



# RUNNING COMMENTARY



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## Club Website:

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The club website is [www.nbo.org.nz](http://www.nbo.org.nz) . Please send any photos, videos, results or items of interest / relevance to Tony Prisk at [tony.prisk@outlook.com](mailto:tony.prisk@outlook.com).

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## Articles

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Do you have something interesting which could be included in our magazine?

If you feel that it is interesting we would love to share it with other members. Articles for the next issue should be sent in by the middle of September.

A big thank you to those members who have contributed to this issue.

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## From the Editor:

It is great that it is gradually getting lighter in the morning and night and slowly starting to warm up. This certainly makes winter running a lot easier.

Allan's history of the Club is now up to the 1940's and he has included in his article a profile of Jim McCormack, who was the club's first National champion.



Recently we have had the good news that the Ngā Puna Wai athletics track is scheduled to open in October. This international standard track was originally due to open December 2017. That was delayed to January, then March and then May 31. The track was then damaged by vandals which further delayed the opening. It will be nice to have the National Track & Field championships at this venue for the next couple of years because we have been starved of National class competition since the 2011 earthquakes.

Tony Prisk



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## From Margaret:

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As I get older, the winter running season gets shorter. How else to describe my surprise to realize that in 2 months we will be all done and dusted? Wasn't it just May? The Christmas decorations will be out in the Malls before Labour weekend and we will all be a tad grumpy because we have lost an hour of sleep. Well maybe not you but I will be especially grumpy because I will have had to get up even earlier to meet my Sunday training group all of whom are morning people. In every other respect they are wonderful running companions who participate in fascinating conversations during a long run in the hills. In my defense, I will say that the Neuroscientists are clear that you are born with your lark or owl circadian rhythm and it is not a comment on your character.

We have survived some good Cross Country running over the last few weeks. I have really enjoyed watching our junior athletes perform over the winter. I hope you have checked the Facebook page to see the photos of them in action. As I write this they have two more events left on the race calendar. We adults have the Road Champs, relays and the Governors Bay Race to still enjoy leading up to our final Club run (the Connelly Cup 5k handicap from the Clubrooms on Oct 13th) and our prizegiving on Sunday 14<sup>th</sup> at the Cashmere Club.

I have been comparing notes with other Clubs during this season and we have all had an increase in Junior participation, which is a great thing. However, what we are seeing is a real shrinking of fields in the Senior ranks for both men and women. This was evident at both our local Cross Country Championships and the Nationals which I attended in Wellington several weekends ago. After running in that event, I will never complain about Halswell Quarry again. Other Masters athletes have told me that there have been other courses as bad in the old days, but I am clear I have never had to plow through as much mud. The high tide mark was halfway up my shin.

At our Club run from Tai Tapu School on Saturday- a lovely course around the Otahuna Circuit we use for our 15k event- there was a big box of books from members who were hoping to rehome them. I lucked out. I was advised that a tome called "Lore of Running: Discover the Science and Spirit of Running" by a medical expert from the University of Capetown was a treasure. And so it has proved to be. It would make a decent doorstep since it has over 800 pages, but aside from that it is full of science that I could relate to.

I homed in on the section about training the mind. Not at all surprisingly I found a section describing the psychological benefits of training. My training group knows all about this. They can tell when I have had a bad day and I start out fast or pick up the pace without checking. I am betting many of you know how a run can defuse stress, tension and anxiety. I knew that anyway but this book does a great job of explaining it with some references to studies. I'm going to quote one

section of it in conclusion. I'm keen to get your feedback. This book was first published several decades ago and there is bound to be much more science, but it is still worth reading.

“When compared to a single dose of tranquilizer, a single exercise bout (15 minutes walking at a heart rate of 100 beats/min) has a significantly greater effect on resting muscle tension. De Vries (1981) concluded that exercise has a substantial acute and long-term tranquilizing effect. Runners also exhibit less anxiety about death than do non-runners. “

I look forward to your feedback on that one too.

Margaret

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## **Our Marathon Champions:**

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Richard Young, Bruce Woods and Stephen Graham took out the trifecta at the Canterbury Marathon Championships at Queen's Birthday Weekend. They scooped the over 50 division.



## A Measure of Success—1940s Second World War:

The 1940s were dominated by the war which depleted the club markedly, but the efforts of the women and juniors kept the club alive until the return of the servicemen. The women dominated the relay during this period winning four times and finishing second on two other occasions. Another highlight was Jim McCormack winning the clubs first National title. By the time of the Club's 21<sup>st</sup> Jubilee in 1949 the club had bounced back to full strength.

In 1940 the Second World War was now showing its effects on club members and athletic activities with many members serving. However, more names kept appearing in the Canterbury Championship results, which was pleasing, with

### 1939 – 1940 Canterbury Championships

Men – Senior	A. H. Wayman	3ml 2 <sup>nd</sup> / 1ml 3 <sup>rd</sup>
	D. Gibson	Shotput 3 <sup>rd</sup> / Triple Jump 3 <sup>rd</sup>
	W.J. McDowell	880yds 2 <sup>nd</sup>
	H. Cook	220yds 2 <sup>nd</sup>
	Medley Relay 2 <sup>nd</sup>	(W. McDowell, D. Gibson, D. Bodger, H. Cook)
Junior	D. Bodger	Javelin 2 <sup>nd</sup> / 220yds 3 <sup>rd</sup>
	H. Sturrock	Shotput 1 <sup>st</sup> 10.36m
Women	H. T. Baker	80m Hurdles 3 <sup>rd</sup> / High Jump 3 <sup>rd</sup>

Dave Gibson stepping up to the Senior ranks with success.

In 1941, the effect of the war was brought home when in a small club you hear a list of members who paid the Supreme Sacrifice. The committee stood in silence as a mark of respect, the names to be recorded in the minutes. A. M. Boyd, S. Underhay, L. Bellamy, L. Treleavan, A. Buckley, L.D. Mason, P. J. Ryan and F. R. Olds.

The highlight of the year was the clubs first New Zealand Champion. Jim McCormack competing in the Junior high jump won, equalling the New Zealand record of 1.78m. He beat Blundell, who co-held that record, but for some reason it was never ratified.

Another first in the Canterbury Championships was the ladies winning the relay.



### **1940 – 1941 NZ Championships**

Men – Junior J. V. McCormack High Jump 1<sup>st</sup> 1.78m

### **1940 – 1941 Canterbury Championships**

Men – Junior J.V. McCormack High Jump 1<sup>st</sup> 1.74m

Canterbury Record

J. Lisle Javelin 2<sup>nd</sup> /Discus 3<sup>rd</sup>

Women 4 x 100yds Relay 1<sup>st</sup> B. Boldero, J. Boldero,  
K Callinan, A Joe.

In 1942 there were no New Zealand Championship robbing Jim McCormack of a chance to defend his title. However, he was successful in winning the high jump and long jump in Canterbury records. The women also came into their own retaining the relay and K. Callinan and B. Boldero taking the first two places in the

### **1941 – 1942 Canterbury Championships**

Men – Junior J.V.McCormack High Jump 1<sup>st</sup> 1.77m Canterbury Record

Long Jump 1<sup>st</sup> 6.55m Canterbury Record

Women – K Callinan 100yds 1<sup>st</sup> – 75yds 3<sup>rd</sup>

B. Boldero 100yds 2<sup>nd</sup>

D.Joe Long Jump 3<sup>rd</sup>

4x100yds Relay 1<sup>st</sup> 55.4 K. Callinan, B. Boldero,  
J. Boldero, D Joe.

In 1943, again there was no New Zealand Championship. With most men in the services it was left to the ladies to shine. Miss B Boldero was first in the 75yds and 2<sup>nd</sup> in the 100yds, with the relay team just missing the trifecta by finishing second.

### **1942 – 1943 Canterbury Championships**

Women – B. Boldero 75yds 1<sup>st</sup> 9.8 / 100yds 2<sup>nd</sup>

4 x 100yds Relay 2<sup>nd</sup>.

In 1944, there was again no New Zealand Championship. Jim McCormack was second in the Senior high jump, but this was now for the air force. The women continued the war effort by regaining the relay title, and in the 100yds a unique first for the club, New Brighton athletes filling the first three places.

### 1943 – 1944 Canterbury Championships

Women – D. Joe 100yds 1<sup>st</sup> 12.2 / 75yds 2<sup>nd</sup>  
B. Boldero 75yds 1<sup>st</sup> 8.4 / 100yds 2<sup>nd</sup>  
J. Boldero 100yds 3<sup>rd</sup>  
4 x 100yd Relay 1<sup>st</sup> 52.8 B. Boldero, J. Boldero,  
D. Joe, A. Joe.



Mrs. B. Levey (ne Boldero) a top performer for the club during the war years. In 1945 because of the war no evening meetings had been held owing to lack of members, with members serving in the armed forces both at home and overseas. Flight Lieutenant H. Sturrock, awarded the Distinguished Flying Cross, was the first club member to be decorated for serving overseas.

The Canterbury Championships were marred by floods to most of South Canterbury which prevented their athletes from attending. Once again the women were to the fore in the sprints and finished second to Crichton Cobbers in the relay. R.D. Molyneux was second in the Junior mile at the Championships, continuing his form from the cross-country season where he won both the Canterbury and South Island Championships. Mr Molyneux was the chemist at Belfast for many years.



### **1944 – 1945 Canterbury Championships**

Men – Junior	R. D. Molyneux	1ml 2 <sup>nd</sup>
Women –	D. Joe	75yds 2 <sup>nd</sup>
	J. Boldero	100yds 2 <sup>nd</sup>
	B. Boldero	100yds 3 <sup>rd</sup>
	4 x 100yds Relay 2 <sup>nd</sup> J. Boldero, B. Boldero, D Joe , A Joe.	

Finally the war was over and evening meetings were recommenced with good attendances.

In the Canterbury Championships of 1946 the men took off where they left off, with the return of Dave Gibson and Arch Wayman. The women continued their fine performances defeating Technical to win the relay.

### **1945 – 1946 Canterbury Championships**

Men – Senior	D. Gibson	Javelin 2 <sup>nd</sup>
	R.D. Molyneux	880yds 3 <sup>rd</sup>
	A.H. Wayman	3mils 3 <sup>rd</sup>
Women	D. Joe	Long Jump 2 <sup>nd</sup> / 100yds 3 <sup>rd</sup>
	A. Joe	220yds 2 <sup>nd</sup>
	D. Motz	Javelin 3 <sup>rd</sup>
	4 x 110yds Relay 1 <sup>st</sup> A.Joe, D.Joe, N Nesbit, R Motz.	

The reign of the women at the Canterbury Championships came to an end in 1947. However, Dave Gibson scored his first Senior title and Arch

### **1946 – 1947 Canterbury Championships**

Men – Senior	D. Gibson	Javelin 1 <sup>st</sup> / Shotput 2 <sup>nd</sup>
	A. H. Wayman	3mils 3 <sup>rd</sup>

1948 was an unusual year with no school children's events being held due to the polio epidemic.

In the Canterbury Championships C. Baxter was considered by Canterbury Judges to be the most promising athlete in the province after winning the 1 mile walk and 2<sup>nd</sup> in the 3 mile walk.

### **1947 – 1948 Canterbury Championships**

Men – Senior C. Baxter 1ml walk 1<sup>st</sup>/ 3ml walk 2<sup>nd</sup>  
H.F. Taylor 3mls 3<sup>rd</sup>  
D. Gibson Javelin 3<sup>rd</sup>  
Women N. Nesbit Long Jump 3<sup>rd</sup>

In 1949 the club celebrated its twenty first anniversary with a sports meeting on Rawhiti Domain.

Unfortunately, it was a quiet year in the Canterbury Championships with C. Baxter winning the 3 mile walk and the Junior relay team placing third.

### **1948 – 1949 Canterbury Championships**

Men Senior C. Baxter 3ml walk 1<sup>st</sup>  
Junior 4 x 220yds relay 3<sup>rd</sup>

To follow is an article I wrote in 2003 on New Brighton's first New Zealand Champion.

### **1946 – 1947 Canterbury Championships**

Men – Senior D. Gibson Javelin  
1<sup>st</sup> / Shotput 2<sup>nd</sup>

### **Soaring High / The Jim McCormack Story**

Jim McCormack has the honour of being the clubs first National champion. This was during a difficult time when the war took prominence, robbing him the chance of further success.

James Vincent McCormack was born at Leeston on the 5<sup>th</sup> July 1924, the only child of James and Marie McCormack. James played rugby for Canterbury but sadly died when Jim was only nine weeks old. At those times social welfare was unheard of, and it was a great struggle for Marie to bring up her son. A hard working woman, it is a great credit to her the success she achieved with Jim.

Jim attended St Mary's Primary School, and then moved to boarding school at St Patrick's College, Silverstream, which is in the Upper Hutt. It can't have been easy being so far away from his mother, and as you would expect he excelled at athletics.

Jim's uncle owned McCormacks Tavern in New Brighton and as a result his mother managed it for a number of years and lived on the premises. On holiday from boarding school he would return to Christchurch, and as a result of living in the area joined our club.

With boarding school over he took a job with National Insurance.

Not a lot is known about his early athletic career but in 1941 at age of 16 he won the Canterbury Junior high jump with a leap of 1.74m. He went to the New Zealand Champs in Wanganui, pardon the pun with **high** hopes of performing well, but was up against the defending champion W. Blundell who held the NZ record at 1.78m. In somewhat of an upset Jim defeated Blundell with a magnificent leap of 1.78m to win the club's first national title. Although he equalled the NZ record, for some reason it was not ratified. This performance was not beaten at national level for another ten years.

By now the Second World War was in full swing with most of the senior athletics serving overseas. This left it to the woman and junior athletes to keep the home fires burning, which is exactly what Jim did in the Canterbury Champs of 1942. With two Canterbury Records he won the high jump with a leap of 1.77m and the long jump with 6.55m. Unfortunately, because of the war no NZ Championships were held between 1942 and 1945, robbing him of any chance to retain his title.

Like most youngsters at the time he signed up with the armed forces and served in the air force. As a result, most athletes did not compete for their clubs but for the armed services. Now in the senior ranks he finished second in the Canterbury high jump but not for New Brighton.

In the air force he was a PT Instructor training the troops, which meant he remained in New Zealand for the duration of the war. He enjoyed playing basketball in the air force, and was initially camped at Wigram before moving to camps at Blenheim and then Rotorua. On Armistice Day when the war ended Jim was transferred to Ohakea. It was as a result of his transfer that he met his wife to be Norah, who was born and bred in Palmerston North. Jim met up with an old air force buddy Roy, who happened to know Norah's sister. On a night out, another buddy of Roy's just happened to be with Norah's sister, and with Norah tagging along met Jim. The pair hit it off and were married in Palmerston North in 1947.

While waiting to be discharged from the air force Jim taught physical education at Scotts College in Wellington until his papers came through. The couple then moved to Christchurch to help his mother at the tavern and moved into the premises with Jim as Assistant Manager. A few years later he became Manager and with Norah managed the pub until their retirement.

Over the years Jim was very good to the New Brighton Athletic Club, allowing

meat raffles to be sold there for many years. I am told that Jim was a quiet unassuming man, which explains why even with the club running raffles at the tavern, no one seemed to be aware he was the clubs first national champion.

Kathleen their only child was born in 1948 and for years managed the Parklands Tavern. The only child syndrome was broken with Kathleen having two boys and a girl.

Jim died on the 26<sup>th</sup> July 1994 at age 70 and is survived by his widow Norah who I am indebted to for the above information. Getting hold of Norah was no easy exercise, as she now has great-grandchildren, living in the North Island, and often travels there to help baby sit.

Allan MacLaren

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## Mel's Blog - Nourishing the Foundation:

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Maximum sports performance comes when the body is healthy and functioning as it should. Our general health provides the foundation required for wellness and we can add to that the building blocks such as training and nutrition to maximise our performance. So lets take a step back for a moment and ask the question "how is my general health and well-being?."

Inflammatory stress is unifying pathogenesis of chronic disease in the developed world. We are witnessing increased dysregulation of our immune systems and a growing number of diseases associated with this including: cancer, autoimmunity, hormonal imbalances, spectrum disorders in children, and Alzheimer's dementia in our adult population. (1)

I have pondered the question, why is this so? Why are we seeing more disease now than ever before?

The answer to this question is no doubt multi-factorial but there is growing scientific evidence to suggest the bacteria in our gut (known as our microbiome) plays a significant role in our general health and well-being. This makes absolute sense if we understand and acknowledge that 60-70% of our immune system lies within our gastrointestinal system. (1, 2)

Our gut microbiome should be diverse and plentiful, however with the introduction and widespread use of antibiotics from the 1940's in addition to environmental and lifestyle factors there has been significant change in what our gastrointestinal system is exposed to these days. (1)

One area that requires more research is the use of glyphosate-based herbicides (GBH). Glyphosate is the active ingredient in agricultural herbicides, the most famously known one being RoundUp. (1)

RoundUp is sprayed throughout NZ to control weeds and on many of our food crops, notably: wheat, corn, soybean and other staple crops. A growing body of research is documenting the health concerns of glyphosate as an endocrine disruptor and that it kills beneficial gut bacteria. (1)



So what does glyphosate do in the human body? This is where it gets a bit more scientific. Glyphosate is a profound zonulin stimulator. (1) Zonulin is a protein that modulates the permeability of the tight junctions between cells of the wall of the digestive tract. Research reveals that glyphosate damages the epithelial tight junction tissue on contact, weakening those barriers which protect us on the inside from the barrage of other environmental toxins we are exposed to, among other things. Injury to the tight junction can lead to intestinal permeability. (1)

It should also be noted that gliadin (a protein found in wheat and is a component of gluten), also stimulates zonulin. (2)

When we have intestinal permeability with the collapse of the tight junction firewalls, all organ systems go under duress. The acute inflammatory response becomes chronic inflammation and the system is overwhelmed with the outside world. (1)

Interestingly, redox biochemistry (where oxidation states of atoms are changed via electron transfer) is increasingly being recognised as the fundamental communication network of cellular protection and repair. (1)

Endogenous sources of these redox molecules are produced by bacteria in the gut in the form of carbon-based fulvic molecules, and intracellular reactive oxygen species (ROS) and reactive nitrogen species (RNS) are produced by vascular endothelium and mitochondria. (1)

For this reason, it is becoming clearer just how important the bacteria in our gut, and what they produce, form a key part of the process in our immune systems cellular network.

So what can we do to minimise our exposure to the growing number of environmental toxins and mitigate the effects of these on our gastrointestinal system?

- Be mindful of the food you eat. Avoid processed and packaged foods.
- Eat whole food. Buy organic and grow your own vegetables if possible.
- Avoid Genetically Modified Organisms (GMO). GMO crops are engineered to be able to survive the application of glyphosate.
- Limit or remove consumption of wheat based products.

- Incorporate bone broth into your diet. Bone broth is rich in nutrients that support gut health and immunity.
- Only use antibiotics when absolutely necessary.
- Use a probiotic after antibiotic use, preferably one with a diverse range of beneficial bacteria.
- Eat wild fermented foods to increase diversity of the gut microbiome.
- Interact as much as possible with the environment to increase the diversity of the gut microbiome. Run/walk in different locations to breathe in different bacteria and fungi.
- Use vinegar as a weedkiller.

This is a huge topic and I have only touched on a small part of the science. As part of my own healing since being diagnosed with Coeliac Disease, i'm doing more research, but for now I challenge you to look at your own health to ensure you have a solid foundation to build on. Be kind to yourself and remember, your health and well-being is your foundation, so nourish it!

### **References:**

(1) Zac Bush MD. Peer reviewed journal article. Glyphosate, Root Cause of Chronic Inflammation. White Paper: Resore's Repair and Protection of Tight Junctions from Glyphosate. <http://zachbushmd.com/>

(2) Amy Myers MD. The Autoimmune Solution, 2015.

### ***Further reading if you are interested:***

<http://www.scoop.co.nz/stories/PO1708/S00037/health-not-herbicides-time-to-phase-out-glyphosate.htm>

<https://www.thepaleomom.com/4-ingredients-avoid-2018/>

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<https://purposefrompassion.net/>



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