

THE

MASTER

COPY

Newsletter of the Wellington Masters Athletics Inc.

Volume 8 Issue 5

December 2009



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



WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2009-10

EXECUTIVE:

President:	Brian Watson	971 1351
VPresident:	John Hammond	04 292 8030
Secretary:	John Palmer	479 2130
Treasurer:	Dick Harris	971 5993

COMMITTEE:

Peter Wrigley	973 6637
Michael Browne	973 7404
Laurence Voight	565 0718
Mark Macfarlane	234 8874

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WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2009-2010

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CLUB CO-ORDINATORS

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H V HARRIERS:	Don Brodie	30 Sunshine Crescent, Kelson, Lower Hutt 5010	565 0705
H V MARATHON:	Trevor Knowles	105 Major Drive, Kelson, Lower Hutt 5010	565 0294
KAPITI:	John Hammond	148 Wellington Road, Paekakariki, Kapiti 5034	04 292 8030
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RIMUTAKA:	Mike Clark	12B City View Grove, Lower Hutt 5010	566 8755
TRENTHAM UNITED:	Diane Rogers	42 Elmslie Road, Pinehaven, Upper Hutt 5019	528 2316
SCOTTISH:	John Hines	Flat 88, Central Park Flats, 20 Nairn St, Wellington 6011	384 3231
UNIVERSITY:	Richard Brandon	PO Box 6108, Wellington 6140	476 5758
WAIRARAPA:	John Ihaka	7 Kowhai Grove, Featherston 5710	308 9656
WGTN HARRIERS:	Neil Price	11 Hurman Street, Karori, Wellington 6012	476 6956
WGTN MARATHON:	Bruce Perry	Apt 203 Stadium Gardens, 103 Thorndon Quay, Wgtn 6011	473 0877
WGTN MASTERS:	Colleena Blair	43 Elmslie Road, Pinehaven, Upper Hutt 5371	528 2992

COMMITTEE MEETINGS 1st THURSDAY OF MONTH AT OLYMPIC HARRIER CLUBROOMS,
BANNISTER AVENUE, JOHNSONVILLE, COMMENCING AT 5:30pm.

CLUB REPRESENTATIVES AND MEMBERS ARE ALWAYS WELCOME

President's Christmas Message

I would like to take this opportunity to wish all members a very Merry Christmas and a Happy New Year. I hope you are all looking toward another eventful year in 2010.

It is encouraging to see that membership to date is 77 with an influx of both new members, and the return of some of our members who did not rejoin over the past couple of years but have decided to join Masters again. This is promising as our membership now almost reaches the number achieved for the whole of last year.

With some of our members running over the Summer Season on the track, it makes me think that there will be a few Wellington records broken in 2010.

The Masters events that we put on over the past year have been well attended by members and a couple of them have shown a small increase in member participation. The committee are looking at a possible change of course for the Lower Hutt 10km held in November. We will keep you posted with any developments.

I would like to take this opportunity to congratulate Jim Blair on his election as Vice President of Athletics New Zealand.

The committee have finalised the programme for the Wellington Masters Track and Field Championships to be held in February. A copy can be found in this newsletter.

Over the year some of our members had the misfortune to be struck down with various injuries. It is pleasing to see that they are all on the mend and are taking part in competition or officiating again. It is also pleasing to see that Colin MacLachlan making some improvement in his condition.

Also during the year it was noted with sadness the passing of Wellington Masters members John Eccles and Brenda Burke.

So, have a wonderful and safe Christmas and all the best for 2010 and I look forward to catching up again with everyone in the New Year.

Brian Watson

President Wellington Masters



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 77. Welcome to new and returning members Warren Jowett (WMA); Terri & Philip Grimmett (Scottish); Paul Brydges (Scottish); Elizabeth Dixon (Olympic); Betty Harp (Scottish); Glen Erkkila (WMA); Des Young (Scottish); Bernie Portenski (Scottish) and Dougal Congalton (WMA).

* * * * *

SCARECROW SCAMPER

When Ray Wallis came over from the Wairarapa and took part in the Lower Hutt 10km in November he told us of an event to be held the following weekend at the Gladstone School. As Ray has been a loyal supporter of our events Maryanne and I thought that we would go over visit with the in-laws and give this event the "once over" It was a typical beautiful, fine day in the Wairarapa for the running of the Gladstone School's Scarecrow Scamper.

This low-key event offered runners and walkers a 5km and 10km option on an out and back course taking in all types of terrain from grass, metal road, sealed road (2km up Admiral Hill), and then the last part to the turn round point, along a dirt track. Competitors also had to cross two streams on the way out and again on the way back - a real cross country course! The challenging course was well marked and I believe that they run a different course each year.

This is an event that I can recommend taking part in if you wish to spend a day in the glorious Wairarapa weather and afterwards partake in the yummy venison burgers available at the Gladstone School Gala while waiting for the prize giving. If one is lucky enough you can also win a spot prize!

Wellington Masters members who competed in the 10km were Glen Wallis (44:07), John Palmer (54:33), Maryanne Palmer (58:52) and Peter Tearle who walked the 10km in 91.12.

* * * * *

NZ Masters Track & Field Champs - Proposed Future Rotation

2010 - Canterbury
2011 - Hawkes Bay/Gisborne
2012 - Auckland

2013 - Wellington
2014 - Southland
2015 - Waikato/Bay of Plenty
2016 - Otago

Island Championships

	<u>North Island</u>	<u>South Island</u>
2010	Hawkes/Bay Gisborne	Timaru
2011	Northland	Dunedin
2012	Wellington	Nelson
2013	Waikato/Bay of Plenty	Oamaru
	* * * * *	

HOLIDAY TIME SECURITY TIPS

- At Christmas time avoid the temptation to put wrapped presents under the tree any earlier than Christmas Eve – it may look festive but it shows burglars the quantity of gifts for the taking. Remember that most burglars rarely act on impulse, the spend time selecting the right house.
- Make sure that valuable items aren't visible from outside (hide DVD players, computers etc).
- If you have an alarm use it – if you don't, get one!
- Ensure window and door locks are fitted, working and used.
- Invest in automatic activation of lights in your house to give it the "lived in look" even when no one is at home.
- Cancel paper deliveries when you're away.
- Have neighbours collect mail and free papers and leave them a key.
- Do not pull the curtains. Seeing this during daylight hours is a give-away that you are on holiday.

* * * * *

THE WALL

The "wall" is the point where the leg muscles acquire such a level of fatigue that they don't work very well. Runners often reach this state very suddenly. One can expect this to occur within a km or so of the longest distance run in the past 4 weeks. For example, if you have run 32kms as your longest run, you can expect to get very tired and slow down after you pass this point in the marathon itself. The wall can avoided by (1) Increasing the length of the long run to at least 40km, 3-4 weeks before race day; (2) slowing your pace during the first part of the race; and (3) inserting walk breaks more frequently from 5km until km 35 or so during the marathon.

PROPOSED BY-LAW CHANGES TO AGE GRADES FOR MASTERS EVENTS

Background:

At the 2009 IAAF Congress held in Berlin the proposed Rule change that the minimum age for both Masters Men and Masters Women be raised from 35 to 40 for all events not conducted entirely within a stadium was passed. The minimum Masters age for events held entirely within a stadium was left at 35. At International level this change is to be effective from 1st January 2010.

These proposed changes to the Athletics New Zealand By-Laws - Competition are to bring the minimum age for the Masters Men and Women into agreement with the IAAF rules, as there appears to be insufficient reason why they should be different.

It should be noted that for many years 40 was the minimum age for Masters Men and it is still the minimum age for Masters Men in the NZ Road Relay Championships.

Present By-Law:

BY-LAW C1.2 - AGE DEFINITIONS

Note to this By-Law: Master's Age Definitions are listed in Attachment "B" of this Document.

ATTACHMENT B - MASTER'S AGE DEFINITIONS

1. A male athlete becomes a Masters Men 35 Grade (M35) or a Masters Men 35 - 39 Grade (M35-39) athlete on his thirty-fifth (35th) birthday.

A male athlete becomes a Masters Men 40 - 44 Grade (M40-44) athlete on his fortieth (40th) birthday.

A male athlete becomes a Masters Men 45 - 49 Grade (M45-49) athlete on his forty-fifth (45th) birthday.

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2. A female athlete becomes a Masters Women 35 Grade (W35) or Masters Women 35 - 39 Grade (W35-39) athlete on her thirty-fifth (35th) birthday.

A female athlete becomes a Masters Women 40 - 44 Grade (W40-44) athlete on her fortieth (40th) birthday.

A female athlete becomes a Masters Women 45 - 49 Grade (W45-49) athlete on her forty-fifth (45th) birthday.

.....

Proposed By-Law:

BY-LAW C1.2 - AGE DEFINITIONS

Note to this By-Law: Master's Age Definitions are listed in Attachment "B" of this Document.

ATTACHMENT B - MASTER'S AGE DEFINITIONS (Amended October 2009)

1. a. For events conducted entirely within a Stadium a male athlete becomes a Masters Men 35 Grade (M35) or a Masters Men 35 - 39 Grade (M35-39) athlete on his thirty-fifth (35th) birthday.

b. A male athlete becomes a Masters Men 40 Grade (M40) or a Masters Men 40 - 44 Grade (M40-44) athlete on his fortieth (40th) birthday.

Note: This is the minimum age and age grade for Masters Men for all events not conducted entirely within a Stadium.

A male athlete becomes a Masters Men 45 - 49 Grade (M45-49) athlete on his forty-fifth (45th) birthday.

.....

2. a. For events conducted entirely within a Stadium a female athlete becomes a Masters Women 35 Grade (W35) or Masters Women 35 - 39 Grade (W35-39) athlete on her thirty-fifth (35th) birthday.

b. A female athlete becomes a Masters Women 40 Grade (W40) or a Masters Women 40 - 44 Grade (W40-44) athlete on her fortieth (40th) birthday.

Note: This is the minimum age and age grade for Masters Women for all events not conducted entirely within a Stadium.

A female athlete becomes a Masters Women 45 - 49 Grade (W45-49) athlete on her forty-fifth (45th) birthday.

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Consequential changes:

1. Present By-Law:

BY-LAW C3 - NEW ZEALAND CHAMPIONSHIPS - GENERAL

BY-LAW C3.2 - ELIGIBILITY

3. In Championship Events where Master's Grades are recognised, any intending competitor for a Master's championship event (including an athlete returning to New Zealand from overseas) must be the correct age as defined in Attachment "B" - Master's Age Definitions and be registered with the Association according to By-Law A6.3.

By-Law C3.2.2 to C3.2.3 - September 2007

Note: Road Relay Championships - By-Law10 - Masters Men shall, on the day of the event, be not less than forty (40) years of age. (Note added May 2005).

Delete present Note and insert the following

Note: 1. For events NOT conducted entirely within a stadium both Master Men and Masters Women shall, on the day of the event, be not less than forty (40) years of age.

2. For events conducted entirely within a stadium both Master Men and Masters Women shall, on the day of the event, be not less than thirty five (35) years of age.

For the By-laws Committee:

John Smart (Convenor), Don Mackenzie, Rod Syme and Trevor Spittle

Dispatched to Sport: 14 October 2009

Sport submission close: 25 November 2009

Board statutory sign off: 4 December 2009

Effective from: 1 January 2010

HEALTH

TOMATOES

Tomatoes are a rich source of several nutrients. They are well known for their high vitamin C content, but also contain significant amount of vitamin A, B vitamins including niacin and riboflavin, magnesium, phosphorous and calcium.

Tomatoes are also a good source of chromium, folate and fibre.

In recent years a particular nutrient found in abundance in tomatoes - lycopene - has made many headlines for its disease fighting abilities.

Lycopene is well known as a preventer of prostate cancer, which makes tomatoes high on the healthy food list for men.

Lycopene is not just important for men though. It is a powerful antioxidant and as such helps to protect the cells in our bodies from damage.

Studies in humans have shown that lycopene is protective against a variety of cancers including prostate of course, but also colorectal, breast, lung, endometrial, pancreatic, bladder, cervical and skin cancers.

Lycopene has also been shown to help prevent heart disease and may slow the development of cataracts and macular degeneration, an age related vision problem that can lead to blindness.

More facts about tomatoes - the vitamin B6, niacin, potassium and folate found in abundance in tomatoes are potent protectors against heart disease.

Niacin can lower high cholesterol levels and potassium has been shown to lower high blood pressure and reduce the risk of heart disease.

Vitamin B6 and folate also work to convert the homocysteine in our bodies into harmless molecules. High levels of homocysteine are associated with an increased risk of heart attack and stroke.

The fibre in tomatoes also helps lower cholesterol levels, helps prevent colon cancer and helps to keep blood sugars at a low level.

RECIPE

SLOW ROASTED TOMATOES

These soft, moist slow-roasted tomatoes are flavoured with garlic and herbs.

They can be used as part of an antipasto platter; in salads, sauces or sandwiches; or on pizza. If you are using them in a smooth sauce, remove the skins after the cooked tomatoes have cooled.

Ingredients:

40ml (2 tablespoons) oil
4 medium cloves garlic, peeled and crushed
1-2 teaspoons fresh thyme leaves, firmly packed
1-2 teaspoons fresh oregano leaves, firmly packed
8 Roma tomatoes
Generous pinch of sugar
Salt
Freshly ground black pepper
1 teaspoon of white vinegar.

Directions:

Preheat oven to 160 degrees (140 degrees Celsius fan-forced).

Line a large baking tray with baking paper.

Combine oil, garlic, thyme and oregano in a small bowl. Cut tomatoes in half lengthways.

Remove cores. Place tomato halves, cut side up, on lined tray.

Spoon oil mixture evenly over tomato halves. Sprinkle tomatoes with sugar, salt and pepper.

Bake for about 2 hours.

Remove tomatoes from oven and sprinkle them with vinegar. Serve hot, or allow to cool on tray. Place cooled tomatoes in a container and pour over any juices. Cover and refrigerate.

Mark in your Diaries:

Wellington Masters **Track & Field Champs**

Newtown Park
Sunday 21st February 2010
and
Sunday 28th February 2010



Christmas Ice Cream

No cooking required

Ingredients:

2 litres good vanilla or chocolate ice cream
 ½ cup sultanas or mixed dried fruit
 ½ cup chopped glazed cherries
 ¼ cup brandy or liqueur of choice
 ½ cup good quality chocolate chips
 ½ cup chopped almonds or walnuts

Directions:

1. Soak the sultanas or mixed dried fruit and cherries in the brandy or liqueur - preferably over night
2. Soften the ice cream slightly
3. Add remaining ingredients and mix well
4. Return the ice cream to your container and refreeze until required.

This can be just as successfully made with soy ice cream and the alcohol can be replaced with orange juice if a non alcoholic version is required.

* * * *

With summer (hopefully) just around the corner here are some helpful tips to make your BBQing experience safe and enjoyable.

Preparing your BBQ for summer

- The best way to keep your BBQ clean and in good working order is to give it a quick clean every time you use it. Don't go over the top as the natural coating of the food oils will help prevent rust.
- If your BBQ has been sitting idle over the winter months, a clean and check that all parts are working will be necessary. Start by turning on the BBQ to high and close the lid for 5 minutes. This will cause any food residues to burn to ash. Disconnect the gas and allow the BBQ to cool completely before starting the cleaning process.
- Dismantle as much of the BBQ as possible. Using a wire brush and a scraper, scrub and scrape down the parts one by one.
- Fill a bucket with warm soapy water and a good splash of white vinegar, (also good for cleaning the outside of the BBQ) and scrub the removed parts, rinsing well in clean water. If you have particularly stubborn build-up, spray-on cleaners are available specifically for BBQs from BBQ shops and hardware

stores. Once clean and dry, spray the parts with cooking oil spreading it with a paper towel.

- Also before summer, replace the heating rocks and the sand in the drip tray. Gas burners do need checking and if after cleaning they remain clogged, it may be necessary to replace them. Replacements can be purchased from a BBQ shop.

BBQ Safety Tips

- Do not use a BBQ indoors.
- Always keep pets and children at a safe distance.
- Never leave a lit BBQ unattended.
- Keep your BBQ clean to prevent flare-ups caused from a build up of grease and grime.

For the best range of BBQs and all the advice you need, call into your nearest BBQ Factory or visit:

www.bbqfactory.co.nz

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Tequila Christmas Cake

Ingredients:

1 cup of water
 1 tsp baking soda
 1 cup of sugar
 1 tsp salt
 1 cup of brown sugar
 Lemon juice
 4 large eggs
 Nuts
 1 bottle tequila
 2 cups of dried fruit

Sample the tequila to check quality. Take a large bowl, check the tequila again. To be sure it is of the highest quality, pour one level cup and drink. Repeat. Turn on the electric mixer. Beat one cup of butter in a large fluffy bowl. Add one teaspoon of sugar. Beat again. At this point it's best to make sure the tequila is still OK. Try another cup... just in case. Turn off the mixer thingy. Break 2 leggs and add to the bowl and chuck in the cup of dried fruit.

Pick the fruit up off floor. Mix on the turner. If the fried druit gets stuck in the beaterers just pry it loose with a drowscriver. Sample the lequita to check for tonsistency. Next, sift two cups of salt. Or something. Check the tequila. Now shift the lemon juice and strain your nuts. Add one table. Add a spoon of sugar, or somefink. Whatever you can find. Greash the oven. Turn the cake tin 360 degrees and try not to fall over. Don't forget to beat off the turner. Finally, throw the bowl through the window. Finish the tequila and wipe counter with the cat.

CHERRY MISTMAS!

Don't forget nominations for

WELLINGTON MASTERS

ATHLETICS INC.



ATHLETE OF THE YEAR

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

Award:

Known as the Sportsperson of the Year Award.

Period Covered:

From 1 January to 31 December.

How Nominated:

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

Criteria for Award:

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

Achieving a World Record or a World Best Performance.

Achieving a New Zealand Record or New Zealand Best Performance.

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

Achieving a meritorious performance or performances.

Closing Date:

The 20th January following the year for consideration.

Selection:

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

Presentation Date:

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

Form of Award:

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

RESULTS

Wellington Masters 10km Road Run and Walk

Lower Hutt – Sunday 1st November 2009

The number of runners was up on 2008 with 25 making the start line compared to 17 last year, but the walkers remained the same with 9 taking part. The weather was fine with a light breeze to content with on the way out. Conditions did get a little warm towards the latter part of the race. The fastest male walker was Philip Grimmett, while Terri Grimmett held that honour for the women. Fastest male runner was Grant McLean, with Nyla Carroll the fastest woman over the distance. It was also good to see some new faces taking part in the event.

Walkers: Name	Club	Time	Place	Grade
Female:				
Terri Grimmett	Scottish	63.18	1	W50
Daphne Jones	Scottish	76.37	1	W65
Male:				
Philip Grimmett	Scottish	63.24	1	M50
Kevin Watson	Scottish	64.02	2	M50
Ian Morton	Scottish	65.52	3	M50
John Ihaka	Trentham	66.31	1	M60
Geoff Iremonger	Scottish	68.28	2	M60
John Hines	Scottish	79.30	1	M70
Peter Tearle	Scottish	85.04	1	M80
Runners:				
Female:				
Nyla Carroll	No club	36.59	1	W40
Betty Harp	Scottish	41.39	1	W45
Michelle Van Looy	Olympic	41.51	1	W35
Philippa Hercus	No club	48.02	2	W35
Annie Van Herck	Olympic	48.20	1	W55
Jean Skilton	Olympic	53.31	1	W50
Maryanne Palmer	Scottish	54.12	2	W55
Elle Brown	Olympic	55.42	2	W45
Julie Klein		65.39	2	W40
Elizabeth Dixon	No club	66.20	2	W45
Male:				
Grant McLean	Scottish	32.20	1	M40
Michael Waterman	Olympic	34.05	1	M35
Warren Maguren	HVH	37.28	1	M45
Colin Price	No Club	39.07	2	M40
Neil Price	WHAC	41.03	2	M45
Glen Wallis	Scottish	41.23	3	M45
Richard Sweetman	Scottish	43.49	1	M60
David White	Scottish	46.24	3	M40
John Palmer	Scottish	49.21	2	M60
Ray Wallis	Ruamahanga Ramblers	49.30	1	M65
Dougal Congalton	WMC	49.30	3	M60
Brian Watson	Olympic	52.12	1	M70
Peter Hanson	Olympic	55.50	2	M70
Harold Alcock	Olympic	55.56	2	M65
Michael Browne	Scottish	66.01	1	M75

HOSPITAL CHART BLOOPERS

(Actual writings from hospital charts)

1. The patient refused autopsy.
2. The patient has no previous history of suicides.
3. Patient has left white blood cells at another hospital.
4. She has no rigors or shaking chills, but her husband states she was very hot in bed last night.
5. Patient has chest pain if she lies on her left side for over a year.
6. On the second day the knee was better and on the third day it disappeared.
7. The patient is tearful and crying constantly. She also appears to be depressed.
8. The patient has been depressed since she began seeing me in 1993.
- 9 Discharge status: Alive but without permission.
10. Healthy appearing decrepit 69-year old male, mentally alert but forgetful.
11. Patient had waffles for breakfast and anorexia for lunch.
12. She is numb from her toes down.
13. While in ER, she was examined, X-rated and sent home.
14. The skin was moist and dry.
15. Occasional, constant infrequent headaches.
16. Patient was alert and unresponsive.
17. Rectal examination revealed a normal size thyroid.
18. She stated that she had been constipated for most of her life, until she got a divorce.
19. I saw your patient today, who is still under our car for physical therapy.
20. Both breasts are equal and reactive to light and accommodation.
21. Examination of genitalia reveals that he is circus sized.
22. The lab test indicated abnormal lover function.
23. The pelvic exam will be done later on the floor.
24. Patient has two teenage children, but no other abnormalities.

* * * *

Athletics New Zealand Media Release

11 December 2009

New Zealand vs Australia Race Walking Test Announced

New Zealand will compete against international race walking powerhouse Australia in a Test Match in Hobart early next year.

The Test Match will see up to four male and four female competitors from each country race over 20km on 13 February.

A trial to select the team will be held at Douglas Track in Waitakere on 10 January. The winners and runners-up in both the men's and women's competitions in the trial will be automatic selections, while the next finishers will be subject to a qualifying time to make the team, 1hr 50min for men and 2hr 8min for women.

In announcing the match, Athletics New Zealand's Sport Manager Brett Addison said, "This competition is long overdue, with twenty eight years since the last New Zealand vs Australia teams race walking competition. It's a fantastic concept and we have been fortunate that Mike Parker and David Lonsdale of Race Walking New Zealand have done so much work setting up the test match."

Parker said "The most significant thing about this forthcoming Oceania Race Walking Trophy is that it is the first time for sixteen years that New Zealand race walkers will have the opportunity to compete as a team in some form of international competition. This can only improve the standard of our best walkers, athletes who might not be able to aspire to higher levels of competition.

"Such an event as this one, held bi annually might just provide the impetus for one or two of them to make the break through to that next level. We have had years where only our elite NZ walkers, and they come along so rarely, are able to aspire to Olympic and Commonwealth Games selection. This competition is all about making an initial step towards bridging the international gap and improving our overall standard along the way."

* * * *

Usain Bolt, the world's fastest man, took 11 hundredths of a second off his own 100m record in August 2009, setting a new time of 9.58 seconds.

In need of a Christmas present for a running friend, your partner, or a relative, then why not consider a copy of:

AS IF RUNNING ON AIR

The Journals of Jack Lovelock

Edited by David Colquhoun



In the 1930s Jack Lovelock was one of the world's best-known athletes. In 1933 he broke the world record for the mile. At the 1936 Berlin Olympic Games he won a gold medal and broke the world record for the 1500 metres. Throughout his running career he kept a remarkable series of journals, which are now published for the first time.

Available from all good New Zealand bookshops or
from Craig Potton Publishing
www.jacklovelock.co.nz

Photograph: Jack Lovelock after his victory in the 1935 "Mile of the Century" at Princeton, USA.

* * * *

NZMA Athlete of the Year

Nominations are called for the athlete of the year awards for the year 1 January - 31 December 2009.

If you think you know someone who would be worthy of nomination for this award then send in your nomination to the Secretary, Wellington Masters by 5th February 2010. This will allow time to send off the correct nomination forms which close on 19th February. If

nominating someone please ensure the performances cited are relevant to the category for which the nomination is being made. Wherever possible include an age graded percentage. Awards are based solely on the performance within the specified time period.

The categories are:

Sprints: 100-400.

Middle Distance: 800m-5000m, 3000m Steeple Chase.

Distance: 10,000m Track, Marathon, Road & Cross Country.

Hurdles: 110/100/80, 300/400.

Jumps: LJ, TJ, HJ, PV.

Throws: DT, SP, HT, WT.

Combined Events: Decathlon, Heptathlon, Pentathlon, Weight Pentathlon.

Walks: All recognised distances.

* * * *

Service and Merit Awards

NZ Masters has introduced two awards to recognise long-standing service to the Association. The Service Award represents 10 years of service to NZAVA/NZAMA and the Merit Award, 20 years service to the same organisations. Non-NZMA members are eligible for Service Awards only.

If you know anyone who you think would be eligible for either of these two awards, send in your nomination, in writing, to the Secretary, Wellington Masters stating the name of the nominee, years of service, any positions held or services rendered. Also list other services performed or supporting information over a period of time. The committee would be interested to receive a nomination for a non-NZMA member.

This years nominations close 2nd March with the Secretary NZMA. If you are putting forward a nomination, please allow the Secretary, Wellington Masters, time to fill out the necessary paper-work before forwarding it on to NZMA.

* * * *

Tip of the Month:

You can take five days off from running with no significant loss in conditioning. It is always better to err on the conservative side of injury repair. If you take an extra day off at the beginning of the injury, you won't lose any conditioning. But if you continue training with an injury, you may increase the healing time by a week or a month for each day you try to push through pain.

PROGRAMME AND ENTRY FORM

WELLINGTON MASTERS TRACK & FIELD CHAMPIONSHIPS

NEWTOWN PARK SUNDAY 21st FEBRUARY and SUNDAY 28th FEBRUARY 2010

IF YOU CAN ASSIST IN RUNNING EVENTS YOUR HELP WOULD BE MOST APPRECIATED

5000m & 10000m RUNNERS, 3000m WALKERS - PLEASE ARRANGE YOUR OWN LAP COUNTERS

PROGRAMME:

SUNDAY 21 FEBRUARY

9.00am Short Hurdles
9.30 5000m
10.00 2000/3000 Steeples
11.00 200m
11.30 800m

Weight Pentathlon

9.15am Hammer
9.45 Shot
10.15 Discus
10.45 Javelin
11.15 Weight

SUNDAY 28 FEBRUARY

8.30am 10,000m
10.00 Long Hurdles
10.15 100m
10.30 1500m
10.45 1500/3000m Walk
11.45 400m
9.30am Pole Vault
10.30 High Jump
11.15 Triple Jump

LUNCH

Pentathlons

Women:

1.00pm 100m
1.30 Shot
2.00 Long Jump
2.30 Javelin
3.00 800m

Men:

12.30 Long Jump
1.00 Javelin
1.30 200m
2.00 Discus
2.30 1500m

12.00 LUNCH & AWARDS PRESENTATIONS



PLEASE ENTER ME IN THE FOLLOWING EVENT(S) - (Print clearly please)

1 _____ 2 _____
3 _____ 4 _____
5 _____ 6 _____
7 _____ 8 _____
9 _____ 10 _____

Entry Fee: \$5 (for up to 3 events) - \$10 (for 4 events or more)

NAME: _____ M/F: _____

ADDRESS: _____

CLUB: _____ EMAIL: _____ TELEPHONE No: _____

CURRENT NZMA REGISTRATION No: _____ AGE: _____ BIRTHDATE: _____

ALL ATHLETES **MUST** BE CURRENT FINANCIAL MEMBERS OF NZMA

ENTRIES CLOSE WEDNESDAY 17th FEBRUARY 2010

CHEQUES payable to: Wellington Masters Athletics

I ENCLOSE Entry Fee

\$

Masters Subscription (if not already paid)

\$45.00

TOTAL

\$

Send to: Wellington Masters Track & Field Championships, C/- Dick Harris, 11 Whitu Street, Khandallah, Wellington 6035

DECLARATION AND AGREEMENT TO BE SIGNED BY ALL PARTICIPANTS

I agree to abide by the following event rules.

1. I will follow the directions of event officials.
2. I acknowledge that I compete at my own risk.
3. Privacy Act: Information concerning this event may be used by Wellington Masters Athletics for promotional purposes.

Signed _____

Jog for 'feel-good' factor

Few of us are too old or otherwise unable to find the "feel-good factor" that regular jogging can induce, writes Richard Pennick, of Auckland.

NO MATTER your age, if you can walk, you can jog! And if you are a fast walker, there is little to stop you jogging just a few gentle paces and increasing it, day by day, until you become a "runner".

I run for the "feel good factor"! The "factor" is a combination of the endorphin high, the sense of well-being and fitness which go with the benefits of managed weight and a healthy heart - and it can last all day. Other obvious benefits are improved co-ordination - even nimbleness - increased strengthening of legs, pelvis and back as well as development of thigh muscles which are so important for stability.

Anxiety or lethargy evaporate during my run and are replaced with optimism and a sensation of well-being - the "feel good factor"! Furthermore, running or any intensive aerobic exercise that increases the body temperature suppresses the appetite and helps weight loss because of a change in a body hormone called obestatin.

I have been running for nearly 30 years, having started at 40 when our son was born. I was overweight and not in good shape. I took the advice of a running colleague and, for one hour, three times a week, I started to walk, then waddle just a little bit ... and then jog for a little longer as I grew stronger. My friend also admonished: "Get your weight down asap to avoid foot, knee, back and other injuries".

I set myself running goals. I entered a 5km, then a 10km and then even longer runs. I hasten to add here that although back then this walking/running evolved into 10km, half and full marathons and more, I have never actually won anything. But I do enjoy the "therapy" of running, the endorphin "highs" and the competition, even if it is just against myself. I enjoy that sense of achievement at gaining a personal best. Or as I get older, just finishing (without walking) still gives me a geriatric rush. I now run one or two easy half marathons a year.

When travelling, running enables me to see the places we travel to form a different perspective. The early-morning run helps identify attractions to be revisited as a tourist later in the day. Seeing them in the early-morning light, when the air is clear and few people around is a bonus. On these runs, I often clutch my small digital camera loosely in a sweating hand (taking pictures is a good excuse to stop for a rest!).

Running is not an expensive sport, but one thing I do not compromise on is shoes. When I find a pair I like, I buy two pairs which will last me a couple of years. If you feel you might be injury-prone, buy soft shoes and maybe even add softer insoles. Dress the part - but do dress your age!

Steve Moneghetti, the Australian champion marathon runner commentating on television during the Beijing Olympics, said he keeps his running "clutter" to a minimum. So I no longer wear sunnies as they sweat up, but I do wear a hat and sun block. I leave my iPod at home and drink my fill of water before I leave. There is usually water to be found somewhere out on your run. On longer runs, I carry three or four small glucose tablets to give an energy boost just before it's needed. After my run, I drink and eat big (carbo load) to avoid sinking into that boring "deficit" trough.

Run with others of your own speed for the company, conversation and safety, but don't exceed your pulse rate "redline"; there's no point in wearing your ticker out. Nobody knows your body as well as you, so, listen to it. If you are constantly tired or irritable, get a blood test; your iron or B12 or something else may be down. And for those niggling knees I take Glucosamine, which seems to ease the joints, and magnesium tablets with calcium which seem to stop night leg and toe cramps. If your body still hurts, rest it for a few days. I now run 25-35 kms a week during three or four sessions.

Warm up carefully - don't injure yourself doing them - and then get out there and walk and jog and then run - and don't forget to warm down. A 10-minute swim helps ease the muscles, dissipates that lactic acid and cools the body nicely, which adds that "feel good factor!" Then it's time for breakfast!

Reproduced from the November "Grey Power Magazine".

Editors Note: If you feel that you could be injury prone as mentioned above, it would be wise to seek the advice from a reputable running shoe shop or seek the opinion from a Podiatrist. Also some years ago an optician spoke at the Marathon Clinic and she recommended that runners and walkers should wear sunglasses, particularly when around the waterfront where there is a glare coming off the water.



How to Stay Safe on Your Bike

With more people getting on their bikes for fitness or transport and event season being upon us there is no better time to think about staying safe on the road. Check out our safety tips below:

Choose the Right Bike - Make sure your bike is the right frame size for you and is fit for the purpose you want to use it for. Incorrect frame size can cause you to lose control of the bike at critical times. Your bike shop can check your frame size for you if you are unsure.

Keep Your Bike In Good Repair - It's important to keep your bike running smoothly at all times through regular checks, and if necessary adjustments, of key parts of the bike. Check brakes and tires regularly especially. Routine maintenance is simple and you can learn to do it yourself. Many AvantiPlus stores run workshops on the basics of bike maintenance.

Obey Traffic Signs and Signals - You need to ride your bike using the same rules as other vehicles if you want to be taken seriously by motorists. And remember there are a lot more cars than bikes on the road (it's a shame isn't it?) and they are bigger and heavier than you so you need to treat them, and the rules, with respect.

Hand Signals - Hand signals tell motorists and pedestrians what you intend to do. Signal as a matter of law, of courtesy, and of self-protection are a smart move. How else will those drivers know where you are headed?

Ride In Middle of the Lane in Slow Traffic - Get in the middle of the lane at busy intersections and whenever you're moving at the same speed as traffic. You have as much right as a car to use as much of the lane as you need at certain times. When traffic is slow you need to protect your position.

Make Eye Contact With Drivers - Assume that other drivers don't see you until you are sure that they do. Eye contact is important with any driver which might pose a threat to your safety.

Follow Lane Markings - Don't turn left from the right lane. Don't go straight in a lane marked "right-turn only." And so on. You just increase your risk of getting tangled up with some heavy metal if you do.

Watch out for Cars - It may sound ridiculously obvious but cars can seemingly appear out of nowhere. Keep your eyes alert for cars at intersections, driveways and parking places.

Scan the Traffic - Be careful when checking traffic and don't swerve when looking over your shoulder. You need to get confident at scanning the road forward and behind without swerving into the traffic you are trying to avoid. Practice on quiet roads.

Give Pedestrians the Right-of-Way - Accidentally running into a pedestrian could be seriously hazardous

for the health of both of you. Give pedestrians right of way - especially if you are on a pathway or pedestrian crossing!

Keep Both Hands Ready to Brake - You may not stop in time if you brake one-handed and you are less likely to stay in control of your bike. Allow extra distance for stopping in the rain, since brakes are less efficient when wet and need more of a squeezing/ pumping action.

Avoid Road Hazards - Watch out for pot holes, parallel-slat sewer grates, gravel, ice, glass or other debris and be sure to point them out to others if you're in a group. Always cross railroad tracks at right angles to avoid sliding or getting your wheel stuck.

Never Ride With Headphones - Music is a great motivator but there is a time and place for it. Riding with headphones and music playing blocks out your awareness of traffic, other riders and your cycling environment. If you need music to get you cranking listen to it for five minutes before your ride.

Wear a Helmet - Surely everyone knows this by now? Be sure that the helmet is done up, properly fits, meets the safety standards and is worn in the correct manner. Again, a great place to start for assistance with your helmet is your local bike shop.

Dress Appropriately:

- Dress in layers so you can adjust to temperature changes.
- In rain wear a light, breathable rain jacket.
- Wear protective eyewear – not only does it protect you eyes from the sun it also protects them from road grit, bugs and other undesirables.
- Choose bright or reflective clothing – reflective or fluoro clothing is getting more popular and better looking all the time and is a wise move especially at dawn or dusk.
- Wearing gloves is also a smart move - for comfort and protection.

Use Lights at Night - You need a white headlight and rear tail-light. There are numerous styles and choices and if you are riding in the dark you absolutely must have them. Even at dawn or dusk they are highly recommended. You can't be too visible.

Be Patient and Cooperative - There's no point getting aggressive with motorists. Just be patient and accept that not everyone will see you or be courteous to you all the time. But if you keep your cool, cooperate where you need to and keep yourself safe you'll have a much happier ride.

These safety tips have been reproduced from the November issue of the AvantiPlus newsletter. For more tips, advice and information regarding cycling visit their website: www.avantiplus.co.nz

A brief history of the Johnsonville 8km Road Race and 6.4km Road Walk for Masters

I was on the Wellington Masters Committee from 1980 to 1985. We were always looking for interested participants and venues for racing from. We had a 10km race which we ran annually in November, and we thought about running an 8km road race. The committee looked at different suburbs, Tawa, Lower Hutt etc. I found a block in Johnsonville of 1.6km - thus 5 laps equals 8K.

This block had no road crossings, and in those days there was very little traffic and we also had the Olympic Harrier Club rooms in Bannister Avenue, to use as race headquarters where we had toilets, showers, and after the race, a venue for a very nice lunch. The same format is still used to this day. The start and finish used to be in Broderick Road, but due to more traffic over the past few years, the start and finish has been shifted to Kipling Street.

The first race was run on the 16th June 1985, and was won by Neville Martin, (University) in a time from memory 27 min 20 sec. This was a race record until Steve Hunt (Scottish) did 26.15 in 1994, only Grant McLean (Scottish) in the last couple of years has approached these times. The record for women is 31.56 achieved in 1989 by Judith Stewart, also from Scottish.

In 1987 we started a team's race with four to count and with at least one woman participant to make it more equitable. This has resulted in 11 wins for Olympic; seven for Scottish and two for Trentham. This is now a popular and interesting team event which is well supported by all clubs.

The race from 1986 onwards has been run at the end of July or beginning of August. This also gives you an idea how fit you are for the road running part of the season. In 1998 the first walking race was held as part of the proceedings and this was won by David Humphries in a time off 52.26, the next year 1999 it was run as 4 laps - 6.4km. The record is held by Peter Baillie (Scottish), set in 2008 in a time of 34 min 06 secs.

I find this race a good test of fitness, though a lot of people complain about the course but they seem to come back and run it year after year. It must be the nice lunch, made over the past few years by Caroline Gratton. It is an easy race to organise, and I have had a good team to assist year after year. I think we had about 50 runners in the first few years, and it has been down as low as 18 runners some time. The last

few years it has been steady at 35 to 40 competitors with about 10 of them being walkers.

In 1999 Ray Wallis presented the Jim Lockhart and Mariette Hewitson Memorial Baton, (this is a memorial to two very active members who are no longer with us) and is presented to the person who sets a new age record, or gets the closest to it.

Diane Rogers won this trophy the first time, and has since won it on three more occasions, the last time this year; getting an over 70 record. Well done Diane.

I am going to organise this 8km race as long as I can, which is for many more years hopefully.

Brian Watson

* * * *

AN EARLY CHRISTMAS STORY

'Twas the night before Christmas - Old Santa was pissed.

He cussed out the elves and threw down his list.
Miserable little brats, ungrateful little jerks.
I have a good mind to scrap the whole works!

I've busted my ass for damn near a year,
Instead of 'Thanks Santa' - what do I hear?
The old lady moans cause I work late at night.
The elves want more money - The reindeer all fight.

Rudolph got drunk and goosed all the maids.
Donner is pregnant and Vixen has AIDS.
And just when I thought that things would get better
Those sods from the IRD sent me a letter.
They say I owe taxes - if that ain't damn funny
Who the hell ever sent Santa Claus money?

And the kids these days - they all are the pits
They want the impossible - those mean little sh*#s.
I spent a whole year making wagons and sleds
Assembling dolls ... their arms, legs and heads.
I made tons of yo yo's - no one wants them,
They all want computers ... hell I'm not IBM!

Fly through the air ... dodging the trees
Falling down chimneys and skinning my knees.
I'm quitting this job there's just no enjoyment
I'll sit on my fat ass and draw unemployment.

There's no Christmas this year - now you know the reason,
I found me a blonde - I'm going SOUTH for the season!



HEALTH

Sun smarts - five tips

* **Stay out of the sun** when it's at its strongest. Take particular care during the summer months of September through to May and seek shade - indoors, preferably - during the hours between 11.00 am and 4.00 pm.

* **Cover up**, no matter what the weather is like or what you are doing. When buying new clothes, choose long-sleeved shirts, long pants or long skirts with built-in sun protection. Look for labels that show a UPF (Ultraviolet Protection Factor) of at least 15. Garments with a UPF of 40, 50 or 50+ offer excellent protection. These sorts of clothes are available from specialist shops; however, everyday clothing will also provide some protection. Generally, the darker the fabric and the tighter the weave, the more protection you will get. A white cotton T-shirt, for example, only provides the same protection as applying a sunscreen with Sun Protection Factor (SPF) 5.

* **Use a broad-spectrum sunscreen** with an SPF of at least 15. There are two ways a sunscreen can work: by absorbing ultraviolet (UV) radiation, and by reflecting the UV radiation. Choose one that combines a chemical absorber plus a physical blocker.

About a palmful of sunscreen should be used to cover the arms, legs, neck and face of the average adult. Apply it liberally half an hour before going out into the sun to allow absorption by the skin. Re-apply it every two hours.

* **Wear wrap-around sunglasses** to protect your eyes. Choose ones with a label that lists the type and level of protection (the standard to look for is AS/NZS1067, because you cannot tell how much UV protection a pair of sunglasses will provide by their price, colour, or by the darkness of the lenses. Be careful about buying sunglasses while on holiday overseas; fake copies of expensive and fashionable brands won't necessarily comply with the safety standards we require. And as you wrap on your sunnies, don't forget to slap on a broad-brimmed hat, too.

* **Don't go near sunlamps and tanning beds.** Most lights used in sunbeds give off UV radiation, and experts at the International Agency for Cancer Research (part of the World Health Organisation) have recently concluded that the risk of skin cancer

jumps by 75 per cent when people start using sunbeds before the age of 30. Furthermore, the idea of getting a protective "base tan" is a fallacy. An indoor tan provides a sun protection factor of about 4, which is much less than most sunscreens.

What to look out for on your skin - warning signs

To reduce your risk of skin cancer, avoid getting sunburned and protect yourself by following the five tips above.

It is also important to check your skin regularly for changes in the size, shape, colour or feel of spots, freckles and moles. This will improve your chances of finding melanoma and other skin cancers at an early stage when they are easier to treat. Look everywhere: your head, neck, ears, arms, armpits, hands, fingers and nails, trunk, buttocks, legs and feet. Get your partner or a friend to check those areas that you can't easily view.

The NZ Guidelines Group suggests you look out for the ABCDE of melanoma:

Asymmetry - is one half of the spot different from the other side?

Border - does the spot have a spreading or irregular shape?

Colour - does the spot have different colours in it?

Diameter - is the spot growing or changing diameter?

Elevation/evolution - is the spot raised, or has it changed since you last checked?

If you find anything you are not sure about, check with your GP, a dermatologist, or a special mole evaluation service such as MoleMap, who will carefully examine your whole body and record the appearance and location of any spots, freckles or moles. If your GP suspects that you have melanoma, a biopsy will be recommended. This involves removing, under local anesthetic, the suspected melanoma and surrounding tissue for examination by a pathologist.

If your GP suspects that you have a squamous cell or basal cell carcinoma they may offer to remove it in their treatment rooms or refer you to another specialist.

For more information about the MoleMap programme visit: www.molemap.co.nz

- COMING EVENTS -

2010

Jan

16 Fullers Wharf to Wharf Fun Run Waiheke Island
26 Cooks Classic - various events Wanganui

Feb

13 Buller Gorge Full & Half Marathons Westport
17 30th Clarrie Gibbons Wellington to Eastbourne Run (23.7km) Post Office Square
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

April

11 Paris Marathon France
19 Boston Marathon Boston

May

1 Rotorua Marathon & 5km and 10km Fun Runs Rotorua

June

27 Harbour Capital Full & Half Marathons Westpac Stadium

July

4 Gold Coast Full & Half Marathons & Associated events Gold Coast

Sept

21-26 Round Rarotonga Road Race & Week of Running Rarotonga

Oct

3-14 Commonwealth Games New Delhi

2012

North Island Masters T&F Championships Newtown Park

2013

NZ Masters T&F Championships Newtown Park

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

UNIFORMS:

A RE-STOCK OF VARIOUS SIZES IS 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:

PLEASE NOTE THAT MARK MACFARLANE HAS NOW TAKEN OVER THE KEEPING OF THE WELLINGTON CENTRE RECORDS. IF YOU FEEL THAT YOU HAVE SET/BROKEN A RECORD PLEASE SEND INTO MARK AFTER GETTING THE APPROPRIATE PAPER WORK SIGNED OFF. THIS WILL MAKE HIS JOB MUCH EASIER. MARKS CONTACT DETAILS ARE LISTED ON THE INSIDE FRONT COVER OF THE NEWSLETTER.

CHANGE OF ADDRESS:

If any member changes their address, it would be appreciated if they could notify the Subscription Secretary. This enables us to keep records that are accurate and up to date and ensures that you continue to receive your newsletter. It is also important that Club Co-ordinators notify the Secretary of any change of address to enable the information to keep getting out to the clubs in the Centre.

WELLINGTON MASTERS ATHLETICS INC.

**SUBSCRIPTION FOR THE 2009/2010 YEAR
(1 September 2009 to 31 August 2010) = \$45**

NAME(S): _____

ADDRESS: _____

BIRTH DATE(S): _____ **EMAIL:** _____

CONTACT PHONE No. _____ **CLUB (if any)** _____

How to Pay:

\$45 (\$90 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**
then forward the completed form to Veronica Gould at the above or email to:
gvgould@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

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