

# VETRUN

Newsletter of the Wellington Masters Athletics Inc.

Volume 1 Issue 4

December 2002

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



## WELLINGTON MASTERS ATHLETICS INC.

### COMMITTEE MEMBERS 2002/2003

PATRON:	Arthur May	24 Motuhara Road, Plimmerton, Porirua 6006	2339412
PRESIDENT: (Acting)	Peter Hanson	24 Park Avenue, Titahi Bay, Porirua 6006	2368074
VICE PRESIDENT:	Peter Hanson	24 Park Avenue, Titahi Bay, Porirua 6006	2368074
SECRETARY:	Kathryn Fraser	49 Dress Circle, Newlands, Wellington 6004	4774914
TREASURER:	Dick Harris	11 Whitu Street, Khandallah, Wellington 6004	9715993
SUBSCRIPTIONS:	Veronica Gould	95A Ellice Street Mt Victoria, Wellington 6001	9736741
COMMITTEE:	Michael Clark	12B City View Grove, Lower Hutt 6009	5668755
	Vic Marks	6 Blucher Avenue Newtown, Wellington 6002	3899993
	Brian Watson	58 Bannister Avenue, Johnsonville	4786232
EDITOR:	John Palmer	122 Onslow Road, Khandallah, Wellington 6004	4792130
MASTERS RECORDS:	Melanie Watson	17 Larsen Crescent Tawa, Wellington 6006	2327392

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### CLUB CO-ORDINATORS

CAPITAL RUNNERS:	Ray Marten	68 Donald Street, Karori, Wellington	4768292
H V HARRIERS:	Ian Blyth	3 Chilton Grove, Lower Hutt	9349350
H V MARATHON:	Ray Venables	176 Stokes Valley Road, Lower Hutt	5638058
KAPITI:	John Hammond	148 Wellington Road, Paekakariki	04 2928030
KIWI:	Vic Marks	6 Blucher Avenue Newtown, Wellington	3899993
OLYMPIC:	Brian Watson	58 Bannister Avenue, Johnsonville	4786232
RIMUTAKA:	Mike Clark	12B City View Grove, Lower Hutt	5668755
TRENTHAM UNITED:	Diane Rogers	42 Elmslie Road, Pinehaven, Upper Hutt	5282316
SCOTTISH:	John Hines	Flat 88, Central Park Flats, 20 Nairn St, Wellington	3843231
UNIVERSITY:	Colin Sasse	42 Naenae Road, Naenae, Lower Hutt	5679516
VALLEYS UNITED:	Don Brodie	30 Sunshine Crescent, Kelson, Lower Hutt	5650705
WAIRARAPA:	John Eccles	13 Keir Crescent, Masterton	06 3773479
WELLINGTON:	John Weatherley	8 Richmond Avenue, Karori, Wellington	4767223
WGTM MARATHON:	Bruce Perry	61A Clifford Road, Johnsonville, Wellington	4783641
WELLINGTON VETS:	Colleena Blair	43 Elmslie Road, Pinehaven, Upper Hutt	5282992

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

CLUB REPRESENTATIVES AND MEMBERS ARE ALWAYS WELCOME



## AN URGENT REQUEST FOR HELP

As you may all be aware, some committee members stood down at the AGM which has left the new committee with a number of vacancies still to be filled.

We are in need of a President, as the current Acting President is hampered by ill health in his family and therefore cannot take on the role on a permanent basis. He is prepared to carry on in the role of Vice President.

We are also in need of some extra committee members.

If you can spare a few hours a month, we need your help in filling these vacancies. The only other alternative is for each club to send a delegate to the committee meetings which are held on the first Monday of each month at Newtown Park commencing at 5.30pm.

Please give these matters serious consideration and if you are prepared to make a commitment to the Wellington Masters committee, give Peter Hanson a ring on 236 8074.

Peter Hanson  
Acting President

## EDITORIAL

On Sunday 3 November the Masters 10km Road Race and Walk was held at Lower Hutt in what could only be called excellent running conditions – overcast, dry and windless. The number entered for this years event was encouraging, with 14 walkers and 20 runners plus 2 that had entered and did not front up on the day. What was also pleasing to see was the number of athletes that have not taken part for some years lining up at the start line. If we can continue with these numbers then the Masters Athletics can only get stronger.

Also pleasing is the number of members who have paid up their subscription for the new financial year. It is good to see some members rejoining after some years away from the Association and we are still getting new members joining. I think our membership numbers to date are more than at the same period last year. May this trend continue. If you have any running friends that fit the age category for Masters, please encourage them to join our organization and have fun and competition with other like-minded persons.

The Wellington Masters Centre Championships are to be held on Sunday 16 and 23 of February 2003 at Newtown Park. Those wishing to compete must be registered members of NZMA. An entry form is enclosed with this newsletter.

The above article is a plea from our acting President Peter Hanson for officers and committee members. Please give serious consideration to this request and if you know of any person in your club that you think would be suitable, encourage them to contact Peter and have a chat regarding any position on the committee. At the time of going to print, the position of Secretary on the committee has been filled. A big thank you to Kathryn Fraser who has accepted this important role.

For the ladies of our organisation – the end of March next year sees the Nike Women's Challenge – a 5km Road Race around the streets of Wellington. More details will be issued when they become available.

Finally, I would like to wish all members a safe and happy Christmas and New Year.

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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## **MEMBERSHIP**

At the time of going to print our paid up membership for the current financial year is 89. A warm welcome is extended to new members Chris Speakman (Olympic); John Stewart (WMA); Gary Rawson (WMA); and also to the following who have renewed their membership Willie Simonson (Masterton); John Turner (Scottish); Mike Lane (Taranaki Race Walkers); Des Young (Scottish); Michele Allison (Scottish); Dave Colquhoun (Scottish); Mary Lynch (WMC); Sue Hamlett (WMC) and Julie Roots (Wairarapa).

## **How Much Water?**

In the Boston Marathon in April, Cynthia Lucero, 28, collapsed four miles from the finish line. At mile 15, according to media reports, Lucero "had that smile and looked fine." At mile 20, nearing Heartbreak Hill, she "was drinking lots of a sports drink and looking fine." But at mile 22, about five hours into her race, she was walking, told a friend she "felt dehydrated," then wobbled and collapsed. Taken fast to a hospital, she was soon in a coma. Two days later, she died. Initial reports are that she died of hyponatremia. Boston was Lucero's second marathon, and she ran to raise money for leukemia research. Her first marathon was the 2000 San Diego Rock n' Roll. Which she finished in 5 hours 20 minutes. Lucero is the third woman to die of hyponatremia in a U.S. marathon in the past decade.

Hyponatremia killed a 32-year-old female teacher in the 1993 Big Sur Marathon and a 43-year-old female dentist in the Chicago Marathon in 1998. More and more, exertional hyponatremia in endurance sports seems to be a "female problem." Female Preponderance, men are not immune to exertional hyponatremia. The military recently reported 17 cases of hyponatremia in U.S. Army trainees and cut fluid guidelines to avoid overdrinking in basic training. And most of the early reports of hyponatremia in endurance athletes were of men. But lately most such patients have been women. For example, five of seven runners with grave hyponatremia reported by Ayus et al. were women, as were six of seven hyponatremic Grand Canyon hikers. In the 2000 Houston Marathon, a disproportionate percentage about half-of the hyponatremic runners in the medical tent were women, three of whom seized and spent time in an ICU. And in a New Zealand Ironman triathlon, hyponatremia was three times more common in female finishers (45%) than male finishers. What gives? The Female Pattern - a pattern in emerging. More and more, runners who collapse from hyponatremia are small women who are moving slowly, on the course a long time, overdrinking water and sports drinks. No runner with hyponatremia in San Diego finished in less than four hours. Some are "salty sweaters"; indeed, 4% to 5% of Caucasians, up to 500 runners in the Boston Marathon, for example, have one gene for cystic fibrosis, which increases sweat sodium loss.

More and more, some women over-hydrate, not only during the race, but also before and after. A woman who ended a Texas marathon with very low serum sodium drank 10 litres of fluid the night before! The woman who died in Chicago drank "gallons and gallons of water daily" for two weeks pre-marathon. In San Diego, the lowest sodiums were in women seen eight to 12 hours after the race start, having drunk "as much fluid as possible during and after the race.

Finally, female marathoners, especially if running for a cause, try to endure when they get ill from overdrinking. And in a savage irony, they drink more, thinking they are "dehydrated." From media accounts, this is what Cynthia Lucero did. When to Stop Dehydration kills performance, but hyponatremia kills people-runners. We must teach the early symptoms, so runners know when to stop. Although dehydration can mimic hyponatremia in some ways, these warning signs seem more specific for hyponatremia: bad headache, vomiting, bloating, puffiness from water retention (shoes tight, rings tight, race wristband tight) confusion, and seizure. Any runner-male or female-who gets any of these warning signs should stop immediately and seek help. He or she should never make the mistake of drinking more fluid! One could even argue that, in marathons, all fluid stations should be closed at four hours. Sure, this would leave many slow runners "limping to the finish" dehydrated, but might prevent any slow runner from dying from overdrinking. All would live to race another day. These practical tips can help prevent hyponatremia: (1) Never drink more than you sweat! (2) Don't over-hydrate pre-race; you're no camel! (3) Favor sports drinks, which have some sodium, over water, which has none; (4) Eat a salty diet in the days pre-race and pretzels in the last half of a long, hot race. How to know how much you sweat? Weigh nude. Run for an hour at race pace in anticipated race conditions. Dry off and reweigh nude. For every pound you lose in the test run, drink one pint of fluid per hour during the race. No more! Never forget: in a marathon, drinking too much is more apt to kill you than drinking too little.

Reported in the May 2002 issue of the Sports Medicine Digest. Written by E. Randy Eichner, MD.

**PROGRAMME AND ENTRY FORM**  
**WELLINGTON MASTERS TRACK AND FIELD CHAMPIONSHIPS**

**NEWTOWN PARK SUNDAY 16 FEBRUARY and SUNDAY 23 FEBRUARY 2003**

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

**5000m & 10000m RUNNERS PLEASE ARRANGE YOUR OWN LAP COUNTERS**

**PROGRAMME:**

**SUNDAY 16 FEBRUARY**

9.30am 100m  
Shot Put  
Javelin  
10.00 2000/3000m Steeples  
Triple Jump  
10.30 Discus  
11.00 200m  
11.30 Weight Throw

**LUNCH**

1.30pm 3000m Walk  
High Jump  
2.00 300/400 Hurdles  
Hammer  
2.25 1500m  
2.45 Long Jump  
3.00 400m  
3.30 5000m

**SUNDAY 23 FEBRUARY**

10.00 800m  
Pole Vault  
Weight Pentathlon  
10.30 Sprint Hurdles  
10.45 1500m Walk  
11.00 Pentathlon  
11.30 10000m

**1pm Lunch & Presentation of Awards**



**WELLINGTON MASTERS TRACK & FIELD CHAMPIONSHIPS 2003**

PLEASE ENTER ME IN THE FOLLOWING EVENTS:- (Print clearly please)

1	2
3	4
5	6
7	8
9	10
11	12

NAME: ..... M/F: .....

ADDRESS: .....

CURRENT NZMA REGISTRATIUN CARD No: ..... AGE: .....

BIRTHDATE: ..... TELEPHONE No: .....

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

**ENTRIES CLOSE FEBRUARY FEBUARY 10, 2003**

**CHEQUES payable to: Wellington Masters Athletics**  
**I ENCLOSE Entry Fee 5.00**  
**Masters Subscription (if not already paid) 30.00**

**TOTAL** S

**Send to:**  
**Wellington Masters Track & Field Championships, 24 Park Avenue, Titahi Bay**

## **A Guide to Recognising the Ideal Coach**

It is crucial when trying to find a compatible coach, that you learn to recognise the tell tail signs which will guide you to the coaches personality and the direction that coach's training will take. Be Warned!

### **The "Hitler" Coach**

- Has at least three stopwatches around the neck, a very loud voice and frequently is seen coaching from the comfort of a motorised vehicle waving a riding crop. You will be required to have undivided loyalty and words like rest, alcohol and chocolate are uttered only in the privacy of your prayers, if you are wise.

### **The "Mohammed" Coach**

- Comes with wet weather gear, a backpack and tramping boots. This coach is only for the strong and non-vertically challenged because, "Mohammed" always heads for the mountains.

### **The "Teddy Bear" Coach**

- Actually is really "one of the boys" and therefore is not so easily recognised because he/she looks like a normal person. This coach has "been there and done that" and is always prepared to compromise with your schedule. Common phrases like "listen to your body" and "rest is the most underused training tool" are meant to send warm fuzzies all through you. This coach is ideal for the person who needs someone to continually "hold their hand" and let them off several training sessions a week.

### **The "Green" Coach**

- No this coach is not green in colour or green in ability. This coach invariably has dreadlocks and is passionate about ridding New Zealand of all GE crops and consumables. Please note that drug testing could be a problem for the elite athlete, because one of the unique and unusual training practices used by this coach is that of smoking organically grown plants from the coach's garden.

### **The "Speights" Coach**

- Another easily recognised coach because of the hat and long coat. This coach would be ideal for a "social" team member because he/she encourages copious amounts of fluid at all times. He/she also insists on varied racing options including the little used "crawl technique".

### **The "Matrix" Coach**

- Always has a laptop, a stethoscope and wears Versace business suits. You will be required to remain seated for most of your training and the only annoying inconvenience with this particular coach's programmes, is the vaseline on the temples where the electrodes are attached.

(Article supplied by Maryanne Palmer)

## **Fascicle length of leg muscles is greater in sprinters than distance runners**

Abe T, Kumagai K, Brechue WF.

Department of Exercise and Sport Science, Tokyo Metropolitan University, Hachioji, Japan.

**PURPOSE:** The purpose of this study was to compare architectural characteristics of leg muscles of sprinters and distance runners.

**METHODS:** Skeletal muscle architectural characteristics were studied in 23 elite male 100m sprinters (SPR, 10.0-10.9s for 100m), 24 elite male distance runners (DR, 13.5-14.5 min for 5000m), and 24 untrained male controls. Fascicle pennation angle and isolated muscle thickness of the vastus lateralis and gastrocnemius medialis and lateralis muscles were measured in vivo by ultrasound, and fascicle length was estimated.

**RESULTS:** Standing height and upper and lower limb lengths were similar among the groups. Body weight was significantly greater in SPR than in either DR or controls, which were similar. Muscle thickness of the vastus lateralis and gastrocnemius medialis and lateralis muscles was significantly greater in SPR than in either DR or controls, which were similar. In all muscles, pennation angle was similar between SPR and controls, but less than DR. Fascicle length of the vastus lateralis muscle (absolute and relative to limb length) was greatest in SPR and least in DR with control values being between the athlete groups.

Fascicle length of the gastrocnemius medialis muscle (absolute and relative to limb length) was greater in SPR than in either DR or controls, which were similar. Fascicle length of the gastrocnemius lateralis muscle (absolute and relative to limb length) was significantly greater in SPR than DR. Absolute fascicle length in gastrocnemius lateralis muscle was similar between DR and controls; however, relative to limb length DR was significantly less.

**CONCLUSION:** Greater fascicle length and lesser pennation angle observed in leg muscles of SPR, compared with DR, would appear to favor shortening velocity as required for greater running speed.

J Appl Physiol 2000 Mar, 88(3): 811-6

Sprint performance is related to muscle fascicle length in male 100-m sprinters.

Kumagai K, Abe T, Brechue WF, Ryushi T, Takano S, Mizuno M.

Department of Exercise and Sport Science, Tokyo Metropolitan University, Hachioji, Tokyo 192-03, Japan.

The purpose of this study was to investigate the relationship between muscle fascicle length and sprint running performance in 37 male 100-m sprinters.

The sample was divided into two performance groups by the personal-best 100-m time: 10.00-10.90 s (S10; n = 22) and 11.00-11.70 s (S11; n = 15).

Muscle thickness and fascicle pennation angle of the vastus lateralis and gastrocnemius medialis and lateralis muscles were measured by B-mode ultrasonography, and fascicle length was

estimated. Standing height, body weight, and leg length were similar between groups. Muscle thickness was similar between groups for vastus lateralis and gastrocnemius medialis, but S10 had a significantly greater gastrocnemius lateralis muscle thickness. S10 also had a greater muscle thickness in the upper portion of the thigh, which, given similar limb lengths, demonstrates an altered "muscle shape." Pennation angle was always less in S10 than in S11. In all muscles, S10 had significantly greater fascicle length than did S11, which significantly correlated with 100-m best performance ( $r$  values from -0.40 to -0.57). It is concluded that longer fascicle length is associated with greater sprinting performance.

J Physiol Anthropol Appl Human Sci 2001 Mar; 20(2): 11-7

## **Relationship between sprint performance and muscle fascicle length in female sprinters**

Abe T, Fukushima S, Harada Y, Kawamoto K.

Department of Exercise and Sport Science, Tokyo Metropolitan University.

[abebe@comp.metro-u.ac.jp](mailto:abebe@comp.metro-u.ac.jp)

The purpose of this study was to investigate the relationship between sprint performance and architectural characteristics of leg muscles in 26 female 100-m sprinters. Pennation angle and muscle thickness of the vastus lateralis (VL) and gastrocnemius medialis (GM) and lateralis (GL) muscles were measured by B-mode ultrasonography, and fascicle length was estimated.

Sprinters had a significantly lower VL pennation angle, but GM and GL pennation angle was similar between sprinters and female control subjects ( $N = 22$ ). There was no significant correlation between pennation angle and 100-m personal best performance. Sprinters had significantly greater absolute fascicle length in VL and GL than controls, which significantly correlated to 100-m best record ( $r = -0.51$  and  $r = -0.44$ , respectively). Relative fascicle length (VL and GL) were also significantly greater in sprinters than controls. However, there were no significant correlation between relative fascicle length and 100-m best record ( $r = -0.36$  and  $r = -0.29$ , respectively). No relationship was found between the sprint performance and fat-free mass ( $r = -0.26$ ) or body mass index ( $r = -0.03$ ). However, there was a significant correlation between percent (% fat) and 100-m best record ( $r = 0.62$ ,  $p < 0.01$ ). Adjusting the confounding effect of % fat, significant correlations were seen between relative fascicle length and 100-m best record (VL;  $r = -0.39$  and GL;  $r = -0.40$ ). Absolute and relative fascicle length were similar in elite female sprinters compared with previous reported values for elite male sprinters (Kumagai et al., 2000). It was concluded that longer fascicle length is associated with greater sprinting performance in sprinters, but there is no gender differences in fascicle length for elite sprinters.

Any Comments?

Tom Green, CSCS  
USATF Level II Certified Coach  
Sprints, Hurdles, and Relays St. Louis, MO.

Full Text Article is available at:  
<http://jap.physiology.org/cgi/content/full/88/3/811>

## **RESULTS:**

# **WELLINGTON MASTERS 10km ROAD RACE & WALK**

**Ludlum Park, Lower Hutt – 3 November 2002**

Excellent running and walking conditions - overcast, dry, relatively windless - produced a moderately good turnout for the out-and-back 10km alongside the railway line. Thanks to race organiser Peter Wrigley, and the time and place keepers Noeleen and Bruce Perry, Bruce Jenkins and Rodney Fraser and to marshals Ted Linton and Brian Watson.

### **Runners:**

<b>Pl</b>	<b>Name</b>	<b>Club</b>	<b>Pl</b>	<b>Age Group</b>	<b>Time</b>
1	Peter Wrigley	Scottish	1 <sup>st</sup>	M40-44	35:48
2	Richard Brent	Scottish	1 <sup>st</sup>	M50-54	36:10
3	Des Young	Scottish	1 <sup>st</sup>	M45-49	36:21
4	Bernie Portenski	Scottish	1 <sup>st</sup>	W50-54	36:26
5	Dave Colquhoun	Scottish	2 <sup>nd</sup>	M50-54	37:25
6	Michele Allison	Scottish	1 <sup>st</sup>	W45-49	37:29
7	Chris Harp	Scottish	2 <sup>nd</sup>	M45-49	37:53
8	Hank Leech	Valleys	3 <sup>rd</sup>	M50-54	38:37
9	Rob Smart	No Club	1 <sup>st</sup>	M55-59	40:47
10	Ian Blyth	Valleys	2 <sup>nd</sup>	M55-59	40:49
11	Betty Harp	Scottish	1 <sup>st</sup>	W40-44	42:48
12	Paul Rodway	Scottish	4 <sup>th</sup>	M50-54	42:58
13	Kathy Young	HVMC	2 <sup>nd</sup>	W45-49	44:57
14	Albert van Veen	Valleys	3 <sup>rd</sup>	M55-59	45:59
15	John Palmer	Scottish	4 <sup>th</sup>	M55-59	46:16
16	Rod Weston	No Club	5 <sup>th</sup>	M55-59	46:21
17	Diane Rogers	Trentham	1 <sup>st</sup>	W60-64	48:02
18	Peter Thomas	Trentham	1 <sup>st</sup>	M70-74	49:58
19	Maryanne Palmer	Scottish	3 <sup>rd</sup>	W45-49	52:51
20	Judy Hammond	Kapiti	1 <sup>st</sup>	W65-69	55:57

### **Walkers:**

1	Amelia de Lorenzo	Scottish	1 <sup>st</sup>	W40-44	55:50
2	Mike Lane	Taranaki	1 <sup>st</sup>	M50-54	58:46
3	Brenda Burke	Scottish	2 <sup>nd</sup>	W40-44	64:07
4	John Hines	Scottish	1 <sup>st</sup>	M65-69	64:09
5	Peter Tearle	Scottish	1 <sup>st</sup>	M75-79	71:15
6	Kathryn Fraser	Scottish	1 <sup>st</sup>	W35-39	71:17
7	Brian Read	WMC	2 <sup>nd</sup>	M65-69	76:24
8	Margaret Bray	Scottish	1 <sup>st</sup>	W50-54	78:11
9	John Turner	Scottish	3 <sup>rd</sup>	M65-69	81:57
10	Bill Childs	WMC	2 <sup>nd</sup>	M75-79	83:51
11	Sue Hamlett	WMC	1 <sup>st</sup>	W55-59	90:37
12	Mary Lynch	WMC	2 <sup>nd</sup>	W50-54	90:37
13	Megan Barber	No Club	2 <sup>nd</sup>	W35-39	90:54
14	Audrey Childs	WMC	1 <sup>st</sup>	W70-74	90:58

**If you have any results, articles or stories that you would like included in "Vetrun", please post to:**

**The Editor, Vetrun, 122 Onslow Road, Khandallah, Wellington  
or email to**

**[palmer.palace@xtra.co.nz](mailto:palmer.palace@xtra.co.nz)**



## Wellington Track and Field Programme 2002-03

Start Times: Officials at 1.00pm. Track Walkers at 1.30pm. General Events at 2.00pm with the exception of Regional Teams Events whose start times are yet to be advised.

<u>Date</u>	<u>Event</u>	<u>Venue</u>
<b>2002</b>		
29 Nov-1 Dec	South Island Masters Championships	Mosgiel
7-8 Dec	New Zealand Secondary School Championships	Inglewood
7 Dec	Gold Programme	Newtown Park
14 Dec	Open Meeting courtesy of Wellington Masters	Newtown Park
21 Dec	Scottish Night of Miles (5pm Start)	Newtown Park
28 Dec	No Programme at Newtown Park	
<b>2003</b>		
3-5 Jan	North Island Colgate Games	Ericsson Stadium
4 Jan	Blackboard Programme (5pm Start)	Newtown Park
7 Jan	Kiwi Milers Club	Palmerston North
10-12 Jan	South Island Colgate Games	Christchurch
11 Jan	Blackboard Programme (No Throws during this Programme)	Newtown Park
11 Jan	Rose & Crown Kiwi Throwers Meeting (4pm Start)	Newtown Park
17 Jan	Bartercard Capital Classic NZGP	Newtown Park
19 Jan	Bartercard Cooks Garden Classic NZGP	Wanganui
19 Jan	City of Wellington Half Marathon Championships	Kilbirnie
25 Jan	Bartercard Sylvia Potts Classic NZGP	Hastings
25 Jan	Open Meeting courtesy of Wellington Masters	Newtown Park
1 Feb	Blackboard Programme	Newtown Park
4 Feb	Kiwi Milers Club	Auckland
6 Feb	Bartercard Porritt Classic NZGP	Hamilton
6 Feb	Ribbon Day (Children)	Paraparaumu
7-9 Feb	New Zealand Masters Games	Wanganui
8 Feb	Bartercard Northsport Classic NZGP	North Shore
8 Feb	Gold Programme	Newtown Park
15 Feb	Black Programme	Newtown Park
16 Feb	Wellington Masters Centre Championships (Day 1)	Newtown Park
16 Feb	New Zealand 10,000m Championships and Open Trophy Meeting	Inglewood (TBC)
19 Feb	Kiwi Milers Club	Hamilton
22 Feb	Regional Championships	Palmerston North
23 Feb	Wellington Masters Centre Championships (Day 2)	Newtown Park
24 Feb	Bartercard Canterbury Classic	Christchurch
28 Feb	Western Zone Finals	Newtown Park
28 Feb-2 Mar	Adidas NZ & NZMA Combined Events Championships	Palmerston North
1 Mar	Gold Programme	Newtown Park
2 Mar	Children's Interclub	Newtown Park
3 Mar	Wellington Girls Zone Finals	Newtown Park
4 Mar	McEvedy Shield	Newtown Park
7-10 Mar	New Zealand Masters Championships	Invercargill
8 Mar	Wellington Centre Championships (Prior Entries Only)	Newtown Park
11 Mar	College Sport Wellington Regional Finals	Newtown Park
11 Mar	Kiwi Milers Club Meeting (6.30pm)	Newtown Park
15 Mar	Black Programme and requested Events	Newtown Park
16 Mar	Children's Wellington Centre Championships (Day 1)	Newtown Park
23 Mar	Children's Wellington Centre Championships (day 2)	Newtown Park
29 Mar	Blackboard Programme	Newtown Park
<b>Black Programme</b>		
1.30pm	3000m Track Walk	
2.00pm	80/100/110m Hurdles on request	Long Jump/Shot Put/ Pole Vault
2.10pm	800m	
2.25pm	100/60m Sprints	
2.35pm	400m	Triple Jump
2.40pm	3000/5000m Men and Women	
3.00pm	200m	Discus
<b>Gold Programme</b>		
1.30pm	5000m Track Walk	
2.00pm	300/400m Hurdles on request	High/Triple Jumps/Hammer
2.15pm	100/60m Sprints	
2.25pm	1500m/1 Mile/2000m	
2.45pm	200m	Long Jump
2.50pm	3000m/1500m/2000m Steeplechase or other distance event on request	
3.00pm	400m (or if no Steeplechase then on completion of 200m)	Javelin

# Don't forget nominations for

## WELLINGTON MASTERS

### ATHLETICS



## SPORTSPERSON OF THE YEAR

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

**Award:**

Known as the Sportsperson of the Year Award.

**Period Covered:**

From 1 January to 31 December.

**How Nominated:**

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

**Criteria for Award:**

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

Achieving a World Record or a World Best Performance.

Achieving a New Zealand Record or New Zealand Best Performance.

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

Achieving a meritorious performance or performances.

**Closing Date:**

The 20<sup>th</sup> January following the year for consideration.

**Selection:**

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

**Presentation Date:**

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

**Form of Award:**

A trophy has been donated by Jim and Colleena Blair and was won this year by Ellis Goodyear.

## **US Sport on Trial as Olympic Cheats Face Exposure**

by Owen Slot, Chief Sports Reporter

THE allegations that John McEnroe used steroids when he was a professional tennis player may seem shocking, they may raise questions over his achievements and they may, of course, be completely untrue. However, their timing is unfortunate. Never before have attitudes in the United States to the use of drugs in sport been so heavily questioned. The suggestion that there is a culture of compliance and cover-up is now openly voiced and latest revelations suggest that medals may have been won in the past three summer Olympics by Americans who had tested positive for drugs but, nevertheless, been allowed to compete. Baseball has also been rocked by accounts that steroid abuse is widespread. Last month Sports Illustrated published an investigation in which Ken Caminiti, the former National League Most Valuable Player, admitted to taking steroids throughout his career and said that up to 50 per cent of the league's players did the same. Jose Canseco, a one-time Major League player, claimed that 85 per cent of big-league stars use steroids.

Such stories are becoming common and while it is an offence to take performance-enhancing drugs, it has been alleged that the drug-testers in the United States have been contentedly overlooking it. This is what Wade Exum, the former head of the United States Olympic Committee's (USOC) drug-testing programme, has been saying for two years since he left the organisation.

Exum has been portrayed by the USOC as a disgruntled employee whose job was in jeopardy, but this weekend he is to make public the fine details behind his comments. In an interview with The Times, Exum explained how only 50 per cent of those who tested positive for drugs received the requisite ban and that this was down, in his last couple of years, to one in seven. "I felt resistance (from his employers) all along," he said. "Their anti-doping programme is largely PR." Exum made his initial accusation through his lawyer in June 2000, asserting that the USOC was "deliberately encouraging the doping of athletes without considering the consequences to their health". Lawsuits were subsequently filed, but Exum claims that he found these hard to fight because the USOC lawyers pilfered all his evidence. The USOC had naturally wanted to see the evidence and, in the autumn of 2000, were granted permission to make copies of the relevant documents. "My lawyers had told them that they could come in and make copies," Exum said. "But what happened is they came in, took the boxes and kept them." Exum alleges that the USOC made further efforts to quieten him. "The USOC lawyer never did negotiate with me," he said. "But he met with my lawyers and asked what would it take for me to just go away." The USOC, meanwhile, kept Exum's evidence - some 20 boxes of it - claiming that the information was confidential and it was only after a separate court case last month that this position changed. The case was not fought by Exum, but a number of American news organisations - CNN, CBS, USA Today, The Chicago Tribune and many others - on the grounds that the USOC was illegally guarding public

information. The victory of the news organisations handed the initiative back to Exum; it would now be his decision whether and when to tell all. To suggest that the whole of the American media has been salivating at the prospect of the biggest drugs-in-sport story of all time would, however, be misleading. "The question is whether Exum is willing to put his money where his mouth is," Thomas Kelly, the lawyer representing CNN et al, said. "He was making some fairly strong claims. Now we have some opportunities to see if they stand up."

We will see this weekend because on Saturday Exum is promising to make public these 20 boxes of damning information. Are there gold medal-winners to be exposed? "Yes," he said. "I went to the 1992 Olympics with a list of people in my pocket who had prior positive tests. There were ten or 12 names there." And did they win medals? "I believe so." And were there medal-winners from the 1996 Olympics who tested positive? "Yup. I recall particularly some cases of some track and field athletes. "I think a lot of people know about what went on. Very few of them spoke up. The USOC operated on a model where whenever an athlete had a positive test, rather than enforce it, they'd take on the role of advocating for the athlete not being sanctioned and letting the IOC or the IAAF or whatever international federation be the bad guy." Exum's revelations are not the only ones that will shortly come to light. While he gives accounts of malpractice in the 1992 and 1996 United States Olympic teams, there is a growing body of evidence that suggests there may have been an athlete in the American track and field team at the 2000 Sydney Olympics who had tested positive for drugs, but went on to win a gold medal. USA Track and Field (USATF) has long disputed this. Initially, it claimed that the whole story was untrue but last summer an independent commission pinpointed an athlete - USOC13 is the test's reference code - who had delivered a positive test. USATF refused to reveal the name of USOC13, arguing that its rules forbade this, but tried to defuse the issue by insisting that the athlete was a minor member of the team. Many efforts have been made to discover the identity of USOC13 and, at a meeting of the World Anti-Doping Agency in Montreal three weeks ago, the strong rumour was that USOC13 was a member of a gold medal-winning relay team. If so, the whole relay team would be disqualified. The identity of USOC13 should be revealed in the coming months.

The case has been referred to the Court of Arbitration for Sport (CAS) when the IAAF will argue that the USOC has no legal right to protect its athlete. The Times, however, has discovered that the IAAF believes USOC13 may not be a single isolated case. Further investigation reveals that there may be five cases in total. "We have reason to believe that there are further cases," Arne Ljungqvist, the IAAF vice-president, said. "We have approached the USATF, the USOC and the two accredited laboratories in the United States. Our ambition is to ensure that once this case comes to CAS, we'll have information on all possible cases. "Sources suggest, however, that the USATF is not too keen on any broadening of the CAS hearing, which has not yet reached the court because the IAAF and the USATF have failed to agree on the terms of reference. The IAAF wants it to focus on all five cases; the USATF is not so enthusiastic. The continued lack of compliance from the USATF is a source of extreme frustration to

those who are fighting for clean sport. Dick Pound, a former vice-president of the IOC and now chairman of the World Anti-Doping Agency, said: "The USATF consistently ignores the rules. They have fought such a determined rearguard on this case, they make Horatio on the bridge look like a guy with a white flag. And they have a consistent record of not informing the IAAF of its laboratory results."

What does all this mean for Olympic sport? Would Exum's allegations not be extremely damaging if found to be true? "Au contraire," Pound said. "If there is any cover-up, we need to know. I would hate to think that the USOC has been part of a systematic cover-up, but if it's true, we need to know. It is open season on anyone who has cheated or who has helped people to cheat." And, if true, what would be the effect on Olympic results? The rules state that retrospective action can be taken on results within three years of an Olympic closing ceremony. That relay team at Sydney might, therefore, have cause to worry, but the medal-winners from 1992 and 1996 can hold on to their prizes, however they were earned. Yet, as Pound said: "If there's a technicality that allows someone to keep that medal when they're proven to have cheated, whatever's hanging round their necks, it's not gold any more."

It is the young sportsmen and women in the US and their parents who probably have greatest cause to worry. Another lawsuit, waiting to go to court in Denver, has been filed by a cyclist who claims that when he was on a national junior programme, his coaches put him on a regular course of anabolic steroids. If there was no cause for concern before, there is now.

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### **A FEW WORDS FROM THE VISIONARY STEVEN WRIGHT (American Comedian)**

- \* A clear conscience is usually the sign of a bad memory.
- \* A fool and his money are soon parting.
- \* Drugs may lead to nowhere, but at least it's the scenic route.
- \* Borrow money from pessimists - they don't expect it back.
- \* 99 percent of lawyers give the rest a bad name.
- \* A conscience is what hurts when all your other parts feel so good.
- \* Early bird gets the worm, but the second mouse gets the cheese.
- \* OK, so what's the speed of dark?
- \* Depression is merely anger without enthusiasm.
- \* When everything is coming your way, you're in the wrong lane.
- \* Ambition is a poor excuse for not having enough sense to be lazy.
- \* Everyone has a photographic memory. Some just don't have film.
- \* 24 hours in a day, 24 beers in a case - coincidence?
- \* Dancing is a perpendicular expression of a horizontal desire.
- \* What happens if you get scared half to death twice?
- \* If at first you don't succeed, destroy all evidence that you tried.

- \* If at first you don't succeed, then skydiving definitely isn't for you.
- \* A conclusion is the place where you got tired of thinking.
- \* Experience is something you don't get until just after you need it.
- \* The hardness of the butter is proportional to the softness of the bread.
- \* To steal ideas from one person is plagiarism, to steal from many is research.
- \* The problem with the gene pool is that there is no lifeguard.

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### **Polish Divorce**

A Polish lad married a Canadian girl after he had been in Canada a year or so and, although his English was far from perfect, they got along very well until one day he rushed into a lawyer's office and asked him if he could arrange a divorce for him - "very quick." The lawyer said that the speed of getting a divorce would depend on the circumstances and asked him the following questions:

LAWYER: Have you any grounds?

POLE: Ja, Ja, an acre and half.

LAWYER: Does your wife beat you up?

POLE: No, I'm always up before her.

LAWYER: Is your wife a nagger?

POLE: No, she white.

LAWYER: Why do you want this divorce?

POLE: She going to kill me.

LAWYER: What makes you think that?

POLE: I got proof.

LAWYER: What kind of proof?

POLE: She bought a bottle at the drug store, and put on shelf in bathroom.

I can read - it said "POLISH REMOVER".

### **THOUGHT FOR THE DAY**

Do you know that there is more money being spent on breast implants and Viagra than Alzheimer's research.

This means that by 2040, there should be a large elderly population with perky boobs and erections and no recollection of what to do with them.

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## **The Mythological Beer Scooter Phenomenon**

### **THE BEER SCOOTER**

How many times have you woken up in the morning after a hard night of drinking and thought "How did I get home?" As hard as you try, you cannot piece together your return journey from the bar to your home. The answer to this puzzle is that you used a beer scooter.

The beer scooter is a mythical form of transport, owned and leased out to the drunk by Bacchus the Roman god of wine. Bacchus has branched out since the decrease in the worship of the Roman pantheon and bought a large batch of these magical devices. The beer scooter works in the following fashion:

The passenger reaches a certain level of drunkenness and the "slurring gland" begins to give off a pheromone. Bacchus or one of his many sub-contractors detects the pheromone and sends down a winged beer scooter.

The scooter scoops up the passenger and deposits them in their bedroom via a trans-dimensional portal. It is not cheap to run a beer scooter franchise, so a large portion of the passenger's in-pocket cash is taken as payment. This generates the second question after a night out "How did I spend so much money?"

Beer scooters have a poor safety record and are thought to be responsible for 90% of all UDI (Unidentified Drinking Injuries). An undocumented feature of the beer scooter is the destruction of time segments during the trip. The nature of trans-dimensional portals dictates that time will be lost, seemingly unaccounted for. This generates the third question after a night out 'What happened?'

With good intentions, Bacchus opted for the EMIT (Embarrassing Moments In Time) add on, that automatically removes, in descending order, those parts in time regretted most. Unfortunately one person's EMIT is not necessarily the EMIT of another and quite often lost time is regained over a suitable period.

Independent studies have also shown that Beer Goggles cause the scooter's navigation system to malfunction thus sending the passenger to the wrong bedroom often with horrific consequences.

With recent models including a GPS, Bacchus made an investment in a scooter drive-thru chain specialising in half eaten kebabs and pizza crusts. Another question answered!!

For the family man, beer scooters come equipped with flowers picked from other people's garden and Thump-A-Lot Boots. These boots are designed in such a way that no matter how quietly you tiptoe, you are sure to wake up your other half. Special anti-gravity springs ensure that you bump into every wall and the CTSGS (Coffee Table Seeking Guidance System) explains the ring-barked shins.

The final add-in Bacchus saw fit to invest in for some scooters is TAS (Tobacco Absorption System). This explains how one person can apparently get through 260 Marlboro Lights in a single night.

## COMING EVENTS

**2002**

**Dec**

21 Scottish Night of Miles Newtown Park 5pm

**2003**

**Jan**

19 City of Wellington Full & Half Marathon Kilbirnie

**Feb**

8 Buller Gorge Full & Half Marathon Westport 8.30am

15 Great Lake Relay Taupo 2.30am or 5am

16 Wellington Masters Centre Champs (1<sup>st</sup> day) Newtown Park

16 Waikato River Run Hamilton 8.30am

16 Around the Island Relay Norfolk Island

23 Wellington Masters Centre Champs (2<sup>nd</sup> day) Newtown Park

**Mar**

1 Natural Gas Corporation Marathon New Plymouth

8 Tararua Mountain Race Kaitoke

9 Hutt News 10km Fun Run Lower Hutt

16 Round the Vines 10km & Half Marathon Martinborough

**April**

6 Upper Hutt Half Marathon Upper Hutt

19 Shaw Baton Relay (Interclub) Battle Hill

25 ANZAC Day Races Carterton

**May**

3 Fletcher Marathon Rotorua

3 Nelson Half Marathon & 10km Walks Nelson

11 Masters Classic Relay Trentham

**June**

7 Dorne Cup (Interclub) Trentham

15 Harbour Capital Half Marathon Wellington City

**July**

2-13 World Masters Track & Field Champs Puerto Rico

5 North Island Cross Country Champs Taupo

**2004**

April Masters Long Distance Championships Auckland

May 40<sup>th</sup> Fletcher Challenge Forests Marathon Rotorua

Oct OAVA Masters Track & Field Champs Rarotonga

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