

**CENTRAL GAUTENG**



**MASTERS ATHLETICS**

## NEWSLETTER – APRIL 2019

### FROM THE CHAIR.....

As we are nearing yet another end of season period, I want to take this opportunity to thank my Central Gauteng Committee team for all their hard work and dedicated efforts over the past year. None of your input is going by unnoticed and I value each and every one of you. In fact: Without you guys there will be no CGMA. Kudos to you all!

The weekend past all eyes was on the Senior SA Athletic Championship and there were a number of ups and downs. We witnessed a new champ, Tshepang Makhete, taking the first place on the podium with a massive 72.25m distance in the hammer throw. With this throw he stunned the crowd and Chris Harmse, the SA Champion for the past 23 years had to settle for silver. This just shows that no-one can stop Old Father Clock. In years to come, athletes will just improve and get better, keep on breaking new records and set the bar of excellence higher and higher as new techniques and improved training methods develop over time.

Talking about records: Over 50 new records were set from pre-2018 SAMA champs up till now..... This is an amazing achievement! Well done all!

Focussing on the nearing SAMA Champs, I am sure we will yet again be witness to more SA Masters records being achieved. I, for one, are looking forward to see all my age group friends..... Yes, at this time of my life, I don't see them as my competitors, but as friends..... truth is: some are even considered family by now. This is what makes Masters Athletics so great: The feeling of belonging and you cannot explain this to anyone..... they have to experience it themselves.

For those travelling by car down to Oudtshoorn..... travel safe and keep to the speed limit..... Rather arrive a bit later than never! Keep the speeding for the track!  
Do your best at SAs, but above all: Have fun.

Zelda Claassen - Chairperson

### CGMA CHAMPIONSHIP - 13 APRIL 2019

We had our annual CGMA Champs on the 13 April 2019 and although there were small hick-ups, I don't see it as failures, but as learning curves. Every year we grow and learn as we go and I am sure that next year we will be even better..... We have to as CGMA is hosting the 2020 SAMA Champs!

We had to say goodbye to two of our committee members just before the CGMA Champs:

- Gert-Jan Scholtz resigned from the Committee as PRO due to work related pressure. We thank Gert-Jan for his contribution to the committee in the past.
- Peet Grove had a new work venture and moved to KZN. Peet was the Vice Chairperson for the Committee.
- Mariette Botha has been selected as PRO for the CGMA committee and I think we agree that she didn't let the grass grow under her feet. Mariette was responsible for all the sponsored goodies in the goodie bags. Well done and keep up the good work Mariette!

We have 6 pending records and we are just waiting for the confirmation from the next exco meeting.

Thank you to Nico Hattingh for all the beautiful photos he took on the day. The photos were posted on the SAMA Facebook page and some were uploaded onto the SAMA website. Nico is a freelance photographer who did the photos Pro Deo on the day of the champs.

I need to say a huge thank you to Maggie Dicks who assisted us with arrangement with the placement of the Technical officials. It was a huge help!

\*\* In this newsletter, I also include some handy tips from Jean-Michell (World Pole Vault Champion M70) about getting ready for the next World Masters Championship.

## FOR THE LOVE OF SPORT!

**Mariette Botha's** love for sport, specifically Athletics started at the age of 6 when she won the 60m girls under 6 at the Inter Schools Championships.

She competed in almost every event but, her love for High-jump started at the age of 9. She enjoyed playing Netball and achieved Gauteng Colors in Cross Country.

At the age of 12 she participated at her first South African Championships in High-jump and won a Bronze Medal with a Height of 1.55m.

Mariette won a total of 3 x SA Bronze Medals in High-jump during her School Years. She also broke a number of High-jump Records and was awarded Sportswoman of the Year and Vitrics Ludorum many years in a row.

After School whilst studying Teaching at Potch University she won another Bronze Medal at the Student SA Championships.

She got married to her husband Bennie in 2003 at the age of 19.

**Bennie and Mariette on their wedding day**



In 2004 she had a knee operation where-after she stopped jumping as she battled too long to Recover after the knee operation and then decided to start a family. Mariette & Bennie have been blessed with 3 beautiful daughters whom they love to the ends of the earth and back. They are a close family with strong Christian beliefs and Values.

**Mariette, Bennie and daughters: Lianey, Lara & Anika**



In 2014, Mariette joined Masters Athletics at the age of 30. In 2016 at the age of 32, she won her first gold medal at a Gauteng Senior Championships and also won Bronze at the South African Senior Championships in Stellenbosch in the same year. It was her first Senior SA Championship

**Bronze medal at Senior SA's 2016**



She also won a Silver Medal in March 2019 at the World Masters Indoor Championships in Toruń, Poland.

**Silver medal at WMACI – Torun, Poland 2019**



Mariette recently competed in the Senior Women's High-jump at the recent SA Senior Championships held in Germiston and She ran in the 400m Mixed Masters Women's Exhibition Race. Her 400m PB is 58.85 seconds which she ran in 2018 at the SAMA Champs in Bloemfontein.

Mariette often trains in the gym before sunrise and sometimes even in the dark after sunset. She sometimes trains in the street in front of their house and has even trained at night with a torch. She is extremely dedicated and does not allow anything to dampen her spirit.

Mariette believes that her Athletic Talent is a gift from GOD and that her success and achievements would never have been possible without GOD's Grace.

Mariette believes that Masters Athletes are Exceptional as they are mostly married with children, most have full time jobs, husbands/wives, households to run, family responsibilities and yet they still make time to train and to top it all they all pay for themselves to participate in a sport that they love...



She also quotes: Matthew 19:26 - with God, **All Things are Possible**

## **WORLD MASTERS ATHLETICS CHAMPIONSHIP: TORONTO**

I had the privilege to meet Jean-Michel de Senneville who recently joined Central Gauteng Masters Athletics – all the way from Mauritius. Jen-Michell is the world masters champion for pole vault M70 division. Due to Jean-Michel's international travel to compete in various world master championships he has a vast travel experience he will be sharing with us over the next few months leading to the World Masters Athletics Championship in Toronto in 2020. The World Masters Championship is scheduled to take place from 20<sup>th</sup> July to 01<sup>st</sup> August 2020.

Jean-Michel's first tip is to get Focussed and here is his first prelude:

Seven months having already passed since the Malaga, Spain Championship and therefore high time we make TORONTO a "real personal target"! That is, writing it in our diary and starting to monitor and record our daily training activities according to a new training program, which will be periodically revised. Alongside that, keeping a daily record of "How we feel" as a result of workouts, gym, weights, changes of program, new equipment, new techniques, competitions, nutrition, professional work, social activities, family commitments, injuries, illnesses, medical treatments, overview from time to time of our progress and make whatever changes we feel fit to our program, with the aim of arriving at the top of our condition at this next World Championship. Anything less will not be sufficient!

No doubt, we may be shocked already to realise that we only have some 60 weeks, including the Christmas holidays, ahead of us! That is X number of competitions and X number of days for each step in whatever progress we set ourselves to achieve, in order to reach our target at the Championships.

Of course we will try our best and we can only do what we can, but as we all know, that is not enough! Instead we can only be motivated on a daily basis if we set a very clear and bold personal target, which may well be a new world record or a personal best performance. It is for this reason and our drive towards excellence that is essential to keep personal focus all along the way from now onwards. This may well mean re-arranging everything in our lives in relation to this high personal priority. And this, in spite of our family, work colleagues and friends no doubt voicing resentment and demonstrating their open disapproval of being relegated to a secondary level in our scale of priorities.

This exercise can be a rough one..... so be warned! Unless of course, we use maximum diplomacy to make them aware that it is an important life-time opportunity for us to accomplish part of our dream and for which we already worked so hard.

So, in order to provide you with some assistance on this exciting journey, I will gladly share with you my personal views and recommendations on some of the most important aspects of this

wonderful adventure through CGMA's Newsletters. We will remind ourselves in the next issues of the importance of the various elements such as: the Decision, Reason behind the Move, Mental Readiness, Preparation, Mise-en-Forme, Challenge, Courage, Self-Management, Necessary Support, Daily Training, Sources of Energy, Right Equipment, Motivation, Body Management, Sacrifices, Hygiene, Good Health, Giving it All, Enjoying the New Lifestyle, Nutrition, Commitment, Perseverance, Supplements, Rest, Recuperation, Sleep, Changing Environment, Visualization, Self-Control, Finding the Comfort Zone, Knowing the Rules, Attention to Details, Knowing your Competitors, Equipment Transport, Being Prepared, Not Changing Habits, Avoiding Worry & Stress, Avoiding Injuries, Management of Injuries, What to Take, Clothing, Sponsors, Solitude, Music, Concentration, Responsibility, Getting to the Day, the Competition Itself, Handling the Media and above all, Keeping it Fun.

**REMEMBER:** Nothing can happen as you want it to happen without focus. It is a dynamic thing which gets sharper as one works on it and progresses. The more one advances towards a set target or major competition, one's whole lifestyle changes in relation to this focus..... This must be so if anyone is serious about reaching his or her target.

I am with you! JEAN-MICHEL de SENNEVILLE

### **OVERVIEW OF TORONTO - CANADA**



**A glimpse of the stadium where the Champs will be held In Toronto -Canada**

