

THE

MASTER

COPY

Newsletter of the Wellington Masters Athletics Inc.

Volume 9 Issue 2

May 2010



Anne Hare running thru the water jump at the Shaw Baton Relay held recently at Battle Hill. The Scottish A Masters Women's team took 1st place with Anne running an impressive 8:07 for her lap.

WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2009-10

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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.

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WGTM HARRIERS:	Neil Price	11 Hurman Street, Karori, Wellington 6012	476 6956
WGTM MARATHON:	Bruce Perry	Apt 203 Stadium Gardens, 103 Thorndon Quay, Wgtn 6011	473 0877
WGTM 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

EDITORIAL

BOTH WORTHY NOMINEES

Every year the committee calls for nominations for the Wellington Masters Athlete of the Year. In past years we didn't receive any nominations and the athlete of the year was then chosen by the committee. In just about all of the cases there was someone that stood out having performed extraordinarily over the year and who fitted the criteria that is set out when choosing a candidate.

This year turned out to be somewhat different with the committee receiving two nominations for the athlete of the year. There were two nominations received for Anne Hare and one for Grant McLean. It was then up to the committee to decide who would be the worthy recipient of the trophy for 2009.

After a lot of deliberation and discussion the committee decided that as Grant's achievements covered a wide range of events from the track right thru to marathons that we would make Grant the Wellington Masters Athlete of the Year. As Anne's events mostly covered middle distance on the track the committee felt that we should nominate her for the NZMA Athlete of the Year in the category of "middle distance". The winners of the different categories were to be announced at the AGM of NZ Masters at the track and field championships in Christchurch at Easter. At our April committee meeting Jim Blair reported that the nomination of Anne was unsuccessful and it was awarded to Andrew Stark from the Canterbury region. This was a little disappointing as the committee felt that our nomination of Anne had a really good chance of taking out the middle distance category with the performances that she had produced over the year.

Both Grant and Anne have continued on in 2010 where they left off in 2009, both producing strong performances in the events that they have taken part in so far this year. Anne set some fantastic times on the track earlier this year and Grant won the mountain to surf marathon. Another good example was at the Shaw Baton Relay where they both ran exceedingly quick laps for the Scottish Masters Men and Women's teams - where both teams won their respective grades.

I am sure that if they keep going through the year as they have started, they will once again be worthy nominees for the Wellington Masters Athlete of the Year award for 2010.

John Palmer

Editor

Printlink, Wellington

Kind sponsor and printer 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 March newsletter our membership now stands at 94. Welcome to new members Sharon & Michael Wray (Scottish), Tineke Hooft (Olympic) and Murray McGaughran (Olympic).

* * * * *

NZMA Website Forum

I just wanted to mention one of the new innovations that we discussed at our recent board meeting. It was decided that we would host a forum on the NZMA website, so that all of our members can have their say and discuss topics related to Masters athletics. You will notice that there are a few topics started already, but feel free to start new topics as required.

Anyone can view the discussions, but to participate and post comments you will need to register on the main forum page. I hope that in the near future, that this will be a well utilised feature of our website. I would appreciate it, if you could advise your members of the availability of this forum. I'm sure it will get us discussing issues and new ideas in our sport, which I believe is essential if we want Masters athletics to continue to grow and evolve. If you have any questions or issues with registering or using the forum page, please don't hesitate to contact me.

The link to the forum is:

<http://www.forum.nzmastersathletics.org.nz/>

Regards,

John Campbell

President Auckland Masters

NZMA Website Administrator

admin@nzmastersathletics.org.nz

* * * * *

Wellington Masters T&F Championships

Results Apology

The results in the March issue of the Master Copy for the Track and Field Championships had some omissions and wrong times shown.

With all the new photo-timing equipment and the recording sheets as a back-up it is difficult to see how this happened - but it did.

The committee wishes to apologise to Des Young, Terri Grimmett, Judy Hammond and Lynne Plimmer for the omission of their results in some events and to Terri Grimmett for the incorrect time indicated in the 5000m. The committee is making every effort to track down these missing results and to amend the results previously published.

* * * * *

WELLINGTON MASTERS ATHLETE OF THE YEAR

Past winners:

2000	Judy Hammond
2001	Ellis Goodyear
2002	Barry Prosser
2003	Bernie Portenski
2004	Simon Poelman
2005	Bill Nicholson
2006	Peter Baillie
2007	Colleena Blair
2008	Jim Blair
2009	Grant McLean

* * * * *



“Three Peaks Challenge”

16 May, 13 June and 25 July

Each month's event is 20-25km across Wellington - you find your own way, up and down three peaks e.g. Makara Peak, Johnson's Hill, Brooklyn Windmill.

Over \$2,000 in prizes & Discount Vouchers

For full details of the 2010 "Three Peaks" Challenge go to: www.scottishathletics.org.nz/Tripeak.htm

Start at anytime from 8am-9am from the Scottish Harriers Clubrooms, South end of Prince of Wales Park, Salisbury Terrace, Mt. Cook.

Enter and pay on the day on the day - (only \$10).

For more information contact:

Bart Jones

Telephone: +64 4 477 3746

Cell-phone: (027) 608 6111

Email: bart.jones@xtra.co.nz

NZ MASTERS T & F CHAMPIONSHIPS

QUEEN ELIZABETH II PARK CHRISTCHURCH 2-5 APRIL 2010

Wellington members' results

Age	Name	Event	Place	Time/Dist
W40	Nyla Carroll	5000m	1	16:48.28
	Wendy Reynolds	5000m	4	21:58.42
W45	Lynne Plimmer	200m	4	31.17
		400m	2	1:11.70
		Long Jump	2	3.90
		High Jump	4	1.10
		Triple Jump	2	8.37
M40	John Turner	100m	3	12.79
		200m	2	25.89
		400m	3	57.36
		110m H	2	19.73
		Long Jump	3	4.76
		High Jump	2	1.73
		Javelin	3	31.99
		Pentathlon	2	2420pts
M45	Alan Reynolds Mark Macfarlane	100m	4	13.09
		100m	3	13.01
		200m	3	26.54
		400m	4	1:00.14
		Long Jump	2	5.10
M50	Gary Rawson	High Jump	5	1.45
		100m	1	12.49
		200m	1	25.68
		100m H	1	19.43
		Long Jump	1	5.25
M70	Peter Hanson	Triple Jump	3	10.63
		Discus	5	28.76
		Javelin	4	33.95
		200m	3	35.21
		Shot Put	3	9.02
M75	Ellis Goodyear	300m H	2	1:02.3
		800m	2	3:28.09
		1500m	2	7:14.30
		5000m	2	26:44.47
		10000m	1	54:43.65
Jim Blair	High Jump	High Jump	1	1.15
		Discus	1	23.65
		Javelin	1	24.44

* *

Anzac Day Road Races

Dalefield Hall, 3km west of Carterton

The ANZAC Day races are an event that seems to be growing in popularity with this year seeing the biggest fields in both the 5km and 10km races. Several triathletes took the opportunity for a long training ride and biked over the Rimutakas before starting their race. The runners and walkers were greeted with a cloudy day which was not too hot and made

conditions great for competing. There was a head wind for the first 3km of the course and it seemed that the competitors were going to have to battle into a head wind down the long straight before the turn towards the finish but somehow the wind seemed to have died down by the time everyone reached the straight, which made it reasonably pleasant over the last part of the race. As well as performance prizes for each age group there were also a good number of spot prizes handed out.

All proceeds from this event go for Child Cancer and this year \$1221.00 was raised for this worthy cause.

Wellington Masters members who took part in the 10km were:

Walkers:

Peter Tearle - 88.43 (1M80+)

Roy Rogers - 97.47

Runners:

Glen Wallis - 42.46 (2M40-45)

John Palmer - 49.51 (1M60-65)

Bruce McCallum - 51.23

Maryanne Palmer - 54.26 (1W55-59)

Brian Watson - 56.16

John Ihaka - 60.38

Diane Rogers - 68.20 (1W70-75)

* *

Do you know Jesus?

An old nun was living in a convent next to a construction site noticed the coarse language of the workers and decided to spend some time with them to correct their ways.

She decided she would take her lunch, sit with the workers and talk with them.

She put her sandwich in a brown bag and walked over to the spot where the men were eating.

She walked up to the group and with a big smile said: "and do you men know Jesus Christ?"

They shook their heads and looked at each other very confused.

One of the workers looked up into the steelworks and yelled out, "Anybody up there know Jesus Christ?"

One of the steelworkers yelled down "Why"?

The worker yelled back - "Cos his wife's here with his lunch".





Grant McLean running the anchor leg for the Scottish A Master's men team at the Shaw Baton Relay. Grant ran a very quick 6:29 for his lap.

* * * *

Home of the Giants

Visit the South Island's east coast for a whale of a time

Kaikoura is a town literally built on the back of whales. Its oldest surviving building, Fyffe House, rests on huge vertebrae taken from the Southern Right Whales that were hunted almost to the point of extinction during the earliest days of European settlement.

Elsewhere in Kaikoura you see whalebones used as fence posts and even, in the town's seaside reserve, arranged into an archway.

Kaikoura, on the South Island's east coast, has become internationally known as a great place to see whales. It is a landscape fit for magical encounters: a sweep of bay framed by a peninsula that, with a little imagination, could be a cetacean's tail, and to the north, by the magnificent Kaikoura Ranges.

There are attractions here other than whales. Kaikoura is renowned for its seafood, and there are few greater pleasures than buying fresh crayfish from a roadside caravan. And the town itself is charming, a typical holiday town of Norfolk pines and an endless pebbly beach.

To Do:

Whale Watch Kaikoura Tours: \$145 adult; \$60 child.
whalewatch.co.nz - telephone 03 319 6767

Accommodation:

Mid to low:

The Pier Hotel:
thepierhotel.co.nz - telephone 03 319 5037

Luxury:

Hapuku Lodge:
Hapukulodge.com/kaikoura - telephone 03 319 6559.

* * * *

IRISH JOKE

An elderly Irishman walks into a confessional. The following conversation ensues:

Man: "I am 92 years old, have a wonderful wife of 70 years, children, grandchildren, and great grandchildren. Yesterday, I picked up two college girls, hitchhiking. We went to a motel, where I had sex with each of them three times."

Priest: "Are you sorry for your sins?"

Man: "What sins?"

Priest: "What kind of a Catholic are you?"

Man: "I'm Jewish."

Priest: "Why are you telling me all this then?"

Man: "I'm 92 years old I'm telling everybody!"

* * * *

Nyla Carroll Wins Tai Tapu 15km Road Race

On Sunday 2nd May, Wellington Master's Nyla Carroll eclipsed her rivals with a great front-running display in the Tai Tapu (Canterbury) 15km road race, winning the overall women's race in 53.59. She beat NZ world cross-country champs rep Kellie Palmer (54.30) and Palmer's University of Canterbury stablemate Alexandra Williams (56.07) on the way to also blitzing the Masters Women's (40-49) race record by over eight minutes. It was the first time a Masters Women had bettered the one hour barrier in the race's history.

The win continued a great run of form for Nyla, who has now won 10 of her last 11 races and finished 2nd in the other behind Waikato-BOP's Jess Ruthe in the New Zealand Open Women's 5000m championship. Nyla's time in the 15km was only 18 seconds shy of the Open Women's race record of 53.41 held by former New Zealand 10km, half marathon, marathon and mountain running champion Shireen Crumpton.



Scrambled Eggs with Tuna

Ingredients:

3 Eggs
4 tablespoons trim milk
1 spring onion, finely chopped
95g can Tuna in spring water, drained
2 tablespoons diced Peppadews, (optional)
Freshly ground black pepper
2 small wholemeal pita bread
1 cup fresh spinach

Method:

Step 1. Whisk eggs and milk with a fork in a microwave-proof bowl. Cook on high for 1 minute. Remove and whisk again.

Step 2. Microwave for a further 30 seconds on high for eggs to begin scrambling slightly. Remove and add spring onion. Cook for 30 seconds more.

Step 3. Stir with a fork. Add tuna and diced Peppadews (if using). Season with pepper. Spoon onto bread and serve with spinach.

Note: Eggs will continue to cook for a short time so remove while still slightly wet looking.

Serves 2

Microwave time: 5 minutes.

Herbed Chicken Salad

Ingredients:

2-3 Chicken tenderloins
2 tablespoons mixed fresh herbs
Olive oil spray
1 slice wholemeal bread
1 tomato
1/5 cucumber
25g feta cheese
2 handfuls mesclun salad greens
2 tablespoons light balsamic vinaigrette
2 tablespoons roast capsicum-flavoured hummus

Method:

Step 1. Preheat grill. Sprinkle chicken with herbs and spray with oil. Grill for 8-10 minutes or cook in a non-stick pan until lightly golden.

Step 2. Toast bread. Meanwhile, chop tomato, cucumber and feta. Mix with mesclun greens and toss with vinaigrette.

Step 3. Arrange on plate. Spread toast with hummus and cut in triangles. Arrange around salad and top with chicken.

Serves 1

Hands-on time: 10 minutes

Cooking time: 10 minutes.

* * * *

Having trouble sleeping?

What are your options for improving the quantity and quality of your sleep?

Sleeping pills may be prescribed by your doctor to help you fall asleep faster but, be wary of their side effects such as memory loss, drowsiness the next day, confusion and a dry mouth.

Here are some tips on how to ensure a good night's sleep:

- Get to sleep by 10.30. If you need time to wind down before you sleep, make the appropriate adjustments. Getting in bed at 10p.m. and reading until 11p.m. defeats the purpose!
- Minimise your exposure to bright lights, particularly florescent lights, for at least two hours before going to bed. If you don't have dimmer switches, try lighting your house with candles or lamps with low wattage light bulbs.
- Sleep in a room that is completely dark.
- Avoid the consumption of stimulants (Caffeine, Sugar and Nicotine) after lunch. If you're unable to sleep well, be particularly mindful with desserts - especially ones that contain alcohol, sugar or caffeine. Caffeine has a half life of 6 hours and should not be taken after 3pm.
- Eat right for you metabolic type, particularly at dinner. Though we commonly eat sweets or desserts in the evening, doing so will often disrupt the sleep cycle.
- Drink plenty of water. Our bodies have very little water reserve, and once hydrated, the body responds as though it's experiencing stress. Remember, if your body is stressed it produces stress hormones, which are awakening hormones.
- Exercise! Some type of exercise or physical activity during the day will generally help you sleep better at night. However, be aware of the time of day and intensity of your training. You may find that sleep patterns are disrupted if you exercise after dinner, particularly if the exercise is intense. Intense exercise or cardiovascular exercise, particularly when preformed for longer than 30minutes, can increase cortisol levels, making it hard to go to sleep.
- Try unplugging all electrical appliances in your bedroom, including clocks, TVs and lights. If your sleep quality improves, rearrange your bedroom so

that all electrical devices are as far from you bed as possible. Also don't use an electric blanket.

Health Tips for Living Longer

Keep moving! Exercise can help you live a longer, more active life.

In the 1920's, the average life expectancy was 54; today the average life expectancy is 78. And...more and more people are living to be 100. So what happened over the last 90 years and how can you improve your chances of living a long and healthy life?

Improvements in diet, nutrition, water supply, hygiene and health care certainly add a great deal to this story. And...genetics have some say, but it is really your environment that determines how much of a say they really have.

Some people suggest that if you want to live to be 100, study what the people who have lived to be 100 do. Makes perfect sense.

Here are some of the things you can do to stay around a little longer:

- Be optimistic - optimism reduces stress, lowers blood pressure and makes you healthier. One study reported that optimistic people decreased their risk of early death by 50% when compared with people who look at the glass as "half empty."
- Don't over or under sleep - Get 6 - 7 hours a night to live longer than those who sleep too much or too little!
- Get a pet - people who have pets are less lonely and depressed and tend to exercise more.
- Stick to moderation in all things - don't drink too much alcohol, don't eat too much junk food and food high in fats, don't over-medicate yourself and don't drink too much caffeine. Give up smoking and any form of recreational drug.
- Develop and nurture close relationships - people who have close friends and family whom they can talk to and confide in live longer - they tend to be happier and less stressed and bored.
- Drink plenty of water - our bodies are mostly water, so we need to keep replenishing it with more water, and...it flushes out toxins.
- Stay working or volunteer your time - people who have a purpose for getting up every day live longer and more fulfilling lives.
- Maintain a healthy spiritual life - believing in a "Higher Power" makes your life more meaningful.
- Exercise - to stay heart healthy and lean.
- Keep your mind active - do crossword puzzles, play chess, join a book club or take a course. An active

mind extends your life and decreases your risk of getting Alzheimer's.

- Drink tea - especially green and black tea to reduce your risk for cancer and heart attacks.
- Get adjusted - maintaining your central nervous system in optimal working condition keeps you healthier, from the inside out, and...you just feel better!

One other thing - do you want to live to be 100? Talk to a centenarian (a person who has lived to be 100+) and ask them how they got to where they are - then do what they did!

* * * *

Are you breathing correctly whilst running?

Just by learning how to breathe properly you will improve your performance

There are a number of warning signs that a runner is struggling in terms of distance or speed over the ground. Perhaps the calf muscles are aching or the arms are beginning to feel like lead weights. But the most audible signal is the heavy breathing, even panting, as the chest heaves up and down in a vain attempt to suck in yet greater amounts of oxygen into the body. Why is this happening? Well, it's either over ambition, or tension, or even a combination of the two. The bottom line is that if you in effect are fighting for breath, then it is simply not an indication that you are giving your all in pursuit of sporting excellence; rather it is the classic symptom that you are not doing it right. Breathing is natural, running is natural - being out of breath is definitely not...

Inhale Deeply

Tension can restrict breathing, so always ensure that your posture is right and that your arms and shoulders are nice and loose. They are there to provide equilibrium and rhythm rather than do the hard work. In terms of breathing technique, the shallower your breath, the less air will make it into the lungs, the less efficient your body will function and the more tense in the chest area you will be. Aim to exhale from and inhale deeply into the stomach for maximum benefit. And restricting intake to either the nose or the mouth has no advantages at all. Using the latter will not mean you are in danger of gulping down too much air - if that's happening you are not running efficiently and need to slow down and regain your breathing rhythm. Get that right and the rest of the elements should fall back into place.

<http://www.runningforfun.co.uk/EveryBreathYouTake.htm>

Don't Fry Your Eyes

UV Protection

Ultraviolet radiation and your eyes

While most of us take some measures to protect our skin from ultraviolet (UV) radiation, many New Zealanders fail to regularly protect their eyes from UV damage.

All exposure to UV radiation, regardless of how short, adds up in the longer term.

Accumulated UV exposure can lead to cataracts, macular degeneration (a leading cause of blindness), cancer and pterygium (a fleshy growth on the cornea). Even short bursts of unprotected UV exposure can lead to pain, irritation and sensitivity to light.

It's never too early or late to start protecting your eyes from harmful UV radiation. Make protecting you and your children's eyes part of your daily routine.

How to Avoid the Effects of UV Radiation

Stay out of the sun between 11am and 3pm when the sun's effects are strongest.

Make UV protection, including sunglasses or Transition® lenses, part of your everyday routine.

Ensure your eye protection meets New Zealand standards.

Wear a hat. A broad-brimmed hat will protect your head from sunburn and reduce by half the amount of UV reaching your eyes.

If you have an existing lens prescription, check that your sunglasses prescription is also current.

Use Transition lenses that automatically adjust to changing light conditions and provide convenient UV and glare protection for prescription lens wearers.

Some Hard Facts on Eye Health

- More than 70,000 New Zealanders aged 40 years and older have glaucoma. At least half do not know they have it. Untreated, glaucoma will cause loss of sight.
- Twenty-five thousand New Zealanders have already lost sight due to Age Related Macular Degeneration (ARMD) and a further 2,000 are developing the disease each year.
- Around 81,000 New Zealand adults and 13,200 children are already legally blind or have a sight impairment that cannot be corrected by glasses or contact lenses.

- Up to 20% of children may have blurry vision that can easily be corrected by glasses or contact lenses. Without correction they may struggle in the classroom, playing sport, using a computer, riding a bike, or texting their friends.
- Impaired vision can lead to falls, poor health, and higher levels of depression.
- People with diabetes are at risk of developing diabetic eye disease which can cause blindness.

Eye Protection

Expert Advice

Choose eye protection that best suits your lifestyle. Your optometrist can give you the best advice about suitable UV protection and the value of proactive eye care.

Sunglasses don't need to be expensive. As long as the glasses fit well and meet New Zealand Standards your eyes will be protected.

Have your eyes examined regularly or as advised by your optometrist. The earlier UV-related conditions such as macular degeneration are detected, the better the chance of effective treatment.

Many sight-threatening eye conditions, including glaucoma, can develop rapidly with no symptoms.

For more information about vision and eye care visit:
www.nzao.co.nz

* * * *

Ripe for the Picking

Stone fruits are truly divine at this time of the year, so pick up a few today.

Here's how to get the cream of the crop:

- **Peaches** - When ripe, a peach should give off a full-bodied aroma from the stem end and start to lose its brightness. Look for white freckles on the top half - a good sign of sweetness.
- **Nectarines** - Yellow nectarines are ready to eat when they yield slightly to gentle palm pressure. White nectarines can be sweet when still firm. As with peaches, look for the white speckles at the stem end of the fruit.
- **Plums** - Go for the plump, full coloured fruit and eat them when they go slightly dull.
- **Apricots** - Fruit should be deep yellow or yellow/orange, plump, well formed and fairly firm. An apricot's sweetness develops on the tree so don't leave it sitting.

Storage - Stone fruits taste better at room temperature. Never store them in the fridge, as they will lose flavour and texture.

McLean still king of the marathon

Wellingtonian Grant McLean cleaned up the Taranaki mountain to surf marathon last Saturday.

It was McLean's second victory in the marathon which he also won in 2002. His time of two hours, 31 minutes and 35 seconds was eight minutes slower than his winning run eight years ago.

"I was pretty pleased," said McLean, 42. "That was my best time as a master."

McLean had many supporters over the course, which started at the Egmont National Park gates.

"They were great. All my uncles, aunts and cuzzies are from around there and I used to spend a lot of school holidays in Taranaki when I was a kid.

"So I had a ready-made rent-a-crowd," he said.

McLean is no stranger to winning major long-distance races. He has won the Wellington marathon all five times it has been held.

He said his next marathon was likely to be the Rotorua race in May.



V for victory: Grant McLean celebrates another victory.

Reproduced from The Wellingtonian, March 11, 2010

LIFE MEMBERSHIP

Jim Tobin honoured by Masters Athletics

Jim Tobin from Napier has been honoured with Life Membership of New Zealand Masters Athletics.

The recognition encompasses a lifetime of successful athletic participation which includes varied Provincial team representation in open grade athletics racing with the well known team of athletes trained by Arthur Lydiard, including Murray Halberg and Bill Baillie, through to the masters section where he competes locally nationally and internationally. His latest competition at the NZ championships just completed he raced 1500m, 5000m and 10000m and was on the podium for each event at the medal ceremonies.

The lifetime honour recognises his services for administration work for master's athletics. He has held Board positions including President for over 25 years. His work as the Editor of VETLINE the national magazine publication for master's athletes is known for its professional standard and high quality of content and the publication is distributed through the Pacific nations and to a number of worldwide athletes and allied codes. He is the chief photographer for the magazine as well as Editor.

Internationally he has served for several terms on committees, represented New Zealand at world masters congress meetings, measuring and certifying athletic distances up to and including the marathon distance to ensure accurate standards are maintained. He has managed Oceania, New Zealand and Provincial championships. Internationally he has been recognised and awarded the WMA (World Masters Athletics) gold pin award for sustained services along with long service awards from Athletics New Zealand. He has also been honoured twice as Hawkes Bay Master of the Year through Sport Hawkes Bay annual awards.

Currently he maintains administration positions on the NZ Masters Board, Oceania Council for master's athletics and on local Hawkes Bay masters and open athletic committees.

* * * *

High-tech Communications

After having dug to a depth of 10 meters last year, Scottish scientists found traces of copper wire dating back 100 years and came to the conclusion that their ancestors already had a telephone network more than 100 years ago.

Not to be outdone by the Scots, in the weeks that followed English scientists dug to a depth of 20 meters, and shortly after, headlines in the English newspapers read:

"English archaeologists have found traces of 200-year-old copper wire and have concluded that their ancestors already had an advanced high-tech communications network a hundred years earlier than the Scots."

One week later, "The Kerryman", a southwest Irish newsletter, reported the following:

"After digging as deep as 30 meters in peat bog near Tralee, Paddy O'Droll, a self-taught archaeologist, reported that he found absolutely nothing. Paddy has therefore concluded that 300 years ago, Ireland had already gone wireless."

FOOT ROADWORTHY

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

Skin and Nail Care

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

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

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

Corns and Calluses

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

Fissures

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

Blisters

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

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

In-growing Toenail

An in-growing toenail is a relatively common complaint especially amongst the more active population.

Classically the big toenail (although lesser toes can be affected) will irritate the soft tissue either side of the nail adjacent to it. There are various causes of an in-growing toenail such as:

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

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

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

Treatment

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

Conservative treatment

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

Nail surgery

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

The procedure consists of an injection of local anaesthetic into the sides of the toe similar to that used by a dental surgeon.

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

Through the eyes of a child:

The Children's Bible in a Nutshell

In the beginning, which occurred near the start, there was nothing but God, darkness, and some gas. The Bible says, "The Lord thy God is one", but I think He must be a lot older than that.

Anyway, God said, "Give me a light!" and someone did.

Then God made the world.

He split the Adam and made Eve. Adam and Eve were naked, but they weren't embarrassed because mirrors hadn't been invented yet.

Adam and Eve disobeyed God by eating one bad apple, so they were driven from the Garden of Eden.....Not sure what they were driven in though, because they didn't have cars.

Adam and Eve had a son, Cain, who hated his brother as long as he was Abel.

Pretty soon all of the early people died off, except for Methuselah, who lived to be like a million or something.

One of the next important people was Noah, who was a good guy, but one of his kids was kind of a Ham. Noah built a large boat and put his family and some animals on it. He asked some other people to join him, but they said they would have to take a rain check.

After Noah came Abraham, Isaac and Jacob. Jacob was more famous than his brother, Esau, because Esau sold Jacob his birthmark in exchange for some pot roast. Jacob had a son named Joseph who wore a really loud sports coat.

Another important Bible guy is Moses, whose real name was Charlton Heston. Moses led the Israel Lights out of Egypt and away from the evil Pharaoh after God sent ten plagues on Pharaoh's people. These plagues included frogs, mice, lice, bowels, and no cable.

God fed the Israel Lights every day with manicotti. Then he gave them His Top Ten Commandments. These include: don't lie, cheat, smoke, dance, or covet your neighbour's stuff.

Oh, yeah, I just thought of one more: Humour thy father and thy mother.

One of Moses' best helpers was Joshua who was the first Bible guy to use spies. Joshua fought the battle of Geritol and the fence fell over on the town.

After Joshua came David. He got to be king by killing a giant with a slingshot. He had a son named Solomon who had about 300 wives and 500 porcupines. My teacher says he was wise, but that doesn't sound very wise to me.

After Solomon there were a bunch of major league prophets. One of these was Jonah, who was swallowed by a big whale and then barfed up on the shore.

There were also some minor league prophets, but I guess we don't have to worry about them.

After the Old Testament came the New Testament. Jesus is the star of The New. He was born in Bethlehem in a barn. (I wish I had been born in a barn too, because my mom is always

saying to me, "Close the door! Were you born in a barn?" It would be nice to say, "As a matter of fact, I was.")

During His life, Jesus had many arguments with sinners like the Pharisees and the Democrats.

Jesus also had twelve opossums.

The worst one was Judas Asparagus. Judas was so evil that they named a terrible vegetable after him.

Jesus was a great man. He healed many leopards and even preached to some Germans on the Mount.

But all those guys put Jesus on trial before Pontius the Pilot. Pilot didn't stick up for Jesus. He just washed his hands instead.

Anyways, Jesus died for our sins, and then came back to life again. He went up to Heaven but will be back at the end of the Aluminium. His return is foretold in the book of Revolution.

* * * *

Ilio-Tibial Band Injury

- Massage of the IT Band above the knee is effective. Using a foam roller is an efficient way to achieve this. Suggestion is rolling for 5 minutes before a run/walk, 5 minutes after a run/walk and 5 minutes before going to bed. There is less benefit from massage with a Biceps Femoris injury, but an experienced therapist can use special techniques that may speed up the healing process.

- IT Band stretches can help recovery and are valuable to prevent recurrences after the injury.

- Supination should be eliminated and in fact temporary over-pronation may be needed. Choose a shoe with more lateral motion control. If neutral cushioned shoes are already being used, consider a shoe in the lateral stability category or a trail shoe for roads since they usually have firmer outer edges to prevent ankle sprains, and the structure reduces stress on the lateral knee as the foot rolls forward. If it is obvious that over pronation is already present, or when experiencing other injuries such as medial shin pain, do not do this. Shoe experts in a technical running store can help you in choosing the right model.

- Avoid hills and faster running. Try to get a stride evaluation to identify causes such as over-striding.

- Elastic knee sleeves will sometimes help and there are straps designed for IT Band injuries that help mild injuries.

Read more in *Running Injures, Treatment and Prevention* by Dr. David Hannaford & Jeff Galloway

Happy birthday for Wellington runner

Christine Jones found a novel way of celebrating her 56th birthday - she represented Wellington in the Senshu Marathon in Japan in February.

Every year the Wellington Sakai Association and Sakai City in Japan fund one Wellingtonian to run in the Senshu Marathon in Sakai as a means of helping the sister cities forge closer relations.

This year there were 19 applicants, who were culled to a final six. Mayor Kerry Prendergast then conducted a draw and Jones was the winner.

"It was pure luck," said Jones. "You had to be able to run a marathon in under 4 hours, be aged 18 and be a good ambassador. I thought it sounded like fun so I put my name in."

Jones, a member of Wellington Scottish Harrier club, ran when she was younger and has returned to the sport after raising her children.

"I run to keep fit and for fun.

"I've run in four marathons, and my fastest time, in the Rotorua Marathon, 12 years ago, is three hours 47 minutes."

Matt Dravitzski sets he training programme and she built up to the race in Sakai training with a core group of Scottish athletes.

In the Senshu Marathon, she ran 3 hours 52 minutes.

"There were spectators all the way along the route and they clapped us continuously, which was very encouraging.

"I was very pleased with my run. I got there on Friday and ran on Sunday. There were 177 in the field and I was the sixth oldest. I finished 52nd. It was a great way to celebrate my birthday."

The association has been sending a Wellingtonian to the Senshu Marathon for the past 15 years, and Jones said it was a successful programme.

"They are very aware of Wellington over there. An exchange has been set up. The people who come here are involved in other fields, such as the arts."

While in Sakai, a city on the outskirts of Osaka, Jones spent three days in a hotel and three days in a home stay. She visited various tourist sites and schools and a pre-school, which was of particular interest to her because in Wellington she works at the Kimi Ora special needs school in Thorndon.



Wellington representative Christine Jones waves to the crowd during the Senshu Marathon in February.

Reproduced from The Wellingtonian, March 11, 2010.

* * * *

THE NEXT GENERATION

This year heralds the start of a new chapter.

Babies born in the 15 years from this year will be known as Generation Alpha. And they're set to be the largest generation yet, as we experience a birthrate spike larger than the post-WWII baby boom. According to social researcher Mark McCrindle, the name was selected because, just as in science, once the Latin alphabet was exhausted they moved on to Greek letters. This generation is likely to be the most formally educated in history. They will begin schooling earlier and study for longer. Brought up in an era of information overload, they are expected to be even more tech-savvy and materialistic than their predecessors, Gen Z - a frightening thought.

Talking about the Generations

Builders: 1920-1945 The Great Depression and World War II produced a generation with a strong work ethic, financial conservatism and respect for authority.

Baby Boomers: 1946-1964 Born in an era of financial prosperity, they are vocal on social issues and liberal in outlook.

Generation X: 1965-1979 Cynical about authority and open to new forms of spirituality, but insecure about their financial future.

Generation Y: 1980-1994 Labelled as flighty and transient, they are known as the "me now" generation.

Generation Z: 1995-2009 Tech-savvy, creative, confident and with a strong work ethic - the result of more mature parents and the economic downturn.

HEALTH

Exercise can fight the body's ageing process

UNITED STATES: For years, a mantra of medicine has been you cannot do much about your genetic makeup.

A new study has found, however, that strenuous, long-term exercise may have anti-ageing properties by virtue of its effects on chromosomes.

"People automatically assume there's not anything you can do about your genetics," said Patrick McBride, a professor at the University of Wisconsin School of Medicine and Public Health.

"We can exercise our chromosomes."

McBride, who was not a part of the study, said the new research helped explain on a cellular level many of the known benefits of exercise.

"Regular exercise is an anti-ageing activity," he said.

While the study did not show exercise can change genes, it suggests exercise may have beneficial properties at a chromosomal level, specifically on telomeres, the ends of chromosomes that are believed to have an impact on ageing.

"Telomeres are like the biological clock of cells," said Barry Franklin, a physiologist at William Beaumont Hospital in Royal Oak, Michigan.

He said the study may help explain why exercise reduces the risk of so many diseases. In recent years, telomeres, the DNA structures found on the ends of chromosomes, have been the source of an increasing number of studies.

The 2009 Nobel Prize in Physiology of Medicine was awarded to scientists who discovered how telomeres protect chromosomes.

Telomeres have been compared with caps on the ends of shoelaces, protecting against genetic unraveling, which, in turn, can lead to a variety of diseases. When telomeres become too short after repeated cell divisions, cells die.

As people get older, telomeres get shorter, and some research has linked shortened telomeres to higher rates of death from heart disease and infections. Shortened telomeres also have been associated with

cognitive problems and certain cancers, although the relationship with cancer is complicated and not fully understood.

The new study, which was published online recently in the journal *Circulation*, looked at circulating white blood cells in middle-aged lifelong runners, healthy middle-aged people who did not exercise, and younger distance runners. The study, which involved about 100 people, is one of the first to show a correlation between vigorous, lifelong exercise and the length of telomeres.

Ulrich Laufs, the study's co-author, who is a researcher at Saarland University in Germany, said one of the key findings was that lifelong exercise was associated with a significant prevention of telomere shortening.

Laufs said the study was not designed to answer the question of how much a person needed to run or exercise to live longer. But exercise did appear to be a powerful intervention that could help regulate substances that stabilize telomeres.

The people in the study got a lot of exercise. The middle-aged subjects, whose average age was 51, had a history of running since they were young, averaging about 80 kilometers a week.

They were compared with a group of healthy, non-exercisers of about the same age.

The middle-aged athletes had less loss of telomere length than the non-exercisers. They also had substantially higher amounts of proteins that help preserve telomeres.

Reproduced from the Dominion Post, 2 December 2009

* * * *

100 STEPS A MINUTE

Thirty minutes of moderate exercise, five times a week for good health - or so the mantra goes. But what's "moderate exercise" for walkers? While pedometers track the number of steps we take, they give no information on how intensely we're exercising. To help, researchers at San Diego State University say we should aim for at least 100 steps a minute. "This threshold is the absolute minimum," says Dr Simon Marshall, associate professor at the university's School of Exercise and Nutritional Sciences.

Walkers trying to increase their fitness need to push even harder. "One hundred steps will help cardiovascular health and lower your risk of some cancers, but to improve fitness and aerobic capacity more intensity is needed."

25th Wellington Masters Classic Cross Country Relay

Trentham Memorial Park, Upper Hutt, Sunday 9th May 2010

Good conditions with threatening rain keeping its distance. Numbers were light (just 13 teams seven running and six walking - 3 down on last year), no doubt because of the University Relays on Saturday and Mothers Day coinciding with race day. Some grades, Masters Men and 250+, attracted no entries.

Fastest laps for the runners were contributed by Michael Wray (16:08) and Anne Hare (16:14). Fastest walkers were Peter Baillie (21:00) and Terri Grimmett (28:26).

300+

Scottish

Peter Wrigley 0:19:15
Bruce McCallum 0:19:52
Peter Poh 0:24:08
Michael Browne 0:29:04
Richard Sweetman 0:18:07
1:50:26

1 of 2

Ken Ritchie 0:19:31
M McGaughran 0:19:07
Peter Hanson 0:23:32
Harold Alcock 0:26:48
Brian Watson 0:22:17
1:51:11

2 of 2

Mixed Scottish

Anne Hare 0:16:14
? Ward 0:20:56
Paul Brydges 0:16:22
Sharon Wray 0:20:38
Michael Wray 0:16:08
1:30:18

1 of 4

Trentham United

Teresa Cox 0:17:08
Diane Rogers 0:23:45
Sue van der Jagt 0:18:29
Paul Homan 0:16:39
David Hood 0:15:52
1:31:53

2 of 4

Kapiti

Kate Jenkins 0:18:25
Nigel Derby 0:17:45
John Hammond 0:21:34
Bronwyn Kettle 0:20:55
Maurice Piper 0:19:54
1:37:13

3 of 4

Olympic

Steve Bligh 0:17:12
Miles Coverdale 0:22:37
Brian Rushbridge 0:19:49
Jackie Burston 0:22:52
Michelle van Looy 0:19:26
1:41:56

4 of 4

Women

Olympic

Michelle Van Looy 0:17:41
Annie van Herck 0:19:45
Jean Skilton 0:21:50
Sheryn Beeby 0:19:06
Tineke Hoofft 0:18:19
1:37:41

1 of 1

Walkers

Scottish A

Peter Baillie 0:21:00
Terri Grimmett 0:28:26
Kevin Watson 0:26:17
1:15:43

1 of 3

Scottish B

Phillip Grimmett 0:26:04
Ian Morton 0:25:53
Daphne Jones 0:31:10
1:23:07

2 of 3

Scottish D

Simon Reynolds 0:30:32
Bart Jones 0:35:56
Barbara Tucker 0:30:35
1:37:03

3 of 3

Walkers 150+

Trentham United

John Roskvist 0:24:20
Jill Birkett 0:31:45
Jackie Wilson 0:25:12
1:21:17

1 of 3

Scottish

Murray Gowans 0:31:47
Melanie Watson 0:30:51
Margaret Bray 0:37:07
1:39:45

2 of 3

Scottish E

Gordon Walker 0:33:59
John Hines 0:32:58
Peter Tearle 0:36:56
1:43:53

3 of 3

Healthy Anti- Inflammatory Foods

What comes to your mind when you hear the word, "inflammation"? Think about a time when you cut your finger and it got infected. It probably got red and swollen and it hurt too - classic symptoms of inflammation, your body's natural response to infection. Would it surprise you to find out that your body can become inflamed because of the foods you eat?

Inflammation in your body usually occurs when you eat foods that contain flour or sugar/sweeteners. These types of food also tend to pack on the pounds and being overweight can cause inflammation, speed up the aging process and put you at risk for heart disease.

So instead of eating bagels, doughnuts, cakes, red meat, processed foods, junk foods and fast foods with unhealthy oils and trans fats that cause inflammation, try some anti-inflammatory foods that reduce inflammation and promote health:

- Fish that is rich in omega-3 fats, including wild Alaskan (not farmed) salmon, herring, halibut, snapper, striped bass and tuna.

- Grass-fed beef rather than grain-fed beef; grass-fed beef is higher in omega-3 fats while grain-fed has no omega-3 fats, but plenty of saturated, pro-inflammatory fats instead.

- Extra-virgin olive oil rather than vegetable oil.

- Salads that contain dark green leafy vegetables, spinach, tomatoes, bell peppers, kale, broccoli and other vegetables that are rich in antioxidants, vitamin C and other nutrients that help to reduce inflammation.

- Fruits, such as cherries, apples, blueberries, raspberries, strawberries, pineapple, oranges, lemons and limes; cherries and blueberries are especially effective anti-inflammatory fruits that are packed with antioxidants and available frozen all year round.

- Herbs and spices that flavour foods but are no or low-calorie, such as turmeric, ginger, thyme, parsley, rosemary, basil, cinnamon and mint.

- Green tea, which contains natural anti-inflammatory compounds that may reduce your risk of heart disease or cancer.

When you replace pro-inflammatory foods with anti-inflammatory foods you reduce inflammation, promote weight loss, decrease pain associated with inflammation and lower your risk for chronic heart disease. Keep up with your regular chiropractic adjustments and add some inflammation-reducing exercise and you should be well on the road to experiencing true health.

MASTERS 8km ROAD RACE, JOHNSONVILLE

First run in 1985 by the Olympic Harrier Club

Race Records by Age Groups

Age	Name	Time	Year	Club
Men:				
35	Mike Walton	27.58	1997	Olympic
40	Steve Hunt	26.15	1994	Scottish
45	Brian Watson	27.35	1986	Olympic
50	Brian Watson	28.42	1989	Olympic
55	Graeme Lear	29.16	2008	Scottish
60	Don Melrose	32.15	1990	Kapiti
65	John Eccles	33.25	1990	Masterton
70	John Eccles	36.09	1996	Masterton
75	Ellis Goodyear	40.42	2006	Capital
Women:				
30	Sue Morgan	47.35	1989	Olympic
35	Judy Stewart	31.56	1989	Scottish
40	Michele Allison	31.58	1997	Scottish
45	Janet Clouston	35.57	1997	Kapiti
50	Diane Rogers	35.59	1990	Trentham United
55	Tessa Brown	37.08	1991	Trentham United
60	Peggy Fletcher	38.22	1992	Olympic
65	Peggy Fletcher	41.49	1997	Olympic
70	Diane Rogers	48.20	2009	Trentham United

Teams Race - First run in 1987 - Four to count with one women in team

Winning Teams:

1987	Olympic	L Watson, K Ritchie, D Gratton, C Harris
1988	Olympic	B Watson, M Wilkinson, M Hall, C Harris
1989	Olympic	B Watson, A McLaughlan, J Arthur, S LeFort
1990	Olympic	A McLaughlan, C Morey, M Wilkinson, S LeFort
1991	Kia Toa	H Clark, B Signal, K Robertson, C Thomson
1992	Olympic	A McLaughlan, B Watson, B Kilpatrick, S LeFort
1993	Olympic	A McLaughlan, J Thorn, M Rodden, S LeFort
1994	Scottish	S Hunt, H Harman, B Hodge, P Tindall
1995	Trentham United	D Signal, T Murphy, P Thomas, M Hewitson
1996	Scottish	S Henderson, A Williams, J Heap, D Gore
1997	Olympic	M Rodden, L Sleath, K Ritchie, J Fulstoe
1998	Scottish	S Toomath, D Colquhoun, B Hodge, P Rodway
1999	Not contested	
2000	Valleys United	M Corles, I Blyth, A Purvis, P Taylor
2001	Scottish	P Wrigley, D Young, S Plowman, R Stansfield
2002	Scottish	P Wrigley, S Plowman, J Palmer, M Palmer
2003	Olympic	D Murgatroyd, C Ward, K Ritchie, S Childs
2004	Olympic	C Speakman, D Murgatroyd, G Brent, L Broad
2005	Scottish	P Wrigley, C Harp, R Sweetman, M Palmer
2006	Olympic	J McDonald, R McCrudden, S Tait, S Beeby
2007	Olympic	S Tait, M Standrill, G Smith, K Ritchie
2008	Trentham United	P Homan, J Crawford, K Burney, S van der Jagt
2009	Scottish	G McLean, G Wallis, J Heather-Sclater, W Sutherland

Road Walk - First race in 1988 as an 8km - since then as a 6.4km race

Year	Name	Time
1998	David Humphries	52.26
1999	Sue Evans	44.45
2000	Barbara Tucker	40.28
2001	Mike Lane	39.02
2006	Peter Baillie	37.12
2007	Peter Baillie	34.20
2008	Peter Baillie	34.06

FOOTWEAR

IS BAREFOOT REALLY BEST?

Debate is raging between medical experts, runners and shoe manufacturers about the benefits of going bare.

Todd Byers was one of 20,000 people running the San Francisco Marathon. Dressed in shorts and a T-shirt, he might have blended in with the other runners but for one glaring difference: he was barefoot.

Since 2004, Byers has run 75 marathons barefoot. "People are kind of weird about it," he shrugs. Maybe they shouldn't be. Recent research suggests that for all their hi-tech features, modern running shoes may not do much to improve performance or prevent injuries.

Some runners are convinced they are better off with shoes that are little more than thin gloves for the feet - or even with no shoes at all.

But plenty of medical experts disagree. The result is a raging debate in running groups, pitting a quirky band of barefoot runners and researchers against the shoe and sports-science establishments. At stake: the future of the \$23 billion running-shoe market.

The shoe industry giants defend their products, saying they help athletes perform better and protect their feet from stress and strain. Asics recently released a new version of its *Gel-Kinsei*, a shoe with an "impact guidance system" and a heel unit with multiple shock absorbers. Adidas has the *Porsche Design Sport Bounce:S* shoe, which has metal springs inspired by a car's suspension system.

But for all the technological advances - the roll bars, the computer chips, and the memory foam - experts say the injury rate among runners is virtually unchanged since the 1970s, when the modern running shoe was introduced. In fact, some ailments, for example those involving the knee and Achilles' tendon, have increased.

Dr Craig Richards, a researcher at the School of Medicine and Public Health at the University of Newcastle in New South Wales - and a designer of minimalist shoes - studied published research but could not find a single clinical study that showed cushioned or corrective running shoes prevented injury or improved performance.

But other experts say there is little research showing that the minimalist approach is any better,

either. "In 95% of the population or higher, running barefoot will land you in my office," says Dr Lewis Maharam, medical director for the New York Road Runners, the group that organised the New York City Marathon. "A very small number of people are biomechanically perfect," he says, but most need some sort of supportive or corrective footwear.

Still, a growing number of people now believe in running as nature intended - and if not barefoot, then as close to it as possible. Proponents of this approach contend that naked feet are perfectly capable of running long distances, and encasing them in the fortress of modern footwear weakens foot muscles and ligaments, and blocks vital sensory input about terrain.

"The shoe arguably got in the way of evolution," says Galahad Clark, chief executive of shoemaker Terra Plana. "They're like foot coffins that stop the foot from working the way it's supposed to work."

Spend time in Concord, Massachusetts, and you might catch a glimpse of a fit 51-year-old man in a pair of socks running down the bucolic streets. That would be Tony Post, the president and CEO of Vibram USA. And those socks? They're actually thin rubber shoes with individual toe pockets. Called *Vibram FiveFingers*, the shoes are selling briskly to athletes looking to strengthen their feet and sharpen their game.

A few years ago, when Vibram, an Italian company known for its rugged rubber soles, designed the *FiveFingers*, company officials figured that they would appeal to boaters, kayakers and yogis. Instead, the shoes caught on with runners, fitness buffs and even professional athletes.

Strange as they look, the *FiveFingers* shoes hark back to a simpler time.

Humans have long run barefoot or in flat soles. Two million years ago, our ancestors' ability to run long distances helped them track their prey, providing a steady diet of protein long before spears and arrows. More recently, at the 1960 Summer Olympics in Rome, Ethiopian runner Abebe Bikila caused a stir when he ran the marathon barefoot - and won.

Things changed in the early 1970s, when Bill Bowerman, a track coach turned entrepreneur, created a cushioned shoe that allowed runners to take longer strides and land on their heels, rather than a more natural mid or forefoot strike.

Continued on next page

Continued from previous page

Bowerman and his business partner, Phil Knight, marketed the shoes under the Nike brand, and the rest is history.

At the same time, millions of people began to run for fitness. Those twin trends ushered in a golden age of biomechanics research. "There was a lot of concern about injuries because of the boom," says Trampas TenBroek, manager of sports research at New Balance. The logic, he says, was that "if you build a heel lift and make it thicker, you take stress off the Achilles' tendon". Walk into a sports store today and you'll see the results: shoes with thick heels and orthotics designed to correct over-pronation, supination and a host of other ills.

Christopher McDougall, author of *Born to Run*, says manufacturers, doctors and retailers are doing runners a disservice by pushing such shoes.

"People are buying them thinking they're going to do something for them, and they're not," he says. McDougall's book is centered on the Tarahumara Indians of Mexico, known for epic runs wearing nothing on their feet but strips of rubber. The book has become something of a manifesto for barefoot runners.

After suffering chronic foot pain and being advised to give up running altogether by sports medicine doctors, McDougall tried thin-soled shoes. Now, he runs long distances without shoes - or pain.

That seems to be a common experience among barefoot converts. "When people get it, it's almost biblical," says Clark at Terra Plana. His initial line of minimal shoes, the Vivo Barefoot, was intended for walking. The running model, the Evo, will be out soon.

Many professionals agree that while shoeless running may have some benefits, those who are tempted to go barefoot - or nearly so - should proceed slowly, as they would with any other significant change to their running habits. They also say that more research is needed.

Sean Murphy, engineering manager for advanced products at New Balance, says that many studies suggest, "that shoes can correct bio-mechanical abnormalities and risk factors, therefore minimizing the likelihood of injury".

Amid all the controversy, barefoot running and natural gaits are subject to intensive research across the shoe industry. Companies don't want to miss out if it turns out to be more than just a fad.

Nike was first into the market with the Nike Free, a flexible shoe for "barefoot-like running" with less padding than the company's usual offerings. At New

Balance, Murphy and his colleagues are studying the bio-mechanics of running barefoot and in soles of varying thickness, while designing a "lower profile" shoe. Asics, too, sees promise in this area. "As technology improves, we will definitely go to a more minimal style," says a representative.

These big companies know they need to react to the movement now, or have trouble getting on board. "The key is to offer a range of options because every runner has different needs," says Nike spokesman Derek Kent. "If you want this sensation of barefoot running, there is the Free, but if you want a product with more cushioning and support, we have that too."

The back-to-basics movement is more than a fad, says Munson, who runs in FiveFingers. "Most people are not ready to run barefoot," he says, "but I do think they are ready to go back to a 'less is more' approach."

Running shoes: a history

1890s The Goodyear Metallic Rubber Shoe Company creates a new manufacturing process that melds rubbers to cloth.

Joseph William Foster founds the first sports shoe company in the UK (Reebok's ancestor company) and makes running shoes with spikes in them.

1906 William J Riley builds arch supports to relieve pain caused by existing athletic shoes.

1960 The first running shoe to have multiple widths, The New Balance, is created.

1968 Brush spikes replace the traditional four-spike running shoe.

1978 The Nike Air is launched, featuring soles with pressurized gas.

1984 Zola Budd breaks a world record running barefoot.

1990s "Barefoot" running shoes are developed to promote posture and stability.

2000s Adidas and Nike release "smart" shoes with digital capabilities and "intelligent" shock-absorbing systems based on advances from the racing car industry.

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Barefoot Victory

Siraj Gena, of Ethiopia, sprinted barefoot to the finish line to win the Rome Marathon on 22 March, pulling away from two Kenyan rivals. Gena took off his shoes with about 500m to run, and then sprinted away from Benson Barus and Nixon Machichim to finish in 2hrs 8min 39secs.

Dominion Post 23 March 2010

- COMING EVENTS -

2010

May

22	Vosseler Shield - Interclub	Mt Victoria
23	Ekiden Walking Relay	YMCA Gym, Trentham
	NZ Half Marathon Championships	Huntly

June

12	Dorne Cup - Interclub	Trentham Memorial Park
27	25 th Harbour Capital Full & Half Marathons	Westpac Stadium

July

3	North Island Cross Country Championships	Taupo
3-4	Gold Coast Full & Half Marathons & Associated events	Gold Coast
17	Wellington Cross Country Championships	Waikanae
25??	Johnsonville 8km Road Race & Walk - Probable date change tba	Johnsonville

Aug

14	Bays Relay - Interclub	Island Bay to Kilbirnie
21	Wellington Road Championships (Running & Race Walking)	Wainuiomata

Sept

19	Pelorus Half Marathon & 10km	Petone
21-26	Round Rarotonga Road Race & Week of Running	Rarotonga

Oct

2	NZ Road Relay Championships	Inglewood
3-14	Commonwealth Games	New Delhi
10	Melbourne Full & Half Marathons & 10km	Melbourne

Nov

7	Lower Hutt 10km Road Race & Walk	Huia Pool
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2011

Feb

12	Buller Gorge Full & Half Marathons	Westport
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May

1	Nelson Half and Quarter Marathon	Stoke, Nelson
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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 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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