you should aim to drink between 1900ml and 3300ml during the race. That's about 475-825 ml per hour.

When you are training it is a good idea to check your urine during the day (along with pre-and post training weights) to monitor your hydration status. Your urine colour should be in the target range, unless you are taking multivitamins and then your urine may be yellowish.

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If you had to identify in one word, the reason why the human race has not achieved, and never will achieve its full potential, that word would be "meetings".

Athletics New Zealand Media Release

2 June 2009

JOHN WALKER KNIGHTED

John Walker received a Knighthood in the Queen's Birthday honours. Sir John was made a Knight Companion for services to sport and the community.

Walker aged 57 competed internationally for 19 years, set three world records, 1 mile 3m 49.4s, first athlete under 3m 50s, 2000m 4m 51.4s and 1500m indoors 3m 37.4s. He was Olympic champion, winning gold in the 1500m at the 1976 Montreal Olympic Games, silver medallist 1500m and bronze medallist 800m at the 1974 Christchurch Commonwealth Games and silver medallist 1500m at the 1982 Brisbane Commonwealth Games. Walker's career was disrupted by injury and he had to miss the 1978 Commonwealth Games while politics meant he could not defend his Olympic 1500m title in Moscow in 1980.

Walker was the first athlete to run 100 sub four minute miles on 17th February 1985, he won eight New Zealand 800m titles between 1972 and 1990 and seven New Zealand 1500m titles between 1974 and 1986. He was attempting to become the first 40 year old to run a sub four minute mile during the summer of 1992 when injury finally forced a halt to his career. He received the Lonsdale Cup in 1975 in recognition of the world mile record and again in 1976 in recognition of the Olympic Games gold medal.

Walker was athlete of the year by Track and Field News in the States in 1975 and was ranked number one in the world for 1500m by Track and Field News in 1974, 1975 and 1976. He was New Zealand Sportsperson of the year in 1975 and 1976, voted New Zealand Sportsperson of the decade 1970-79 and was joint winner with Sir Richard Hadlee of New Zealand Sportsperson for the 25 years 1963 to 1987. He was a foundation inductee into the New Zealand Sports Hall of Fame in 1990. He received a New Zealand 1990 medal and in 1995 the IOC presented him with the Olympic Bronze Order. Walker was inducted into the New Zealand Sports Hall of Fame again in 2005 as a member of the New Zealand cross country team that won the world title in Morocco in 1975.

He received the OBE in the 1976 New Year's honours and the CBE in the 1992 Queen's Birthday honours. Walker is a former member of the New Zealand Sports Foundation Board of Governors, chaired the athletes commission of the New Zealand Olympic and Commonwealth Games Association, which included redrafting the contract which govern the relationship between the Olympic Committee and team

members, and was Chief Barker and President of the Variety Club of New Zealand.

In the course of a long career Walker has provided inspiration to many young New Zealanders and has been an exceptional ambassador for New Zealand particularly while overseas, he has always acted in what he believed to be the best interests of New Zealand sport and has given much time and energy in the pursuit of better sporting opportunities for all New Zealanders.

Last year Walker, a fourth term Manukau City Councillor, founded 'Find your Field of Dreams Foundation' a charitable trust aimed at encouraging the young people of Manukau to pursue a more active lifestyle through sport and physical recreation that would lead to a fitter, healthier and more caring community.

Roy Williams writing in the Sunday Star-Times in 1992 after Walker had announced his retirement said that throughout his career Walker always had time for the common touch.

Several days before Walker's 1500m Olympic victory in 1976 he was standing at a set of traffic lights in downtown Montreal with his team mate Rod Dixon. The two were talking when a blind gentleman heard what was to him an unusual accent. "Where are you from?" he said. "New Zealand," they said. "Are you here for the Games?" he enquired. "Yes," they replied. "In fact, we're competing." "Maybe you know John Walker," he said. "That's me," Walker replied.

Walker and Dixon then helped the blind gentleman across the road and after further conversation invited him to have dinner with them that night.

Mark in your Diaries:

Nth Island Masters Track & Field Champs

**To be held at
Palmerston North
27-29 November 2009**



RECIPE

Palmer Post Training Soup

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

Ingredients:

- 1 onion finally diced
- 4 cloves or 4 teaspoons of pre prepared garlic
- 2 medium potatoes
- 2 large carrots
- 2 large parsnips
- 6 cups chicken stock
- 1 heaped tsp cumin
- ½ cup of peanut butter – either smooth or crunchy
- Ground pepper
- Parsley to serve

Method:

Step 1: In a large saucepan that is suitable for using a hand blender in, sauté the onion in 1 tbsp of olive or grape seed oil.

Step 2: Peel and dice the vegetables and add these to the onions with the garlic. Continue to sauté for a few minutes.

Step 3: Then add the chicken stock, cumin and pepper and allow mixture to come to the boil before turning down the heat and simmering until the vegetables are soft - the smaller the dice, the quicker the cooking time.

Step 4: Remove the pan from the heat and carefully blend the vegetables to a smooth consistency with a hand blender. Alternatively, cool the liquid a little and use a food processor or stand alone blender.

Step 5: Add the peanut butter and blend again. Check the seasoning.

Step 6: Return to the heat and warm through but do not boil. Watch that the soup doesn't catch on the bottom of the pan.

Step 7: Serve in bowls and add parsley to garnish.

Note: The crunchy peanut butter adds a nice texture to the soup if used.

Serves 3 generously or 6 as an entrée.



TUSCAN BEEF and PASTA

An iron-rich meal for all the family

- 500g lean minced beef
- 4 Tbsp olive oil
- 1 onion, finely diced
- 2 garlic cloves, peeled and crushed

- 1 tsp allspice
- 1 tsp cinnamon
- 1 tsp paprika
- 130g tomato paste
- 500g jar pasta sauce
- 1 Tbsp instant dried beef stock
- 2-3 fresh or dried bay leaves
- Dash Worcestershire sauce.

Heat oil in a frying pan and brown the onion, garlic, beef and spices over a high heat.

Add the remaining ingredients, stirring well. Reduce the heat and gently simmer, uncovered for 30 minutes, stirring occasionally.

Serve over your favourite fresh pasta with parmesan cheese, a spoonful of basil pesto (optional) and a side salad.

Serves 6.



RUN FOR YOUR LIFE

It's tempting to stay in front of the heater or fire when it's cold outside, but it might be better to warm up with a brisk run instead.

According to a long-term study of 400 people aged over 50, runners live longer and have less disability than their non-running counterparts. Researchers from the Stanford University School of Medicine in California conducted a 21-year study of people aged over 50 and found a greater proportion of non-runners died during the study period. "Vigorous exercise (running) at middle and older ages is associated with reduced disability in later life and a notable survival advantage," the study concludes.



SEVEN STEPS TO STAVING OFF ALZHEIMERS

1. Mind your mind: keep your brain active by learning, doing puzzles and engaging in social activities.
2. Mind your diet: reduce saturated fats and eat plenty of vitamins and antioxidant-rich foods.
3. Mind your body: exercise for at least 30 minutes a day.
4. Have regular health checks for blood pressure, cholesterol, blood sugar and body weight.
5. Keep social.
6. Get enough sleep, don't drink too much and don't smoke.

7. Mind your head: take steps to avoid head injury, for example wearing a seat belt and preventing falls.

HEALTH

FOOT ALIGNMENT

MORE than 70% of people suffer from excess pronation, which is when the foot rolls inwards when walking. This not only affects your posture, but can cause problems in other parts of the body.

The human foot was originally designed for walking on natural surfaces like soil and sand. But thanks to civilization, we now give our feet a daily pounding by walking and standing on hard, flat unnatural surfaces like pavements and floors. This causes our feet to flatten and twist (ie excessively pronate) in order to make ground contact.

Like the foundation of a tall building, problems in your feet can have far-reaching effects throughout the body and commonly cause heel pain, aching legs and knee pain.

Who Suffers Most?

Excess pronation is a common problem, but only 7% of sufferers seek professional help. Most people don't realise their feet pronate or associate the problems with other ailments.

Those at greatest risk are:

- People who stand most of the day.
- People aged 50+.
- Athletes.
- High-heel wearers.
- People carrying excess weight.

There are a range of products that are available through pharmacies that may help to align the foot but if you are having foot trouble, it is advisable to see a podiatrist and seek professional advice.

* * * *

Muscle and Joint Pain

Whether you're a sports person or you enjoy light exercise, everyday activities can unexpectedly put you out of action.

Pushing yourself too hard during sport or overdoing everyday activities may be enough to trigger muscle or joint pain. Pain in the area of the joint can occur if any of the soft tissue structures that surround the joint, such as tendons, ligaments or muscles, are injured.

The result may be restricted movement, making it difficult to carry out normal activities and do the things you enjoy without missing out on all the fun.

Preventing Injuries

You can reduce the chance of injury by taking simple precautions:

- Don't overdo activities - especially new ones that your body is not used to.
- When playing sport - always warm up thoroughly and do a few stretching exercises.
- Treat any injuries promptly - If you get a sprain or strain, follow the RICER or RICED (see page 19 of this issue) method for the first 48 hours after an injury.

You can also ask your pharmacist for advice on medicines to reduce pain and assist recovery.

Managing Muscle and Joint Pain

If you do suffer muscle or joint soreness, treating the injury appropriately and relieving pain is the key to keeping you moving.

Most pharmacists seem to recommend Voltaren Imulgel, a rub for muscle and joint pain relief. It is a medicated rub containing a powerful anti-inflammatory that works to relieve soft tissue pain and inflammation.

If using this doesn't work then it is recommended you seek medical advice and see your local doctor.

* * * *

WINZ

A Mongrel mob member walked into the WINZ office, marched straight up to the counter and said, "Hi. You know, I just HATE drawing the dole. I'd really rather have a job."

The worker behind the counter said, "Your timing is excellent. We just got a job opening from a very wealthy old man who wants a chauffeur and bodyguard for his beautiful 30 year old daughter. You'll have to drive around in his Mercedes, and he'll supply all of your clothes. Because of the long hours, meals will be provided. You'll be expected to escort the daughter on her overseas holiday trips and you will have to satisfy her sexual urges. You'll be provided a two-bedroom apartment above the garage. The salary is \$200,000 a year."

The guy, wide-eyed, said, "You're bullsh!t!n' me!"

The WINZ worker said, "Yeah, well . . . you started it."

Iron - the Body's Gold

Why do we need iron?

Iron is a mineral essential to good health and mental and physical wellbeing. It helps carry oxygen to the brain and muscles.

Who needs iron most?

- Infants, children and teenagers because they are growing rapidly
- Pregnant women
- Girls and women who have periods, due to regular monthly blood loss
- Athletes and very active people.

If we don't have enough iron in our blood we:

- Feel tired
- Have difficulty concentrating
- Find it harder to learn
- Feel cold
- Are less able to fight infection.

Children in particular may suffer long-term learning or development problems if they are iron deficient.

Where is it?

Iron is found in a number of foods, including red meat. In general, the redder the meat, the higher the iron content. But not all iron is the same. Iron is found in two forms - haem and non-haem.

Haem iron foods - beef, lamb, liver, kidney, pork, poultry and seafood.

Non-haem iron foods - vegetables, bread, breakfast cereals, beans and lentils, eggs, nuts and fruit.

The body absorbs haem iron more easily, with about a quarter being used, whereas only 5% of non-haem iron is absorbed.

Red meat can help to increase absorption, boosting the use of non-haem iron by up to four times. Vitamin C has a similar effect. Eating a combination of foods high in both haem and non-haem iron will ensure an iron-rich diet.

Follow these easy steps to increase your iron intake:

- Eat foods high in haem iron (red meat)
- Eat foods high in non-haem iron (plant foods), combining them with haem iron foods, to boost absorption
- Eat foods high in Vitamin C (fruit and vegetables) with every meal to boost non-haem iron absorption

- Avoid drinking tea with your meals as this reduces the absorption of non-haem iron.

Iron-rich meal ideas for everyone

Breakfast:

- Bowl of iron-fortified cereal topped with Vitamin C-rich fruit, such as kiwifruit, tamarillos or melon
- Wholemeal toast with a glass of fruit juice.

Tip: Enjoy a cup of tea or coffee when you first wake up, rather than with your breakfast, as tea and coffee reduce iron absorption from foods such as cereal and toast.

Lunch:

- Filled roll with lean beef and salad
- Sandwich of beef, liver pate, peanut butter or sardines with tomato, chopped carrot, celery, capsicum
- Pita filled with lean beef, lamb or tuna, and salad
- Jacket potato filled with chilli or baked beans, topped with cheese and served with salad.

Tip: Including meat and fish increases the absorption of non-haem iron from bread and vegetables. Adding fresh fruit or fruit juice to the meal will maximize iron absorption.

Dinner:

- Lean meat or lamb casserole with potatoes and vegetables
- Meatballs and sauce with pasta and vegetables
- Lean beef or lamb stir-fry with vegetables and rice or noodles
- Boil-up with brisket, kumara, potatoes and vegetables
- Lean beef mince and red kidney beans wrapped in tortilla or pita bread with salad and salsa
- Meat or fish-topped pizza with salad.

Tip: Fruit desserts such as fresh fruit salad with yoghurt, stewed dried fruit and ice cream or fruit crumble and custard will help to increase both the iron content and absorption from the meal.

For more information about iron and health, and/or recipes please contact New Zealand Beef and Lamb Marketing Bureau, PO Box 33-648, Takapuna, Auckland. Freephone 0800 733 466, or visit the website www.nzbeeflamb.co.nz

See page 7 for a recipe (Tuscan Beef & Pasta) for an iron-rich meal for all the family.

LAUGHTER IS THE BEST MEDICINE

The search for happiness - it seems to be a perpetual human condition.

But as we try to balance - and rebalance - our lives in search of something that makes us happier, we can often fall into an ironic trap. We become so focused on what we need to get done that we can end up very serious and driven - in belief that this will enable us to relax at some other time.

It's at times like these that we need to remember the power of laughter - even in the midst of all that busyness! Laughter helps relieve the symptoms of stress because a good hearty laugh releases relaxing endorphins from the brain.

Although what is considered funny can vary from culture to culture, laughter is still part of the universal human vocabulary, crossing many boundaries. And it seems that laughter is contagious. One person starts another off, and so it goes merrily on. From this perspective, laughter indicates being happily part of a group, involving acceptance and positive interaction.

The psychological benefits of humour are quite amazing, according to doctors and nurses who are members of the American Association for Therapeutic Humour. People often store negative emotions, such as anger, sadness and fear, rather than expressing them. These negative emotions, when held inside, can cause biochemical changes that can harm our bodies - and that's no joke. Laughter provides a way for these emotions to be harmlessly released. Laughter is cathartic.

That's why some people who are stressed-out go to a funny movie or a comedy club, where they can laugh the negative emotions away.

The benefits of laughter are not only psychological. A good laugh actually gives the body a bit of a workout. No wonder that medical research believes laughter improves health, increases life expectancy, and contributes to overall improved well-being. Researchers are now saying laughter can help us ward off diseases by basically bringing balance to all components of the immune system.

Did you know that adults laugh on average about 17 times per day, while kids laugh up to 400 times per day? Given the benefits of laughter, as well as the wonderful feeling it creates at that moment, let's

learn from the young ones and seek out more opportunities for a good giggle!

As they say, laughter is the best medicine.

* * * *

HEART HEALTHY DIETARY PATTERN

What you eat really does matter. There are many ways to enjoy a heart healthy dietary pattern using foods and recipes from a variety of traditional and cultural eating styles.

The Heart Foundation's nine steps to eating for a healthy heart are:

1. Enjoy three meals a day, selecting from dishes that encourage you to eat plant foods and fish, with little or no dairy fat, meat fat or deep fried foods.
2. Choose fruits and/or vegetables at every meal and for most snacks.
3. Select whole grains, whole grain breads, or high-fibre breakfast cereals, in place of white bread and low-fibre varieties at most meals and snacks.
4. Include fish or dried peas (e.g. chickpeas), beans (e.g. red kidney beans) and soy products or a small serving of lean meat and skinned poultry, at one or two meals each day.
5. Choose low-fat milk, low-fat milk products, soy or legume products every day.
6. Use small amounts of oil, margarine, nuts or seeds.
7. Drink plenty of fluids each day, particularly water, and limit sugar-sweetened drinks and alcohol.
8. Use only small amounts of total fats and oils, sugar and salt when cooking and preparing meals, snacks or drinks. Choose ready-prepared foods low in these ingredients.
9. Mostly avoid butter, deep-fried and fatty foods and only occasionally choose sweet bakery products.

For more information visit www.heartfoundation.org.nz

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WHAT FIGURES?

45% of us don't take all our annual leave - New Zealanders receive an average of 21 annual leave days from their employers in the past year, but took only 18 days off on average.

One in five New Zealanders say they have a tattoo - with 15% of this group saying they regret the decision to get one.

THE ATHLETE'S KITCHEN

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



Frequently Asked Sports Nutrition Questions

Time and again, runners repeatedly ask questions about sugar, protein, supplements, caffeine, carbs, recovery, and body fat. To address these issues, an international group of sports nutritionists (Professionals in Nutrition & Exercise Science (PINES); www.sportsoracle.com) gathered in Seattle in May. Experts in their fields discussed the latest research and answered commonly asked questions. Perhaps the answers will help you resolve confusing nutrition issues.

Q. Is pre-exercise sugar harmful to performance?

A. More than 100 studies indicate consuming sugar within the hour pre-exercise does not hurt performance. The vast majority of runners can enjoy pre-exercise sweets for a quick fix. But some runners are, indeed, "sugar sensitive" and experience rebound hypoglycemia. They quickly learn—

- 1) to avoid sugar 15 to 45 minutes pre-exercise and instead consume it right before they exercise (the body will not have time to release the insulin that contributes to the "crash"); or
- 2) choose pre-run foods that do not produce a "sugar high" such as oatmeal or whole grain toast with a little peanut butter.

Q. How can I gain muscle and lose fat?

A. The body has difficulty building muscle and losing fat at the same time. Building muscle requires calories. If you are restricting calories to lose undesired body fat, your body does not have the fuel it needs to create new muscle tissue. Instead, the body breaks down muscle to use for fuel.

A dieting runner can minimize muscle loss with—

- 1) a small calorie deficit that contributes to slow fat loss.
- 2) an adequate protein intake (i.e., some protein at each meal).
- 3) frequently eaten meals that offer a constant supply of protein and fuel.
- 4) strength training to help protect against muscle loss.

Q. What should I eat to recover after a run?

A. After a moderate workout, you need not worry about rapidly refueling because your muscles are not depleted. But if you have done an exhaustive track workout or long run, you should plan to replace carbs, water and sodium as soon as tolerable — particularly if you will be training or competing again within 6 hours. Adding a little protein to the recovery meal or snack helps repair damaged muscle, reduce soreness, and also enhance glycogen replacement in runners who neglect to eat enough carbs:

- For a 150-pound runner, the recommended carb dose for rapid recovery is ~300-calories every 2 hours for 4-6 hours.
- A wise protein target is about 15 to 30 grams protein for a 150-lb runner, taken right after (and/or during) exercise. (More precisely: 0.5 g carb/lb and 0.1-0.2 g protein/lb).

Simple suggestions include 16-ounces of chocolate milk; a handful of pretzels and a yogurt; a meal such as cereal with milk, Carnation Instant Breakfast, or a shake made with milk, powdered milk and a big banana or other fruit.

Timing may be more important than the actual amount of food consumed. Your best bet is to time your meals to your training, so you eat a meal after a hard workout.

Q. What's best to drink during and after exercise? How much?

A. Beverages that include a little sodium (i.e., sports drinks) enhance fluid retention. Alternatively, pre-run, you can consume sodium-containing foods (salted oatmeal, pretzels, broth). How much you need to drink depends on how much sweat you lose. Weigh yourself pre- and post-run; dropping one pound equates to losing 16 ounces of sweat that needs to be replaced. More simply, you can monitor your urine and drink enough to urinate a pale-colored urine frequently throughout the day. Not urinating for several hours after exercise is bad: dehydration!

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Q. What should I take to boost my immune system?

A. Moderate running actually boosts your immune system; moderate exercisers have no need to take immune-boosting supplements. Hard, exhaustive running, in comparison, contributes to inflammation, oxidative stress, and immune dysfunction. But if you are healthy, well fed, and well rested, your immune system can handle the stress. Supplements will not boost your immune function above normal levels.

If you under eat and fail to consume adequate protein or carbs after a hard run (as happens with dieters or runners who are "too busy" to eat), immune response drops. The best supplement to take to counter this response is adequate food — carb-protein combinations, like chocolate milk or a meal.

Quercetin (a bioactive compound found in red apples) is touted to boost the immune system. However, research suggests quercetin works best in "cocktails," the way it naturally come in foods. That is, a quercetin supplement, by itself, is less effective than when quercetin is combined with other bioactive compounds, such as fish oil and green tea extract.

Q. Should I train on a high fat diet to enhance fat-burning?

A. By burning more fat, runners are able to burn fewer carbs and thereby spare their limited glycogen stores. Supposedly, this should enhance endurance, given that glycogen depletion is associated with fatigue. Yet, the practice has yet to translate into improved performance. The best way to enhance endurance is to consume carbs during extended exercise.

Q. Should I train with low glycogen stores, and then compete when carbo-loaded?

A. While the "train low, compete high" method is an interesting concept, research has yet to prove it will enhance performance. Theoretically, training "low" stimulates physiological adaptations that spare muscle glycogen and allow greater endurance. The problems are—

- 1) runners are unable to train at a high intensity when their muscles are glycogen depleted; and
- 2) training with glycogen-depleted muscles increases the risk of injury.

Bottom line: Eat carbs daily for well-fueled muscles that allow you to train hard!

Q. What dose of caffeine is best to enhance performance?

A. Although responses to caffeine vary greatly from person to person, a suggested dose equates to a 12-oz. mug of coffee one hour pre-exercise. (More precisely, consume 1.5 mg caffeine per pound of body weight (3 mg/kg) — or about 225 mg for a 150-lb athlete). Higher doses of caffeine offer no performance advantages and can create the disadvantage of sleep problems that end up hurting performance. Enough is enough; more caffeine is not better!

Q. Do I need to worry about contamination in commercial sports supplements like protein powders?

A. Yes! A survey of 634 nutrition supplements indicates about 15% included a banned substance, even though the supplement came from a factory that did not even manufacture that substance (i.e., steroids, ephedrine). The contaminants make the products "work" (read that, "sell better"). The products most likely to be contaminated with illegal compounds include bodybuilding supplements and weight loss products. Buyer beware!

Q. Where can I find a sports dietitian to help me eat to win?

A. For a board certified specialist in sports dietetics (CSSD), use the referral network at www.SCANdpg.org. With a personalized eating program that optimizes your fueling practices, you'll gain a winning edge!

Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) counsels both casual and competitive athletes in her private practice at Healthworks, the premier fitness center in Chestnut Hill MA (617-383-6100). Her Sports Nutrition Guidebook, and food guides for marathoners, new runners, and cyclists 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.

HEALTH

How Safe is Margarine?

Some years ago margarine was made from hardened vegetable oil was made by a process called partial hydrogenation. The process involved bubbling hydrogen through vegetable oil with nickel shavings added, in order to force hydrogen atoms into the fat molecules to artificially straighten them so it would act like a saturated fat and become firm. The resulting trans fats were not found in nature, and it has since been found that they cause a marked increase the risk of heart disease.

In order to remove dangerous trans fats from margarine, a process is used called **interesterification** is now used. Since learning of this process I've done a little research to find out how this works and if these new fats are likely to cause any health problems.

So here is how interesterification works. Take an oil molecule, called a triglyceride. The structure of a triglyceride is 3 long fatty acid strands (hence tri) joined at one end by a glycerol backbone. Chemicals are used to snip the fatty acid strands off the backbone. They are then mixed with chemically saturated oils (fully hydrogenated oil) and reattached to the backbone in groups of three in an order that simply does not occur in nature. True - there are no trans fats, the nasties linked to heart disease. **Instead we have a new type of chemically constructed fat.** Studies have been done on this new fat and the evidence is mixed. Some studies show it does not cause an increase in cholesterol like trans fats. However others studies show this new interesterified fat increased blood sugar by 20% in just one month, and greatly increased insulin resistance. This is not good for those of you who may be prone to diabetes, heart disease or weight gain. It will only increase your problems. Barry Sears says **"I consider this type of new trans-fat free fat to be far more dangerous than standard trans-fat derivatives."**

So my recommendation is - because they are so unnatural and until they are proven safe - AVOID MARGARINES!

What should you use instead?

Do what the Spanish do - drizzle or spray olive oil on your bread or use a small amount of butter.

You could also make your own spread by softening butter and whisking in olive oil until you get a balance you like (about 1/3 butter to 2/3 olive oil).

Editor's note: This article has been reproduced with kind permission from Julianne Taylor of Zone Products. For further information visit www.zonediet.co.nz

Are you at Risk of Heart Attack or Stroke?

Heart Attack and Stroke:

Did you know that two out of five deaths in New Zealand are due to cardiovascular disease?

Yet many heart attacks and strokes are preventable.

Heart attacks, angina, stroke, transient ischaemic attacks (TIAs) and peripheral vascular disease are all forms of cardiovascular disease.

Am I at Risk?

Often, the first time many people know they have cardiovascular disease is when they experience a heart attack or stroke.

By knowing your risk of cardiovascular disease and making lifestyle changes, you have a better chance of enjoying a long and healthy life.

Your doctor, nurse or healthcare professional can assess your risk of developing cardiovascular disease in the next five years, which can range from a mild risk to very high. This heart health check looks at your age, gender, ethnicity, weight, family history, blood pressure and cholesterol levels, diabetic and smoking status.

Reducing Your Risk

How you can improve your health

There are some risk factors for cardiovascular disease that can not be changed. These include age, gender, ethnicity and family history.

The Good News is there are many ways to reduce the risk. Work with your healthcare professional to make lifestyle changes that will improve your health and modify your risk.

Ways to avoid cardiovascular disease

- Increase physical activity/keep fit
- Maintain a healthy weight
- Lower your blood cholesterol
- Lower your blood pressure
- Be smokefree
- Control your blood sugar.

NOTICE OF ANNUAL GENERAL MEETING

The Annual General Meeting of Wellington Masters Athletics Inc. will be held on

TUESDAY 15th SEPTEMBER 2009

at the Scottish Harrier Clubrooms

commencing at 7.00pm.

Nominations are called for the position of:

- Patron
- President
- Vice President
- Secretary
- Treasurer

Nominations for the above positions and any Remits for discussion, must be in writing, and in the hands of the Acting Secretary by Monday 17th August 2009.

Nominations for Committee members may also be submitted by the above date, but nominations will be called from the floor at the meeting.

John Palmer
Acting Secretary
122 Onslow Road
Khandallah
Wellington 6035

REMEMBER WHEN . . .

Can't remember where you put the car keys? These nine memory boosters and simple DIY remedies can help.

Mix up a memory tonic - Research shows that ginkgo improves blood flow to the brain, acts as an antioxidant and keeps blood vessels healthy. It takes 6-12 weeks to start noticing the benefits.

Exercise - Elderly adults who are more physically fit have better spatial memory than couch potatoes according to a US report. An Australian study from 2008 found that moderate exercise, three times a week for 50 minutes each session, slowed the rate of cognitive decline among adults with some memory loss.

Inhale a waft of rosemary - Add a few drops of rosemary oil to your burner, or dab it onto your wrists

or clothes. It can enhance alertness, reduce anxiety and encourage a calm mind.

Learn something new - The more you learn new things, the greater the chance you'll maintain high cognitive functioning.

Train your brain - Brainteasers, word games, crossword puzzles and memory exercises help to stimulate the brain.

Eat smart - A balanced diet rich in omega-3 fats, low-GI carbs and antioxidants prevents dips in blood-glucose - the primary energy for the brain.

Stress less - Stress causes the body to release cortisol, which impairs memory over time. Do relaxation exercises such as stretching or deep breathing to manage unwanted stress.

Positive thinking - According to one study, those who believed their memory would decline with age performed worse than those who thought they would stay sharp.

Mix it up - Use the "wrong" hand to do an everyday task. If you normally brush your teeth with your right hand, use your left. This confusion stimulates brain circuits.

Practical steps to deal with memory loss:

1. If you're trying to remember a fact, think of a phrase or rhyme that will help. Or write a list and carry it with you.
2. Make up a short story to help you remember errands.
3. Stick step-by-step instructions on new appliances to help you remember how to use them.
4. Use Email or mobile phone reminders.

* * * *

JUST FOR FUN

Circumcised (this is priceless)

A teacher noticed that a little boy at the back of the class was squirming around scratching his crotch, and not paying attention. She went back to find out what was going on. He was quite embarrassed and whispered that he had recently been circumcised and was quite itchy. The teacher told him to go down to the principal's office. He was to telephone his mother and ask her what he should do about it. He did this and returned to class. Suddenly there was a commotion at the back of the room. She went back to investigate only to find him sitting at his desk with his penis hanging out. "I thought I told you to call your mum!" she said. "I did" he said, "she told me that if I could stick it out until lunchtime, she'd come and pick me up from school".

DO YOU KNOW OTHER COUNTRIES BETTER THAN YOUR OWN BACKYARD?

How many people have travelled the world extensively, yet haven't discovered their own country?

Living in a country as beautiful as Aotearoa New Zealand and not exploring its many treasures seems almost an injustice to our lovely land - yet unfortunately this happens too often.

We Kiwis stand tall as travellers, explorer and lovers of the outdoors, but so many of us do so much of that exploring in other countries without experiencing the wonders of our own backyard. Talk to any traveller visiting New Zealand and they'll tell you how lucky we are to live in this land of diverse beauty and adventure. Yet many New Zealanders have not ventured more than a couple of hour's drive from where they grew up.

By all means travel the world and expose yourself to its diverse cultures and languages, but do endeavour to test the waters in New Zealand and find out how fortunate we really are.

Did you know that we have some of the best tramps and walks in the world? What about the dive locations, fishing spots, and all the other exciting possibilities for adventure and recreation on our lakes, seas and rivers? And don't forget our many ski-fields!

Explorers in the arts can enjoy our unique Maori culture - and our vibrant arts festivals attract world-class artists and performers from all corners of the globe.

In fact we have a myriad of accessible experiences right here in this country. Let's go out and enjoy them - they'll provide plenty of photos and memories to share with friends and family.

It's also nice to think that exploring and experiencing our own country, rather than going overseas, helps the New Zealand economy, as well as being easier on the credit card!

Let's be amazed tourists in our own land!

* * * *

"No word in the English language rhymes with month, orange, silver and purple."

* * * *

Seven out of ten New Zealand workers have a state of health worse than their actual age, with 18% of those having a health status 10 or more years older than they are.

Wellington Cross Country Championships

Saturday 18th July 2009

Waikanae Park, Waikanae

Results of Wellington Masters members:

8km - Masters Men

Place	Name	Age	Club	Time
1	Grant McLean	M40	Scottish	27:55
9	Richard Brent	M55	Scottish	31:35
12	Murray Peebles	M40	WHAC	32:29
21	Peter Wrigley	M45	Scottish	34:17
39	Glen Wallis	M45	Scottish	36:57
40	Francis Campkin	M60	WHAC	37:01
45	John Wood	M65	HVH	37:34
49	David Trow	M55	HVH	38:50
60	Richard Sweetman	M60	Scottish	40:21
68	Albert van Veen	M60	HVH	43:06

6km - Masters Women

6	Helen Willis		Scottish	27:48
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Road Walk held at Paekakariki

10km Judged

Place	Name	Club	Time
1	Peter Baillie	Scottish	54:26
4	Kevin Watson	Scottish	1:02:41
9	John Ihaka	Trentham	1:11:14
14	Daphne Jones	Scottish	1:15:22
16	Margaret Bray	Scottish	1:31:14

10km Not Judged

5	John Hines	Scottish	1:14:20
7	Murray Gowans	Scottish	1:16:15
14	Peter Tearle	Scottish	1:27:31

* * * *

Regular Moderate Exercise Boosts Immunity

Research is finding a link between moderate, regular exercise and a strong immune system. One study showed those who walked briskly for 40 minutes a day had half as many sick days due to colds or sore throats as those who don't exercise.

Moderate exercise has been linked to a positive immune system response and a temporary boost in the production of macrophages, the cells that attack bacteria. During moderate exercise immune cells also circulate through the body more quickly and are better able to kill bacteria and viruses.

However, long intense workouts have the opposite effect. Intense exercise seems to cause a temporary decrease in immune system function. Research has found that during intense physical exertion, the body produces certain hormones that temporarily lower immunity.

PROFILE

A LIFE LESS ORDINARY

Madonna recons women have to choose between their face and body; she's chosen her body.

Miramar hairdresser Bernie Portenski wouldn't agree it's necessary to choose and she has the credentials to support her opinions. She turns 60 in few months, but leaves her house at 5.30 every morning to run around the bays with her fitness-orientated friends.

It wasn't always thus. Bernie's Road to Damascus moment happened when she was a 30 year old party girl; drinking, smoking three packs a day, and making the most of high earnings. "I realised I wouldn't live to see my 40th birthday, saw some 'old ladies' running the Rotorua marathon, and decided to give it a go. It was a dramatic way to stop smoking!"

It took a year for Bernie to train for her first marathon: Rotorua in 1981; now it's one of her favourites, having run it 26 times (out of a total of 103 marathons).

Bernie agrees hairdressing and running are an unusual combination. It's meant two separate lives. "Running is tomboyish, whereas hairdressing is very feminine, although they're both hard on the feet! I'm so very grateful for Asics's sponsorship because running shoes are expensive and I run so much that they last only about six weeks."

Bernie has some strong views about beauty. Women's hair should be stylish but easy to maintain. She recons hair straighteners force hair, and cause Repetitive Strain Injury (RSI) for the hairdressers; fortunately, classic finger waves and dressed hair are coming back into vogue.

"Anyone colouring their hair should stay as close as possible to the re-growth colour; I encourage women to incorporate their own hair colour, letting it blend."

Bernie cites Judy Dench and Helen Mirren as role models. "They both use hair toners; much better than the fortnightly stripe of re-growth so common amongst older women. Hair colour needs to work with skin colour - and is easier to go from grey to blonde, than to cover it with unflattering dyes. And if the husband's grey, it looks a bit odd for his wife to have dark dyed hair!"

"It's funny having two careers; although I've established and sold five salons in my 40 years of hairdressing, my running career has been more successful. I've represented New Zealand at World Cup marathons in Italy, Korea and the United States; I qualified for the Barcelona Olympics in 1992 (unfortunately only two marathon runners were selected out of the four who qualified) and I've run many of the world's most popular marathons, except London."

"You don't get a body like mine without exercise. Young women need to get off their butts. They need to use a decent skin moisturizer, keep themselves 'tidy', and - yes - exercise! I always pass on Peter Snell's advice: everyone should exercise for at least 30 minutes every day; it needs to be a way of life. As you get older, it's more important; every single day."

Bernie will celebrate her 60th birthday on August 26, by running 60km to Eastbourne and back - one kilometre for every year of her life. She's hoping other will join for at least part of the run, although some will take the East-West ferry. "I want to prove that 60 year olds can still do it! That there's no need to mourn! We can exercise! We can live!"

"I know one woman who discovered running at the age of 60; she's now 85 and still running marathons (half walking). I'll do marathons for as long as I can, although eventually I'll probably have to walk them; just as long as I keep moving."

This article appeared in Issue 79 of Tommy's real estate magazine.

Bernie completed this year's 45th Rotorua Marathon in a time of 3:07:05 for 7W and 1W55-59.

* * * *

SWINE FLU

The three little pigs were at home when the Big Bad Wolf knocked on their door and said "Let me in or I'll huff and I'll puff and I'll blow your house down"

The little pig says "Bugger off or I'll sneeze on you".

WELLINGTON MASTERS ATHLETICS

25th Annual 8k Road Race & 6.4k Walk Olympic Harrier Clubrooms, Johnsonville Sunday 26 July 2009

Fastest male walker over the hilly four-lap course was Peter Baillie (Scottish) followed home by Philip Grimmett (Scottish) and on the women's side was Terri Grimmett (Scottish) followed home by Gilda Chance (Wellington).

Fastest runner over the five-lap course was Grant McLean (Scottish), chased home by Ian Dent (Wellington). The first two women's places were held by Janet Crawford (Trentham United) and Jane Heather-Sclater (Scottish).

This year's team prize for a mixed team was Scottish with 39 points: (Grant McLean, Glen Wallis, Jane Heather-Sclater and Warren Sutherland). Second was Trentham with 45 points: (Paul Homan, Janet Crawford, David Hood and Diane Rogers). Olympic were third with 51 points (Juan McDonald, Rob McCrudden, Michelle Van Looy and Tineke Hooft). The fourth team to take part was the Ruamahanga Ramblers who ventured over the hill from Carterton.

Fine weather was present with a light cool northerly breeze to contend with. Twenty-seven runners and eleven walkers took part in this the 25th running of this event, organised again by Brian Watson. Once again the host club Olympic put on the usual light, but very tasty lunch.

Run (8k)

Name	Club	Age	Race Time	Race PI	Grade PI
Grant Mclean	Scottish	M40	27:17	1	1
Ian Dent	Wellington	M45	31:35	2	1
Colin Price	Wellington	M40	32:23	3	2
Juan McDonald	Olympic	M45	32:42	4	2
Paul Furkert	Ruamahanga Ramblers	M35	33:58	5	1
Paul Homan	Trentham United	M45	33:59	6	3
Janet Crawford	Trentham United	W35	34:07	7	1
David Hood	Trentham United	M50	34:42	8	1
Neil Price	Wellington	M45	34:51	9	4
Glen Wallis	Scottish	M45	35:40	10	5
Michael Duthie	Ruamahanga Ramblers	M45	35:55	11	6
Steve Britland	Ruamahanga Ramblers	M40	36:24	12	3
Jane Heather-Sclater	Scottish	W40	36:27	13	1
Rob McCrudden	Olympic	M40	36:55	14	4
Warren Sutherland	Scottish	M35	37:33	15	2
Michelle Van Looy	Olympic	W35	37:45	16	2
Tineke Hooft	Olympic	W45	41:05	17	1
Annie Van Herck	Olympic	W55	42:17	18	1
Albert Van Veen	Hutt Valley Harriers	M60	42:44	19	1
Ray Wallis	Ruamahanga Ramblers	M65	43:11	20	1
John Palmer	Scottish	M60	43:15	21	2
Maryanne Palmer	Scottish	W55	45:02	22	2
Brian Watson	Olympic	M70	46:56	23	1
Diane Rogers	Trentham United	W70	48:20	24	1
Donna McDonald	Olympic	W40	55:20	25	2
Michael Browne	Scottish	M75	56:36	26	1
Liz Dixon	Ruamahanga Ramblers	W45	56:44	27	2

Walk (6.4k)

Peter Baillie	Scottish	M60	35:14	1	1
Terri Grimmett	Scottish	W50	40:24	2	1
Philip Grimmett	Scottish	M50	40:30	3	1
Kevin Watson	Scottish	M50	41:42	4	2
John Ihaka	Trentham	M60	43:36	5	2
Gilda Chance	Wellington	W55	47:16	6	1
John Hines	Scottish	M70	48:52	7	1
Murray Gowans	Scottish	M60	50:17	8	3
Daphne Jones	Scottish	W65	52:10	9	1
Robyn Iremonger	Scottish	W60	57:46	10	1
Margaret Bray	Scottish	W60	58:49	11	2

HARRY KERR CENTENNIAL RELAY 2009

Mount Smart Stadium, 5 x 10,000m Track
Race Walking Relay, Sunday 5 July 2009

Team manager Melanie Watson reports: Last year a Wellington Centre team travelled to Auckland to walk in the inaugural Harry Kerr Centennial Relay which was held to celebrate the historic occasion of New Zealand winning its first Olympic Medal, at the London Olympics in 1908, which of course was won by a walker, Harry Kerr of Taranaki. This event has now become an annual event and on Sunday 5 July, Scottish race walkers (Phillip and Terri Grimmett, Kevin Watson, Robyn McArthur and Peter Baillie) competed in the Harry Kerr Relay. This event also incorporated the Race Walking New Zealand 5 x 10,000m Track Walk Relay Championship 2009. This year the event was held at Mt Smart Stadium in Auckland.

The day dawned overcast and cool with a few showers passing over. We were warmly welcomed by our hosts, Race Walking Auckland, who must have been disappointed with having had only five teams entered. Three of these were from within their own club and Calliope and Scottish, the other two. They had obviously gone to some trouble to organise and run the event.

As expected when the gun went off, Race Walking Auckland team 1 took off at a blistering pace and was not threatened at any time for the lead.

Phillip was our first walker away. Walking a very consistent race and managing to avoid the judges, he was very happy to have completed his 25 laps in 66:18. Terri was next and by now a battle was starting to take place for 2nd place between us and the Race Walking Auckland Team 2. Throughout Terri's race the placing for 2nd and 3rd kept changing and after 62:30 Terri was in 3rd place as she tagged Kevin. A few passing showers and the odd gust of wind did not deter the team and by the time Kevin completed his walk in 65:44 he had a good 600m lead over third place as he handed over to Robyn. The 4th walker for Race Walking Auckland tried valiantly to pull Robyn in. She was starting to tire in her last few laps but held her position after 63:30 we still had 400m on them. Peter was the anchor man and he quickly pulled away from the 3rd team giving the Scottish team a comfortable 2nd place win by 4 laps in a total team time of 5:12:23. Peter's individual time was 54:21.

Each team member received a Silver Medal for placing 2nd in the Race Walking New Zealand 5 x 10,000m Track Walk Relay Championship 2009 and a large

certificate for the Harry Kerr Relay which is modelled on the original diploma awarded to Harry Kerr at the Olympics.

The overall winner of the event was Race Walking Auckland Team 1 in a total time of 4:44:30.

Article courtesy Scottish website.

Melanie and Kevin Watson and Peter Baillie are members of Wellington Masters.

* * * *

SO YOU'RE FROM IRELAND

Two men were sitting next to each other at a bar. After a while, one guy looks at the other and says, "I can't help but think, from listening to you, that you're from Ireland."

The other guy responds proudly, "Yes that I am!"

The first guy says, "So am I! And where about from Ireland might you be?"

The other guy answers, "I'm from Dublin, I am."

The first guy responds, "So am I!"

"Sure and begorrah and what street did you live on in Dublin?"

The other guy says, "A lovely little area it was. I lived on McCleary Street in the old central part of town." The first guy says, "Faith and it's a small world. So did I! So did I! And to what school would you have been going?"

The other guy answers, "Well now, I went to St. Mary's, of course."

The first guy gets really excited and says, "And so did I ... Tell me, what year did you graduate?"

The other guy answers, "Well, now, let's see. I graduated in 1964."

The first guy exclaims, "The Good Lord must be smiling down upon us! I can hardly believe our good luck at winding up in the same bar tonight. Can you believe it? I graduated from St. Mary's in 1964 my own self!"

About this time, Vicky walks into the bar, sits down and orders a beer.

Brian, the bartender, walks over to Vicky, shaking his head and mutters, "It's going to be a long night tonight."

Vicky asks, "Why do you say that, Brian?"

"The Murphy twins are drunk again."

Managing your Sports Injury

Muscle strains, ligament sprains and bruises . . .

Signs and symptoms:

- Pain
- Swelling
- Tenderness
- Bruising (caused by bleeding into damaged tissue)
- Limited movement
- Difficulty doing daily tasks.

What to do straight away – R.I.C.E.D.

Rest - Reduces further damage - stop activity as soon as your injury occurs.

Avoid as much movement of the injured part as possible to limit further injury.

Don't put any weight on the injured part.

Ice - Ice cools the tissues and reduces pain, swelling and bleeding.

Place ice wrapped in a damp towel onto the injured area - don't put ice directly onto bare skin.

Hold the ice pack firmly in place with a bandage.

Keep ice on your injury for 20 minutes every two hours for the first 48 hours.

Compression - Firm bandaging helps to reduce the bleeding and swelling.

Ensure the bandaging is not so tight that it cuts off circulation or causes tingling or pain past the bandage.

Bandage your injury between ice treatments.

Elevation - Helps to stop the bleeding and reduce swelling.

Raise the injured area on a pillow for comfort and support.

Keep the injured area raised as much as possible.

Diagnosis - Consult your medical professional especially if you are worried about your injury, or if the pain or swelling gets worse.

If the pain or swelling has not gone down significantly within 48 hours, also seek treatment.

Avoid H.A.R.M.-ful factors for 72 hours after injury

Heat - Increases bleeding at the injury site.

Avoid hot baths and showers, saunas, hot water bottles, heat packs and liniments.

Alcohol - Increases bleeding and swelling at the injury site, and delays healing.

It can also mask the pain of your injury and its possible severity, which may result in you not seeking treatment as early as you should.

Running - or exercise of the injured, will cause further damage.

Do not resume exercise within 72 hours of your injury unless your medical professional says it is alright to exercise.

Massage - Causes an increase in bleeding and swelling, and should be avoided within 72 hours of the injury.

If your injury is massaged within the first 72 hours, it may take longer to heal.

Consult your Medical Professional*

- If you are worried about your injury
- If pain is excessive or gets worse
- For a rehabilitation programme specific to you and your injury

* A medical professional such as a doctor or physiotherapist.

Step 1 - What can I do to get moving again?

If the rest, ice, compression, and elevation treatment is done correctly, the pain and swelling should decrease, and pain-free movements will return.

Some gentle movement at the right time is important for healing and recovery. When the pain and swelling have reduced, you should start some gentle exercise.

When you start exercising again, keep all movements within the limits of the pain and never force any movement.

If the pain or swelling returns, consult your medical professional.

Step 2 - When can I get back to play?

Before you return to play, you need to make sure you can do the specific tasks your sport requires, such as running, jumping, throwing or kicking.

Once you are able to perform these skills to the same level as before the injury, you are ready to return to play.

Do not return to play until you are fully recovered from your injury. Returning to play too soon can make your injury worse and delay full recovery.

The most common sports injuries are:

- Muscle strains
- Ligament sprains
- Bruises.

These injuries are also known as soft tissue injuries.

Taking the time to treat your injury early is important.

Proper treatment will help to relieve immediate symptoms and speed up your recovery.

For more information visit www.acc.co.nz/sportsmart

PROFILE

Geoff Henry - a man for all seasons

A freak accident while Geoff Henry was a schoolboy in Wanganui turned him away from a career in rugby, and has led to his lifetime's involvement in athletics.

"I went to Wanganui Technical College," said Henry.

"I loved rugby, but one day I had a shanghai [slingshot] fight and lost. I lost the sight in one eye and my parents decided I should give up rugby. So I turned to athletics."

He joined a harrier club, then began coaching. Over the past 30-odd years, Henry has become one of Wellington athletics' most loyal servants.

Though he lives in Strathmore, his influence has stretched far wider.

As a development officer and coaching co-coordinator for Athletics Wellington, he has helped establish or re-establish Team Wairarapa, and the Mid-Valley [Naenae], Otaki and Maidstone-Trentham United track and field clubs.

"When my kids were playing rugby, parents would complain about how unfit the boys were and I'd hear that there weren't enough sports opportunities for girls", Henry said.

"That spurred me on, so I founded the Eastern Suburbs Children's Athletics Club 35 years ago."

Henry loves all athletics - track and field in the summer, harriers in the winter.

"You get satisfaction from seeing the kids advance," he said. "You put the work into them and see them get the chance to race."

"The spotlight is on who wins, but I'm interested in people trying to reach personal milestones."

He is incredibly involved. In a recent one-week period, he organised the Vosseler Shield in Mt Victoria, a national walks relay at Trentham, the Wellington primary schools cross-country (including a postponement), the Wellington secondary schools cross-country at Trentham, a Wellington Harriers meeting and attended a committee meeting.

He designs cross-country courses, organises start lists, acts as race starter and meet referee.

He might liaise with the council about whether the parks are open, and he'll decide whether to transfer races.

Henry said he had seen many fine runners come through. "Many have gone on to get scholarships in the United States - Hayley Green and Brendan Blacklaws, for example."

"I remember Liam Healey when he was just a youngster. Now he is a master champion."

"These days I seem to catch up with a lot of them because they are out there supporting their own kids."

He doesn't have a favourite event, but enjoys the Vosseler Shield because it requires so much strength and power, and the Dorne Cup because it is a speed event.

Henry was a finalist in the volunteer category for Sport Wellingtons annual awards.

Editor's note: This article was reproduced from the June 4th edition of the Wellingtonian.

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How to . . . Lug it safely

Groceries - Let equal amounts of weight dangle from both arms. When you're off balance, your torso muscles contract and make your spine work even harder, says Dr William Marras from the Ohio State University for Ergonomics.

Shoulder bags and briefcases - If they're over-stuffed, change arms or shoulders frequently to avoid overworking your torso muscles.

Roller luggage - Make sure the handle extends to your waist so you're not bending and putting extra force on your spine. If the handle comes up short, buy an extender.

Wallet - A fat wallet is a nice problem, but sitting on a bulge in your back pocket can torque your hips unevenly. Your spine will try to correct that, causing pain. Switch your wallet to the front pocket, or thin it to the essentials.

- COMING EVENTS -

2009

Aug

1	NZ Cross Country Championships	Christchurch
16	Manawatu Half Marathon & 5km and 10km Run and Walk	Massey University
22	Wellington Road Championships	Trentham
23	Manawatu/Wanganui/Wellington Weight Pentathlon	Palmerston North

Sept

12	Belvedere Block Road Relays	Carterton
20	Pelorus Trust Half Marathon & 10km	Petone

Oct

10	NZ Road Relay Championships	Akaroa
11	Masterton Full and Half Marathons	Masterton
25	NZ Long Distance Race Walking Championships	Hastings

Nov

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

2010

Feb

21	Wellington Masters T&F Championships - Day 1	Newtown Park
28	Wellington Masters T&F Championships - Day 2	Newtown Park

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.

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 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:
gv Gould@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


