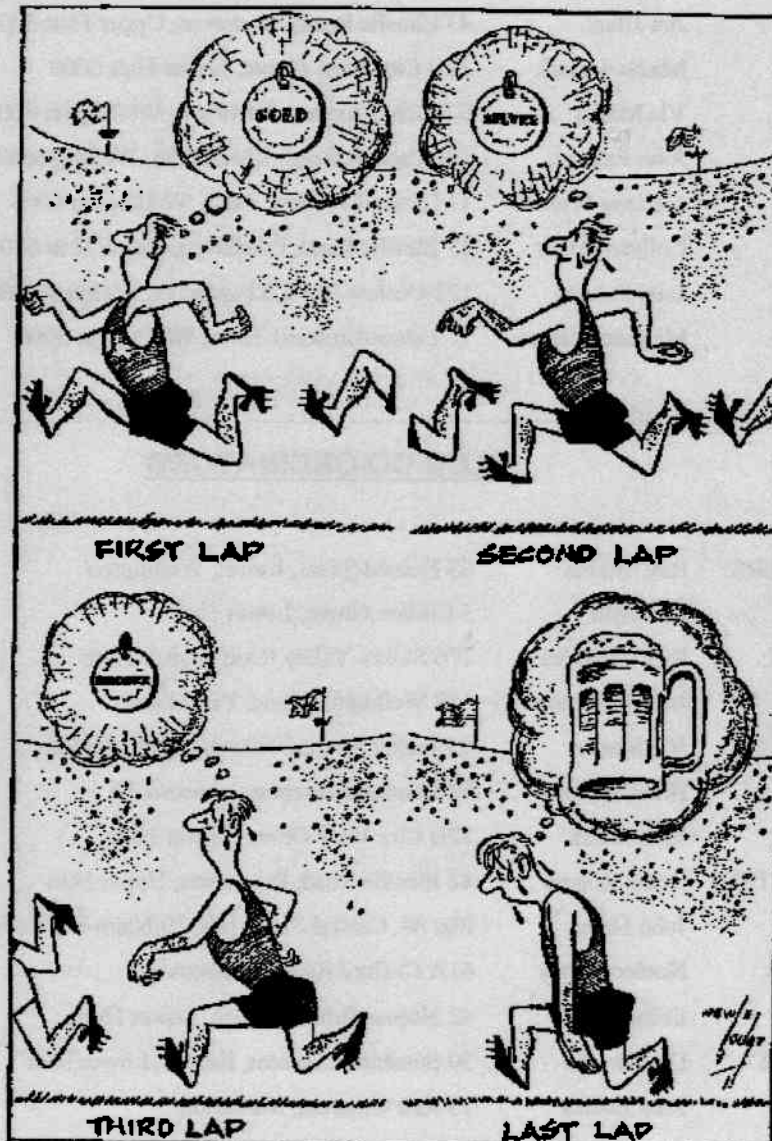


# VETRUN

Newsletter of the Wellington Association of Veteran Athletes

Volume 1 Issue 2

June 2002



**Shades of the 1995 Gold Cup Race from the “back of the pack”  
– as seen by Neville Lodge some years ago**

**WELLINGTON CENTRE OF THE NEW ZEALAND ASSOCIATION OF VETERAN ATHLETES INC.**

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COMMITTEE MEETINGS USUALLY 1<sup>ST</sup> MONDAY OF MONTH AT NEWTOWN PARK at 5:30pm.

CLUB REPRESENTATIVES AND MEMBERS ARE ALWAYS WELCOME

# EDITORIAL

One could be excused for thinking that the interest in running is declining if the numbers in this year's Fletcher Forests Rotorua Marathon are anything to go by. New Zealand's "premier" marathon only attracted a field of 1853 starters – this must be the smallest field for many years. One must now ask "why the sudden decline in running"?

Is it the long periods that a person has to spend out training to be able to comfortably complete a marathon and still feel that they want to run another at some other time in the future? Is it the cost of entering an event like the Rotorua Marathon - NZ\$70 for an early entry and NZ\$110 for a late entry? Christchurch Marathon held in June this year charged \$55 for the full marathon and \$50 for the half marathon. Neither of these events offer any discount to registered runners. When traveling to Rotorua or Christchurch there is also the accommodation and transport to take into account and this pushes up the cost to run even more when these extras are taken into consideration. Perhaps runners are targeting events that are shorter in distance, cost less to enter, closer to home and are better value for money?

One only has to look at the running calendars in the various forms of media available and the choice is never ending with all types of events catering for runners/walkers in some form or another. Are we suddenly ending up with an "overkill" of running events? I know that this year the harrier season for the club I run with is the longest in the history of the club. This has come about as various committees who organise the season's programme, put in the regular events, add one or two new ones, and before you know it, the season has been extended by a couple of weeks. My club also tries to have at least 3 weeks from "Opening Day" until our first "race", to give the newer members time to settle in and learn what harriers is all about.

Do our busy lifestyles, and you must admit that they certainly have changed over the past few years with the event of Saturday and Sunday trading, curb our ability to train with the end result being more and more athletes giving the sport away? Are off-road running events and triathlons, which seem to be more popular, also taking away athletes from our road races?

It is also disappointing to see the numbers decreasing in some of the half marathons staged around our own Wellington Region. I have heard rumours that some clubs who organise these events are looking at not holding them owing to the lack of participants, people to assist at aid stations, marshals and helpers in general. It comes back to the heavy programme where officials and helpers are called upon week after week to assist in some form or another. In the long run, it is detrimental to our sport.

Surely, some of the answers to the questions posed above fall squarely on the clubs throughout New Zealand with the support of Athletics New Zealand?

What are your views?

John Palmer,  
Editor

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## **SPIKES ON NEW MONDO TRACK**

The maximum length of spikes to be used on the track for sprinters and distance runners is 6mm. Recommended are Pyramid, Conical or Tree spikes. Extra long grass spikes **MUST NOT** be used. Needle spikes are not suitable. 9mm spikes may be used on the Javelin and Jumps runways.

Spike checks will be carried out by WCC staff and Wellington Track & Field Committee members.

Your co-operation is asked to protect the new Mondo track.

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## **CHANGE OF ADDRESS**

If any member changes their address, it would be appreciated if they could notify the subscription secretary. This enables the Association 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.

## **MEMBERSHIP**

As at the June Committee meeting our membership for the 2001-2002 financial year stands at 127. A warm welcome is extended Albert van Veen who has renewed his membership after a period away from the Association.

## **17th VETERANS CLASSIC RELAY - 12 May 2002**

The Valleys A team took out the Open Men's Cup in a fine piece of relay running, finishing almost three minutes ahead of second-placed Scottish.

The Scottish women's team won the Women's grade, admittedly without the benefit of close competition, but had some drama, when final runner Leah Karu fell near Barton's Bush and Brenda Burke, the first runner, by then having changed into jeans and slip-ons, jumped in and finished for the team running part of the lap barefoot until running shoes could be borrowed.

The Mixed Grade was won by Kapiti, with an Olympic/Capital composite team second. This team saw multi-sporter Jill Westenra (Olympic) return to the short, sharp distances with a smart 15:34 lap.

In the 250+ grade, Olympic proved too strong, pulling seven minutes ahead of a Valleys team. The 300+ grade was won by Valleys by one minute over Scottish.

The three-person walking event was won by the host club Trentham, with another Trentham team second and Scottish third. In an unusual display for this hitherto-sunny event, the weather deteriorated, with the slower teams experiencing drizzle in the last lap.

The fastest male lap was run by D Bowles (12:56, Kapiti), with Vaughan New (13:32) second Valleys and Dave Murgatroyd (13:44) third (Valleys). Fastest females after Jill Westenra were Robyn Stansfield 16:43 (Scottish) and D Boorman 17:40 (Kapiti).

## **MARK THESE ON YOUR CALENDAR**

**Veterans 8km Road Race - Sunday 28 July - Johnsonville**

**Wellington Veterans AGM - Monday 9 September - Newtown Park**

**Veterans 10km Road Race - Sunday 3 November - Lower Hutt**

# RESULTS:

## 17th Veterans Classic Relay, 12 May 2002

Leg	Name	Time	Ave/k	Leg	Name	Time	Ave/k
<b>Grade: Open Men</b>				<b>Grade: Open Women</b>			
Valleys United A				Scottish			
1	Dave Murgatroyd	13:44	3:26	1	Brenda Burke	18:08	4:32
2	Tony Madsen	13:59	3:30	2	Maryanne Palmer	21:21	5:20
3	Steve Robertson	15:16	3:49	3	Delphine Gore	18:21	4:35
4	John Houghton	14:14	3:34	4	Robyn Stansfield	16:43	4:11
5	Vaughan New	13:32	3:23	5	L. Karu/B. Burke	26:54	6:44
Place 1/8		1:10:45		Place 1/1		1:41:27	
Scottish				<b>Grade: Mixed Teams</b>			
1	Peter Wrigley	14:44	3:41	Kapiti			
2	Chris Harp	14:41	3:40	1	D. Boorman	17:40	4:25
3	Conal McKenna	15:15	3:49	2	B. Kettle	19:39	4:55
4	Jim Kerr	14:57	3:44	3	B. Andrews	15:35	3:54
5	Richard Brent	13:59	3:30	4	John Hammond	18:59	4:45
Place 2/8		1:13:36		5	D. Watson	19:09	4:47
Wellington Harriers				Place 1/3		1:31:02	
1	Gordon Clarke	14:12	3:33	<b>Composite (Olympic &amp; Capital)</b>			
2	Gary Clareburt	15:53	3:58	1	Jill Westera (Oly)	15:34	3:54
3	Mike Winsborough	16:55	4:14	2	Richard Sweetman (Cap)	16:39	4:10
4	Chris Hansen	15:02	3:45	3	Barbara Prosser (Oly)	20:05	5:01
5	Andrew McNeil	15:54	3:59	4	Lynn Broad (Oly)	25:32	6:23
Place 3/8		1:17:56		5	Ellis Goodyear (Cap)	15:43	3:56
Valleys United B				Place 2/3		1:33:33	
1	D. Colley	15:50	3:58	Trentham			
2	S. Malanchak	15:12	3:48	1	S. Blythe	17:44	4:26
3	T. Martin	16:51	4:13	2	J. Raymond	20:32	5:08
4	Murray Corles	15:46	3:57	3	Peter Thomas	20:15	5:04
5	Tim Halpine	15:27	3:52	4	Diane Rogers	20:09	5:02
Place 4/8		1:19:06		5	Harry Ross	18:00	4:30
Olympic				Place 3/3		1:36:40	
1	Max O'Kane	16:43	4:11	<b>Grade: 250+</b>			
2	Chris Speakman	13:55	3:29	Olympic			
3	Owen Lenihan	16:06	4:01	1	Barry Prosser	13:52	3:28
4	Derek Locke	17:01	4:15	2	Gary Dick	15:03	3:46
5	Bryan McLaughlin	18:12	4:33	3	Mike Rodden	14:48	3:42
Place 5/8		1:21:57		4	Arthur Klap	15:48	3:57
Kapiti				5	Peter Jeromson	14:14	3:34
1	Bruce Odams	16:08	4:02	Place 1/6		1:13:45	
2	M. Oldfield	21:33	5:23	Valleys United C			
3	S. Fordyce	16:41	4:10	1	Geoff Jackson	17:12	4:18
4	Kevin Jones	15:42	3:55	2	Hank Leech	15:07	3:47
5	D. Bowles	12:56	3:14	3	Ian Blyth	15:58	3:59
Place 6/8		1:23:00		4	O. McCarthy	16:50	4:12
Trentham				5	Michael Lynskey	15:39	3:55
1	J. Martin	15:16	3:49	Place 2/6		1:20:46	
2	J. Jacobson	15:44	3:56	Scottish			
3	P. Homan	15:46	3:56	1	Apanui Williams	15:01	3:45
4	K. McNatty	18:17	4:34	2	Rupert Watson	16:50	4:13
5	T. Bedington	18:18	4:34	3	John Skinnon	17:43	4:26
Place 7/8		1:23:21		4	John Heap	16:14	4:04
Victoria University				5	Adrian Shields	16:17	4:04
1	Colin Sasse	16:56	4:14	Place 3/6		1:22:05	
2	Geoff Rasbrooke	17:26	4:22				
3	Richard Owen	17:43	4:26				
4	Gary Moller	15:50	3:58				
5	David Lamb	15:53	3:58				
Place 8/8		1:23:48					

Leg	Name	Time	Ave/k
<b>Wellington Harriers</b>			
1	Ken Coad	17:52	4:28
2	John Barrance	17:45	4:26
3	John Weatherley	17:53	4:28
4	Barry Everitt	16:03	4:01
5	Ian Ewing	16:33	4:08
Place 4/6		1:26:06	
<b>Valleys United D</b>			
1	Andy Gill	16:51	4:13
2	John Smeith	17:23	4:21
3	Michael Clark	20:16	5:04
4	R. Hannan	17:15	4:19
5	Albert van Veen	18:26	4:37
Place 5/6		1:30:11	
<b>Wellington Marathon Clinic</b>			
1	Geoff Norman	18:39	4:40
2	Andy Sommerville	18:11	4:33
3	Paul Johanssen	17:01	4:15
4	John Gallagher	18:03	4:31
5	Jas Dullabh	18:32	4:38
Place 6/6		1:30:26	
<b>Grade: 300+</b>			
<b>Valleys United E</b>			
1	Steve Robertson	17:22	4:21
2	David Moore	20:02	5:00
3	Ted Linton	22:16	5:34
4	Don Brodie	18:13	4:33
5	Ron Stephens	16:34	4:08
Place 1/3		1:34:27	
<b>Scottish</b>			
1	Colin Maclachlan	17:37	4:24
2	Mike Browne	20:17	5:04
3	Peter Pohl	19:01	4:45
4	Gordon Walker	20:52	5:13
5	Ross Lake	17:44	4:26
Place 2/3		1:35:31	
<b>Olympic</b>			
1	Ken Ritchie	17:34	4:24
2	Mike Burkinshaw	20:33	5:08
3	Peter Hanson	22:16	5:34
4	Harold Alcock	19:25	4:51
5	Brian Watson	18:54	4:44
Place 3/3		1:38:42	
<b>Walkers:</b>			
<b>Trentham A</b>			
1	Patrick Tito	26:33	6:38
2	K. Blair	26:52	6:43
3	S. Chivers	27:17	6:49
Place 1/5		1:20:42	
<b>Trentham B</b>			
1	J. Blienkendaal	26:35	6:39
2	V. Antcliff	27:35	6:54
3	J. Blienkendaal	27:01	6:45
Place 2/5		1:21:11	
<b>Scottish A</b>			
1	Murray Gowans	27:51	6:58
2	John Hines	26:46	6:42
3	Kathryn Fraser	29:05	7:16
Place 3/5		1:23:42	

Leg	Name	Time	Ave/k
<b>Trentham C</b>			
1	C. Taylor	26:46	6:42
2	L. Tibble	28:41	7:10
3	R. Bakker	28:17	7:04
Place 4/5		1:23:44	
<b>Scottish B</b>			
1	Peter Tearte	28:17	7:04
2	Paul Rodway	30:03	7:31
3	Margaret Bray	31:44	7:56
Place 5/5		1:30:04	

## RECIPE

### FISH CURRY

Reputedly Thai, this is very quick and tasty, and mostly healthy apart from the coconut milk. Make it as hot as you like, try it first without the coriander. A good way to dress up a load of carbo.

### Ingredients:

Oil

1 large onion, finely diced

3 cloves garlic, crushed

1-2 tablespoons hot chili sauce (to taste)

1 can coconut milk

600 grams boneless fresh fish

2-3 tablespoons finely chopped fresh coriander (optional)

### Method:

Heat the oil and sauté the onion until tender. Add the garlic and chili sauce and cook a few minutes more. Mix in the coconut milk and simmer for 10 minutes. Add the prepared fish. Remove from the heat or turn it down very low, cover tightly and leave to stand for 5 minutes without uncovering. Mix in the coriander and season to taste. Serve on rice or noodles.

Serves 4.



# **ANNUAL GENERAL** **MEETING**



**Monday 9<sup>th</sup> September 2002**

**The Annual General Meeting of the Wellington Centre New Zealand Association Veteran Athletes will be held on Monday 9<sup>th</sup> September 2002 in the Social Room at Newtown Park commencing at 7.30pm.**

**The following remit has been proposed:**

**THAT our Association change from the “Wellington Centre of the New Zealand Association of Veteran Athletes” to “Wellington Masters Athletics”.**

**Explanation:**

We cannot continue with our current name as NZAVA has become New Zealand Masters Athletics. WAVA has become World Masters Athletics. Many countries have already changed to fit in with this and some of our Centres have also already voted to change e.g. Auckland Masters Athletics. To tidy things up it would seem logical for us to do likewise.

**It has also been recommended by the Committee:**

**THAT subscriptions for the 2002-2003 financial year be raised to \$30.**

This comes about by the increase in subscriptions by NZMA at their AGM held earlier this year. At present the Wellington Centre pays \$25 to NZMA and \$2 comes to the Centre. With the increase \$27.50 will go to NZMA and \$2.50 will come to the Centre.

**All financial members of the Wellington Centre are welcome and encouraged to attend the Annual General Meeting.**

**A light supper will be provided after the conclusion of the Meeting.**

# AAADD

I have recently been diagnosed with AAADD! Age Activated Attention Deficit Disorder...

This is how it goes:

I decide to wash the car, I start toward the garage and notice the mail is on the table. OK, I'm going to wash the car...

But first I'm going to go through the mail.

I lay the car keys down on the desk, discard the junk mail and I notice the trash can is full.

OK, I'll just put the bills on my desk and take the trash out, but since I'm going to be near the mailbox anyway, I'll pay these few bills first.

Now where is my Cheque book?

Oops...there's only one cheque left.

My extra cheques are in my desk.

Oh, there's the coke I was drinking...

I'm going to look for those cheques...

But first I need to put my coke further away from the computer, oh maybe I'll pop it into the fridge to keep it cold for a while...

I head towards the kitchen and my flowers catch my eye, they need some water...

I set the coke on the computer and uh oh! There's my glasses...

I was looking for them all morning!

I'd better put them away first.

I fill a container with water and head for the flower pots-Aaaaaaagh!

Someone left the TV remote in the kitchen. We'll never think to look in the kitchen tonight when we want to watch television so I'd better put it back in the family room where it belongs.

I splash some water into the pots and onto the floor, I throw the remote onto the sofa and I head back down the hall trying to figure out what it was I was going to do!?!?!!

End of day: The car isn't washed, the bills are unpaid, the coke is sitting on the kitchen counter, flowers are half watered, the Cheque book still only has one cheque in it and I can't seem to find my car keys!

When I try and figure out how come nothing got done today, I'm baffled because:

I KNOW I WAS BUSY ALL DAY LONG!!!

I realise this is a serious condition and I'd better get help,

BUT FIRST I think I'll check my e-mail...

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## XVII COMMONWEALTH GAMES

MANCHESTER, ENGLAND  
25 JULY - 4 AUGUST 2002



## *Interview with Peter Snell*

The following from the Runner's World site is only part of the entire interview. The full interview (or a story created from it) will appear in the magazine *Marathon and Beyond* later this year.

At the Rome Olympics in 1960, the 800 meters was won by an unknown New Zealander named Peter Snell. In 1962, he won the half-mile and the mile at the British Empire Games and set world records at 800 metres/880 yards (1:44.3/1:45.7), and one mile (3:54.4 on a 385 yard grass track). And in 1964 he broke the world record for 1,000 meters (2:16.7) and the mile again (3:54.1). His coach was Arthur Lydiard, whose training methods took even middle distance runners away from the track for long, slow runs, and were considered revolutionary at the time. After retiring in 1965, Snell eventually enrolled at the University of California/Davis, where he earned a BS in exercise physiology, and then a Ph.D. from Washington State University. As proud of his academic career as of his athletics, he is a faculty member in the medical school at the University of Texas at Dallas, where he researches human performance. He has written a book "Use It or Lose It", a practical guide for people who want to get or remain fit as they get older.

**Runner's World Daily:** What are distance runners in western countries doing today that is better than what they did in your prime?

**Peter Snell:** Nothing at all! The times certainly suggest that they aren't. They have the best university scholarships, the best facilities and the best exercise physiologists in the world. And the times are really no better than what we were doing. My 800 meter time would have placed second at Edmonton in the World Championships, and that was not a tactical race. It may have been that I had wonderful talent, but I don't think so. I think I had talent, but did the right training.

**RWD:** It seems that many, if not most, of those physiologists preach low volume, high intensity

work, and think that Lydiard's methods are outdated.

**PS:** Even in New Zealand the feeling is that his ideas are passé. I can't believe it! I still hold the record there for 800 meters. It's forty years old. You'd think after forty years they might have figured out that they aren't doing something right. Most physiologists are trained on the idea of specificity, and simply can't understand that slow training makes you faster.

**RWD:** How?

**PS:** When you run at a moderate pace, your slow twitch muscle fibers are the first ones recruited. But if you run far enough, they become glycogen depleted and can no longer contract, so eventually the fast twitch fibers are recruited. As a sidebar, I was recently at a conference in Las Vegas sponsored by USATF to discuss reasons and suggest solutions for the lack of medals won by U.S. distance runners at Sydney and Edmonton. Because U.S. runners are often buried in the last lap, it was decided that the problem was a lack of speed. Ralph Mann (Olympic silver medallist in the 400 meter hurdles at the 1972 Olympics), who's now a biomechanics expert, was brought in to teach sprint technique. In my opinion, this will not work. The problem isn't lack of speed. They're running out of gas. Everyone else cruises past them because they've got superior endurance. After my presentation, John Chaplin (head coach at Sydney) said, "You're only rearranging deck chairs on the Titanic."

**RWD:** Do you think the U.S. high school and collegiate system, with its emphasis on frequent racing and little time for coaches to get runners ready, inhibits long-term development?

**PS:** I'm surprised that Alan Webb went to college. I wouldn't have gone. Alan's very capable of supporting himself with his running. He won't be able to do a decent job on a degree if he's training hard. There is plenty of time to do a degree later, when the studies can have his full attention. I did mine at 34 years old. If his running career doesn't work out due to injury or something else, he can still go to college. The trouble with school is that you have an

obligation to show up and compete excessively. That's not always in your best long-term interest.

**RWD:** So professionalism could work for a runner at Alan Webb's level. What about runners who don't have the same high profile?

**PS:** When John MacKenzie was chair of middle distance running for USATF, he put on a camp in Maine for "emerging elite" middle distance runners, teaching kids who had graduated recently how to survive without a shoe contract. I asked them, "What can we do to help your running career?" and they replied, "Give me a ticket to Europe." I could never get it! Somehow, the perception is that they might get lucky and win some money. What about the idea of staying back and training until you're so good that the promoters are clamoring for you?

You can run 100 miles a week on an hour and three quarters a day. There's no reason you can't do that and hold a job. Once, talking to Paul McMullen, I mentioned that he'd been in Hawaii racing for money while we were having a camp in San Diego discussing strategies for getting better. Runners are tempted to do money races when some other activity might be more to their long-term interest.

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## **SAT TESTS**

The following questions and answers were collated from SAT tests given in Springdale, Arkansas in 2000 to 16 year old students!

Q: Name the four seasons.

A: Salt, pepper, mustard and vinegar.

Q: Explain one of the processes by which water can be made safe to drink.

A: Filtration makes water safe to drink because it removes large pollutants like grit, sand, dead sheep and canoeists.

Q: How is dew formed?

A: The sun shines down on the leaves and makes them perspire.

Q: What is a planet?

A: A body of earth surrounded by sky.

Q: What causes the tides in the oceans?

A: The tides are a fight between the Earth and the Moon. All water tends to flow towards the moon, because there is no water on the moon, and nature abhors a vacuum. I forget where the sun joins in this fight.

Q: In a democratic society, how important are elections?

A: Very important. Sex can only happen when a male gets an election.

Q: What are steroids?

A: Things for keeping carpets still on the stairs.

Q: What happens to your body as you age?

A: When you get old, so do your bowels and you get inter-continental.

Q: What happens to a boy when he reaches puberty?

A: He says good-bye to his boyhood and looks forward to his adultery.

Q: Name a major disease associated with cigarettes.

A: Premature death.

Q: How can you delay milk turning sour?

A: Keep it in the cow.

Q: How are the main parts of the body categorized? (E.g., abdomen.)

A: The body is consisted into three parts - the brainium, the borax and the abdominal cavity. The brainium contains the brain, the borax contains the heart and lungs, and the abdominal cavity contains the five bowels, A,E,I,O & U.

Q: What is the Fibula?

A: A small lie.

Q: What does "varicose" mean?

A: Nearby.

Q: What is the most common form of birth control?

A: Most people prevent contraception by wearing a condominium.

Q: Give the meaning of the term "Caesarean Section."

A: The caesarean section is a district in Rome.

Q: What is a seizure?

A: A Roman emperor.

Q: What is a terminal illness?

A: When you are sick at the airport

Q: Give an example of a fungus. What is a characteristic feature?

A: Mushrooms. They always grow in damp places and so they look like umbrellas.

Q: What does the word "benign" mean?

A: Benign is what you will be after you be eight.

## Club Age Graded Handicap Races

By Bill Childs

If five year age grades are to be associated with handicap races, take care to use the latest WAVA standards as a base for your handicapping. The use of New Zealand's age grade best times or older tables will not prove to be fair or accurate if a challenging event is the objective. The problem with the use of NZ records is that they obviously vary. Some of the records are substandard for some age grades, others may be exceptionally fast or even world records. A substandard record will result in misleading high performance for all within the grade, where as a near world standard sets a much higher hurdle for all within that particular grade. The end result is a much lower relative performance percentage as compared with those being measured against a slower standard time.

Remember, performance is based on relativity and to obtain near accurate relativity in an event it is essential to ensure that standards represent the best quality world fastest times for comparison with persons of the same age as the champion world record holder. After the release of the 1994 standards, the writer tested and graphed three earlier LDR (long distance road tables) against the 1994 set and found all three seriously deficient in the M & W over 60 age grades in particular.

The New Zealand age Group five yearly records are rarely world records and therefore represent very variable age standards. Age grading is not an exact science because it relies on a degree of subjectivity associated with the setting of the key age standards between which all others are interpolated. The WAVA international age grading committee that designed the 1994 tables took care to only select from the thousands of records, times considered to represent the best outstanding records possible in the world as at 1994. These selected times were set at or near 100%. Most existing veteran world LDR records remain well below the table's 100% target. Times not considered worthy of true world record class were rejected. Difficulty arose in the older grades but by raising the flair path a reasonable degree of accuracy and fairness is now obvious.

### **Yearly Graded 24 KM Road Race. Places Based on Age Performance**

NAME	TIME	NOAKES	RW 1981	WAVA 1979	WAVA 1994
A M65	2:10:39	11th	10 <sup>th</sup>	15th	20th
B M40	1:38:42	17th	21st	12th	14th

The above table shows the results of competitors A & B from an actual race, graded using four different grading tables. There was an approximate 28 year difference in age between A and B. The older tables obviously did not employ quality world standards and were specifically lacking in quality times for older age grades. There were 41 participants in the above event. Competitor Mr BM40 would justifiably be unhappy to be graded against Mr AM65 using any table set other than WAVA 1994.

Walk performances calculated from the WAVA 1994 tables are equivalent to run performances. It is now feasible for walkers to be included in running events and be compared on the bases of age performance with the runners using John Caughley's Perform programs that are possibly unique in the world in that they can daily grade and contain the walk and run tables.

The following results from my own statistics tend to confirm this equivalence.

Average from 40 run marathons = 72.07%

Average from 5 walked marathons = 71.09% (quite close to the average for those run)

Average 4 run Honolulu Marathons = 70.2% (i.e. all the same course)

Average from 3 walked Honolulu Marathons = 71.51%

Honolulu walked last year = 70.83% (maintaining performance with increasing age)

Club handicap races if intended to be hard fought but fair battles in which the slowest are able to challenge the fastest over a standard distance require a knowledge of every participants true potential.

Using NZ five year age records as standards must be as nearly uncertain as flicking a coin to determine the winning effort. If handicap races are required the handicaps are best set from an actual knowledge of each individuals recent best daily aged five year grade percentage performance for the distance, as measured by John Caughley's perform or Myperf3 computer programs. These programs measure daily run and walk percentages. The percentages are accurate and can be used in the same manner, as a golf club would set a members handicap.

In the case of runners and walkers handicap start times could be set using Myperf3 to adjust every club members known recent performance over the course to equate to a 100% performance finish time. In theory this method of handicapping is designed for a dead heat to result between all competitors.

This article demonstrates that Age grading is not an exact science because it relies on a degree of subjectivity associated with the setting of key age standards between which all others are interpolated. That the WAVA international age grading committee can now be relied upon to set the best possible realistic standards whenever the tables are revised.

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# I Run, Therefore I Am — NUTS!

Why we carbo load,  
fartlek train,  
hit the wall...

and love every  
minute of it



**Bob Schwartz**

A must read for all runners and walkers; whether you fall in the middle of the pack, up near the front of the pack, or so far from any semblance of a pack, that you're wondering if everyone went home already!

47 short chapters relating to aspects of running from a light-hearted view point.

247 pages.

WELLINGTON CENTRE VETERAN ATHLETES

VETERANS ROAD RACE & RACE WALK

SUNDAY 28<sup>th</sup> July 2002

**Olympic Clubrooms, Alex Moore Park, Bannister Avenue, Johnsonville**

**Road Race**

5 laps = 8 km - Start 11.00 am

**Race Walk**

4 laps = 6.4 km - Start 10.45 am

**Prizes**

Prizes for first 2 runners in each age group

4 to a team with at least one woman

Prizes for first two men and women in race walk

Prizes for the first 2 Club teams

Pre-vets are welcome

Results sent to all competitors

Light lunch will be provided

Entries: Entry Fee \$8.00

Entries received after 20<sup>th</sup> July:

Non-members \$16.00

Late Fee \$2.00

Cheques made payable to Wellington Centre NZAVA

Send entries with Cheque to:- Brian Watson  
58 Bannister Avenue  
Johnsonville  
Wellington 4



Wellington Centre Veterans Road Race and Walk

NAME: .....

ADDRESS: .....

CLUB: ..... AGE ON RACE DAY: .....

... scientists are right,  
... only make yourself  
healthier.

THE first divorce directly related to the September 11th terrorist attacks has been filed in New York. It appears a guy with an office on the 103rd floor of the World Trade Centre spent the morning at his girlfriend's apartment with his phone turned off. He wasn't watching TV either. When he turned his phone back on at about 11am, it rang immediately. It was his hysterical wife, "Are you OK? Where are you?" He said, "What do you mean? I'm in my office of course!"

ANOTHER



## COMING EVENTS

### 2002

#### June

16	Harbour Capital Half Marathon	Wellington	
22	Vosseler Shield (Interclub)	Mt Victoria	

#### July

5-7	North Island Cross Country Championships	Taupo	
7	Gold Coast Full & Half Marathon	Brisbane	
20	Wellington Cross Country Championships	Waikanae	
21	Nelson Midwinter Half Marathon	Nelson	
28	Veterans 8km Road Race	Johnsonville	11am

#### Aug

4	Taupo Half Marathon	Taupo	
10	NZ Cross Country Championships	Christchurch	
17	Bays Relay (Interclub)	Island Bay start	
18	Palmerston North Half Marathon	Palmerston Nth	
24	Wellington Centre & Veterans Road Champs	CIT, Trentham	
25	Adelaide Marathon	Adelaide	

#### Sept

7	National Road Championships	Napier	
7	Abel Tasman Coastal Classic		
28	NZ Road Relay Championships	Fielding	

#### Oct

3-10	25 <sup>th</sup> Round Rarotonga Road Race	Rarotonga	
5-13	World Masters Games	Melbourne	
13	Melbourne Marathon	Melbourne	

#### Nov

3	Veterans 10km Road Race	Lower Hutt	9.30am
3	Auckland Full & Half Marathon	Auckland	
16	Rimutaka Incline Run	Kaitoke	
24	Masterton Full & Half Marathon	Masterton	
22-24	North Island Track & Field Championships	Palmerston North	

### 2004

April	Veterans Long Distance Championships	Auckland	
May	40 <sup>th</sup> Fletcher Challenge Forests Marathon	Rotorua	
Oct	OAVA Veterans Track & Field Champs	Rarotonga	

### UNIFORMS

WELLINGTON VETERANS SHORTS AND POLY/COTTON MESH SINGLETS CAN BE ORDERED THROUGH BRUCE PERRY - TELEPHONE 478 3641

### NEWTOWN PARK KEY

The key to Newtown Park was changed on 1 May, 2002 and new keys are now available for a cost of \$15 from the Wellington City Council Parks & Reserves Department.

Old keys MUST be returned.

### HISTORY OF VETERAN ATHLETICS

Have you bought your copy of "A History of New Zealand Veteran Athletics 1962-1999"? It's an excellent book. Every veteran athlete should have a copy. Cost \$20.

**NEW MEMBER/RENEWAL OF SUBSCRIPTION FORM - If you know anyone that is interested in joining or who has not renewed their subscription, please pass on this form to them.**

**SUBSCRIPTION FOR THE 2001/2002 YEAR**

(1st September 2001 to 31st August 2002) \$27 = \$25 NZAVA, \$2 WnAVA

**NAME(S):** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_  
\_\_\_\_\_

**BIRTH DATE(S):** \_\_\_\_\_

**CONTACT PHONE NO.** \_\_\_\_\_ **CLUB (if any)** \_\_\_\_\_

\$27 (\$54) Enclosed. Cheques made out to Wellington Association of Veteran Athletes – WnAVA

SEND TO: VERONICA GOULD, 95A ELLICE STREET, MT VICTORIA, WELLINGTON

**Please advise any change of address as soon as possible**



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122 Onslow Road, Khandallah, Wellington 6004

If unclaimed please return to:-

**WELLINGTON A.V.A.**