

CENTRAL GAUTENG



MASTERS ATHLETICS

NEWSLETTER – FEBRUARY 2019

FROM THE CHAIR.....

I have started to type this message a number of times. Only to find myself erasing it again. I am normally a very positive person and the downs don't keep me down for long, because for some reason somewhere along the line there is always a light in the distance.

The problem with society is what matters. I have tested people over a short period. When there is suffering, people will say: "Ai, it is sad." I am sure that the majority will forget about the sadness as soon as they spoke the words. Other will say: "It is so sad. I wish I can help." and then forget about it. They could either have meant it, or just say the words to comfort themselves. There is a minute minority who will spring into action and DO.

We are all athletes who strive to improve ourselves on the track, field and road, but sometimes we forget about the bigger race. The race of humanity: the main task in our lives on earth. A race that is not aimed at promoting ourselves, but to include every one of the people around us and even those unknown to us.

I ask you to do the following: Take time to be quiet and in this time, write down your blessings in life. Then: List all the things you still want to achieve. Then mark the list with a highlighter/marker to indicate which of those things you still want to achieve will benefit you, which will benefit your family, which will benefit your society.

Now take another piece of paper. Write down all the sufferings you see around you (around you includes the entire South Africa). Now compare your wish list with the suffering list. What can you give up on your wish list to make life easier for someone else?

You see: The message I want to bring across to you, the reader: Are you a talker, or are you a mover and shaker. Whilst you train for your track, field or road race: don't forget about the humanity race we all have to complete.

Happy training!

Zelda Claassen (Chairperson)

Dates to remember:

INDOOR WORLD CHAMPS IN TORUN - POLAND:

We wish all the athletes who entered for the indoor World Championship in Torun, Poland all the best – may you be in top form and achieve the goals you set for yourself.

(The World Indoor Champs is held 24 to 29 March 2019)

Provincial Champs:

Eastern Province – 1 & 2 March 2019: Nelson Mandela bay
KZN - 22 & 23 March 2019: Kings Park
Gauteng North – 29 & 30 March 2019: Pilditch
Western Province – 13 April 2019: Cape Town Stadium
Central Gauteng – 13 April 2019: Germiston
SA Champs – 2,3 & 4 May 2019: Oudtshoorn
Free State Throw & jumps – 3 Aug 2019: Pellies Park
SWD Champs – 26 October 2019: Oudtshoorn
Free State Champs – 8 & 9 November 2019: Free State stadium

International Championships:

3 – 14 July 2019: 30th Summer Universiade – Naples, Italy
28 Sept – 6 Oct 2019: IAAF World Champs – Doha, Qatar
20 July 2020: WAMA Champs – Toronto, Canada

**THE CGMA CHAMPS FOR 2019 WILL BE HELD:
Saturday 13 April 2019 at Germiston Stadium**

CGMA WILL BE HOSTING THE SAMA CHAMPS IN 2020!

STRENGTH:WHERE IS YOUR END?

Juan van Vreden joined Central Gauteng Masters Athletics in 2016. According to him, he was never really interested in athletics at school. He did compete though as it was part of his rugby training. He also competed in swimming and tennis at school.

His interest in Master Athletics started when he accompanied Eurard Roode to a Masters event. He then decided that it is better to join in instead of just watching.

Just like many other Masters Athletes, Juan has a full time job and this is also the reason why he does not get around training as much as he would like to. For this reason his emphasis is on technique when he does get to the training circles.

At the moment he is in the process of changing his glide in the shotput circle to turns..... as he quoted Gary Player: The more you train, the luckier you become.

Juan (You pronounce his name as Guan) started a training session on Sunday mornings. At first they were only 3 people training in these sessions: His wife, Eurard Roode and himself, but as time went by the group grew and there are quite a few other CGMA members who joined the group. Sometimes if the weather allows, he brings a gas braai along and after training, they will enjoy a boerewors roll and cold drink whilst they social and discuss the morning's training. After all: the socialising is part and parcel of the masters being.

Juan competes in all the throws events, such as Hammer Throw, Discus, Greek discus, shot put, Javelin and Weight throw.

He says that the highlight for him was the 2018 SA Champs in Bloemfontein, as he could redeem his disappointment from the 2017 SA Champs in Cape Town where he had 3 no throws in the hammer at that stage he was in the lead in the Pentathlon competition. Another highlight was his participation in the World Masters Championship in Perth where he was amongst the top 8 finalists.

He would advise other people to join masters athletics not only for the competition but also to become part of a community who has the nature to reach out to people and make them feel welcome and be part of a family an addition to their home families.

He started as a Shot Put athlete, but in the last two years started to compete in the Throws Pentathlon and his aim is to become an all-rounder. His dream is to achieve 50 meter distances in the javelin, discus and hammer throw and to achieve at least 15 meters in the weight throw and shot put.

His athlete role models are: Anita Wlodarczyk (hammer) , Sandra Perkovic (discus) , Tom Walsh (Shotput) , Thomas Rohler (Javelin)

Juan is an electrician by trade and works for himself. Working for yourself can sometimes be more strenuous than working for an employer and for this reason he does not get around to put in the training time he would love to do at this stage, but I am sure he has the dedication and motivation from his friends and family to make it happen.



SUPERMAN JAUN IN ACTION IN THE CRICLE



Hamstring Injuries

Hamstring strains are one of the most common injuries in running sports. Sports like sprinting, jumping, kicking and highly skilled cutting exercises put athletes at risk. These strains can happen to the muscle or tendons. The majority of strains occur in the biceps femoris $\leq 75\%$ of the time.

There are two types of strains, categorised depending on the mechanism of injury. Type 1 is the most common injury, and occurs right before the foot hits the ground when sprinting. Once the foot hits the ground, a force is absorbed by the hamstring whilst in a lengthened position. This eccentric contraction (muscle elongates) on the hamstrings during sprinting, causing increased tension on the hamstrings as it lengthens and tears. Type 2 strains are stretch related that are often seen in dancers or gymnasts. The muscle put into excessive stretch positions through hip flexion.

There are various risk factors associated with a hamstring tear. Firstly and most commonly, Age, as an older muscle tears more easily. Previous injuries as you are more likely to reinjure a previously injured muscle. Hamstring length; lack of flexibility allowing for type 2 strains. Hamstring strength; Poor strength or muscle imbalances. Lumbar Sacral nerve impingement. Tiredness and fatigue causing a lack of co-ordination or progressive overload of the muscle. And finally a poor warm up and or conditioning before explosive movements.

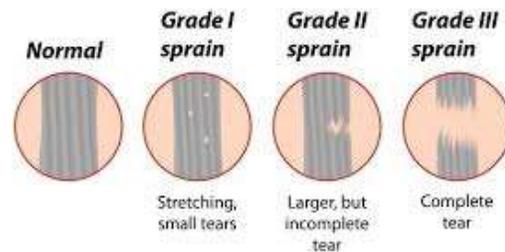
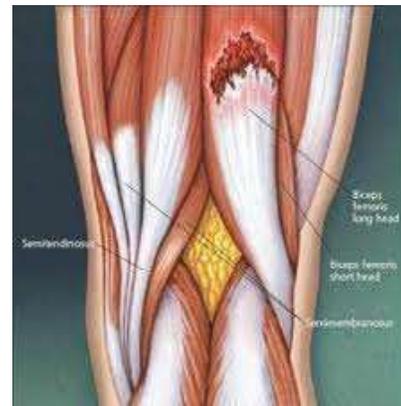
Signs and symptoms of a tear include; Pain in the hamstring muscle. Localised swelling and inflammation. Abnormal muscle tightness that lasts longer than usual. Bruising to the back and inside of the thigh as well as into the back of the knee. Pain on sitting causing pressure on the muscle. And lastly loss of knee and or hip movement.

Treatment varies depending on the size and location of the tear. However initially, the PRICER principle is of most importance. Prevention of further injury. Resting of the injured area which may include the use of crutches. Ice, compression and elevation of the leg above the level of the heart. And if the pain persists, referral to a professional for further evaluation and treatment.

Treatment may include; Management of the swelling and soft tissue mobilization and dry needling. This is done to assist with pain, inflammation and stimulate to healing process and correct fibre orientation within the newly healed hamstring fibres. Next we can start Isometrics exercise and a stretching routine. this is the beginning of the rehabilitation and return to sport protocol. Strengthening of the hamstring will progress and move towards functional sports specific movements and neuromuscular training. this assists in determining the readiness of the athlete for returning to sport as well as helping to prevent the re-injury of the torn muscle. In order to start a graded return to sport, the athlete must have full strength and be able to jog pain free.

Finally, always remember that preventing a hamstring tear is far easier than rehabilitating a torn one. When exercising, always take part in an effective, dynamic warm up. Always, where possible try and make use of an eccentric strengthening program at home or at the gym as well as making sure to do some trunk stability exercises.

ILLUSTRATION OF HAMSTRING TEARS



Hamstring tears often goes hand in hand with excessive bruising and discoloration of the skin



FOR MORE INFO AND ADVICE, YOU CAN CONTACT IAN HACKER: hacks@tiscali.co.za or
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