

CENTRAL GAUTENG



MASTERS ATHLETICS

NEWSLETTER – JANUARY 2019

FROM THE CHAIR.....

It's a new year and another 365 chances to make the best of it! To all who are back from their well-deserved holiday.... Welcome back.

Every new year most of the times with most of the people there are new year resolutions. Normally these resolutions just last until mid-January. This is why this newsletter is just in time.... Just before all new year resolutions are thrown overboard. Also: it is not too late to make those new year resolutions. Only difference now; you all are a year wiser and this is where the difference lies.

You would have noticed that your new year resolutions tapered down in energy and earthly motivated goals. I am sure most of you (like me) had dreams of being rich, drive sport cars, to be slim and sexy, to earn a top salary and to be on top of every project you take on.

As the years go by, you suddenly realise you have been chasing things of no eternal value..... And quite frankly: none of those exhilarating fast pace goals can be taken with you to the other side of this life. So keep the dreams realistic.....

Most of us cannot afford luxurious lifestyles anymore and that dream of the fancy sport car also faded with the rising of inflation, BUT: no-one can damper your spirit or rather: you should not allow anybody to do just that.

If you sit in a quiet place and close your eyes, you can travel to any destination in the world you would like to travel to, because your imagination is the biggest gift you could have received when you were born. Participating in Masters Athletics completes the picture: Closest to keeping young you will ever get! Keep training, keep positive and keep those PB's and records coming!

Zelda Claassen
Chairperson

Dates to remember:

CGA League meetings:

Saturday 26 February 2019 - Germiston
Saturday 9 February 2019 – Valentine Women's day
Saturday 16 February 2019 – Germiston
Saturday 26 February 2019 - Germiston

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:

24 – 30 March 2019: WAMA Indoor Champs – Torun, Poland
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

AND
CGMA WILL BE HOSTING THE SAMA
CHAMPS IN 2020!

HANS MIEKAUTSCH IS IN IT TO WIN IT!

Some older people sometimes think about getting more active. In Hans' case I don't know if there is room to get more active! He puts me, who am much younger than him, to shame.

Hans' sporting career started in 1952 when he was 16 years old, but he joined Masters Athletics in 1974 and had his first Championship (Then still Southern Transvaal Champs). The first 2 years he only competed in the high jump event and had great competition from Leo Benning.

It appears that Hans is the active one in his family, as the other family members do not compete in athletics. He says though that what he loves most about the sport is the friendship and camaraderie between the athletes and the respect for each other. I think the respect comes with the field of discipline. To stound out in the athletic world you have to be dedicated and disciplined – something that Hans clearly possess.

Like many of our fellow athletes, Hans gets very irritated by officials who are not clued up with the ASA rules. He mentioned that he on numerous cases had to show officials how to measure the cross bar at the high jump.

On asking Hans what the highlights of his athletic career would be, he replied: "That it was participating in World- and European championships indoors and outdoors. The ultimate highlight was however when he met Valery Brumel, the world record holder for high jump in his younger years at the World Masters Athletic Champs which was hosted in Durban.

The youth can always take some advice form the older more experienced athletes. I asked Hans what advice he can give to the younger athletes about being successful in the world of sport. His reply: "Enjoy what you are doing. It does not matter what the end result is. Do not look at others to compare your results with. I does not matter if you missed out on a medal. What is important is that you have finished the race or event you started'. High five to that statement Hans!

A summary of Hans' athletic achievements: (In his own words)

My athletic life started in October 1953 in Austria with a cross run over 1000m, which I won. So I started with a win, but it was for a number of years, exactly 7 years, until I won again. The way between my first win and the second win was not a bed of roses, more downhill and falls then uphill. Even when I was on top, nothing came easy. I had to fight for everything.

Over the years I kept nicely on top and kept a place in the first 20 in the Youth-, Junior- and Senior Ranking in Austria.

In 1970 I immigrated at the age of 32 to South Africa and landed in ORKNEY -Western Transvaal and joined in 1971 an Athletic club in Klerksdorp.

1974 I left Western Transvaal and moved to Johannesburg and joined Wanderers Athletic Club where Monty and Leon Hacker were members.

In later stages I moved to Goldfields Security where I did some long distance running because I worked for Goldfields. When Goldfields closed down I joined Kempton Park Athletic Club where I am a present member.

Over the years I had my high flying and low flying and crash landings. And very strange, in the last 15 years, I slowly started flying higher and eventually in 2016 in Perth I won a World championship in High jump at the ripe age of 78.

Last year in Malaga at age 80, I was blessed and I could be standing on the rostrum on top again to have won another World Championship in High jump. 2014 was a very good year, if not the best. On the World Ranking in High jump, I was on top in first place and sharing the top spot with my good friend Willy Klaus from Germany. So it seems now that in my advancing age I am on the sunny side of my sporting life. 2018 was a good year in World Rankings:

Indoor: 60m Hurdles	8 th.	Outdoor: High Jump	3rd
High jump	4 th.	80m hurdles	3rd
Pentathlon	3 rd.	Decathlon	4th
Long-jump	7 th.	Pole-vault	10th



HANS IN ACTION

** Hans asked me to read the poem "Don't Quit", which he applies to his sporting career. I post it below for you to read

Don't Quit

When things go wrong, as they sometimes will,
When the road you're trudging seems all uphill,
When the funds are low and the debts are high,
And you want to smile, but you have to sigh,
When care is pressing you down a bit,
Rest, if you must, but don't you quit.

Life is queer with its twists and turns,
As every one of us sometimes learns,
And many a failure turns about,
When he might have won had he stuck it out;
Don't give up though the pace seems slow –
You may succeed with another blow.

Often the goal is nearer than,
It seems to a faint and faltering man,
Often the struggler has given up,
When he might have captured the victor's cup,
And he learned too late when the night slipped down,
How close he was to the golden crown.

Success is failure turned inside out –
The silver tint of the clouds of doubt,
And you never can tell how close you are,
It may be near when it seems so far,
So stick to the fight when you're hardest hit –
It's when things seem worst that you must not quit.

Foam Rolling in Rehabilitation

The use of foam rollers to provide muscle massage has become very popular in recent years. Advocates for foam rolling cite a number of potential benefits for its use. These include improved joint mobility and flexibility, enhanced recovery following intensive exercise where delayed onset muscle soreness (DOMS), a reduction in tendon stiffness and a reduction in injury-related pain. There's even some suggestion that regular foam rolling could enhance muscle force generation and by doing so, improve athletic performance. In this article, we will look at the most recent evidence to support (or otherwise) these claims, and the most effective implementation protocols for foam rolling. Foam rollers come in several sizes and densities. The structure of foam rollers vary from a mild density foam to a more rigid and solid plastic cylinder with a dense foam outer covering. Although researchers have demonstrated that higher density foam rollers can produce more pressure on the target tissues than softer density foam rollers(2), the downside is that some patients may find hard foam rollers too uncomfortable to use so a compromise may be needed. The foam rolling surface may also vary from smooth to textured, through to 'knobby'. To date, there's little evidence in the literature as to which surface type may be most effective; however, the 'GRID' foam roller has been used in previous studies in this area with positive results. The practice of foam rolling has only really become popular in the last decade or so. And while studies have reported various beneficial results from a foam-rolling program, there remain a number of questions to be resolved. Examples of these questions include: How effective is foam rolling for increasing joint range of movement (ROM)? Can foam rolling techniques be effectively self-taught?

Which types of rollers are most efficient? Is foam rolling an effective technique for my fascial tissue release?

Unfortunately, the relatively limited amount of evidence available to date means that it's not possible to fully answer all of these questions; however a look at some of the more recent studies can give clinicians some useful insight into what are likely to be effective approaches.

Foam rolling and ROM (rolling of muscles) Many studies have investigated how stretching affects range of motion and performance. In general, these results showed increased ROM following a stretching program but with (in the short term) an impairment in subsequent performance – an undesirable outcome for an athlete who is seeking to improve joint flexibility in readiness for competition or training.

More recently, the use of foam rolling has been advocated as an alternative to stretching. In a study that have examined how a foam roller affects flexibility, researchers reported 12.7% and 10.3% increases in knee-joint ROM at two minutes and ten minutes respectively, following two 1-minute bouts of foam rolling. In another study, researchers found that compared with no foam rolling, quadriceps ROM was 11% and 9% greater at 48 hours and 72 hours, respectively after treating exercise-induced muscle damage (EIMD) with a foam roller (see figure 2). In the same study, hamstring flexibility at 72 hours post foam rolling was 3% greater. In

muscles with force applied by the user rather than using bodyweight – see figure 3), researchers demonstrated a 4.3% increase in 'sit-and reach' ROM with 5 and 10 seconds of roller massager application.

Although not significant, they found a trend for 10 seconds of roller massaging to increase ROM more than 5 seconds. Importantly – and contrary to most static-stretching studies involving prolonged durations – all three of these studies reported either no subsequent reduction in voluntary force or activation, or a much lesser degree of impairment. Another study looked at the effects of roller massaging on knee ROM and neuromuscular efficiency during the lunge exercise. Ten recreationally active participants performed three randomized experimental trials on three separate occasions: 1. Five repetitions of 20 seconds of roller massaging to the quadriceps. 2. Five repetitions of 60 seconds. 3. A control condition in which participants sat quietly.

To ensure consistency, the rolling was applied by a machine set at 25% of each participant's body mass. The two key findings were as follows: Knee-joint ROM was 10% and 16% greater than the control condition in the 20-second and 60-second roller massager conditions, respectively. A roller massager applied to the quadriceps at a load equal to 25% of body mass was moderately painful and induced minor contractions as measured by (EMG).

More evidence further studies also provide credibility to the notion that both foam rolling and roller massaging can aid in improving range of motion. For example, in a study on 40 subjects with less than 90 degrees of passive hip-flexion ROM, researchers compared the effects of foam rolling and static stretching on range of motion. During each of trial sessions, subjects' passive hip-flexion ROM was measured before and immediately after the following: Static stretching only. Static stretching combined with foam rolling Foam rolling only Nothing (control)

To minimise accessory movement of the hip and upper leg lateral side, the subjects adopted a supine position, with a strap placed across their hip, and another strap located over the uninvolved leg just superior to the patella. A bubble inclinometer was then aligned on the thigh of the involved leg, with which subjects

Self-myofascial release (SMR) is an intensive self-treatment with rigid foam rollers and other small handheld tools based on the exertion of moderate force to the soft tissue. Often these tools are used as part of a comprehensive program and are often recommended to the client to purchase and use at home. Aiming to tackle dysfunctions of the skeletal muscle and connective tissue, it claims to mimic the effects of manual therapy techniques. As we've seen, recent studies indicate that SMR, among other things, improves range of motion without concurrent decrease in neuromuscular performance.

a study in which roller massagers (hand-held rollers applied to the

In addition to neuronal mechanisms, such as increased stretch tolerance, these flexibility increases might be attributed to acute two key morphological adaptations: 1. The fasciae surrounding the muscles of the lower extremity are composed of multiple fibrous layers. Loose connective tissue enriched with hyaluronic acid allows these layers to slide against each other during motion – for example contraction or elongation of the underlying muscle. Several researchers have postulated a positive effect of SMR using foam rolling on fascial sliding properties. This effect may come about by breaking up adhesions or loosening cross-links between these layers.

Another hypothesized morphological consequence of SMR is the alteration of passive tissue stiffness, such as that which occurs after static stretching. A number of studies have demonstrated the existence of myofibro-blasts (and their ability to impact stiffness) in fascia. According to in vitro experiments, fascial hydration has been shown to alter biomechanical tissue properties. Therefore, compression of the muscle and the surrounding fascial tissue by use of a foam roller might stimulate contractile cell activity, and beneficially affect tissue hydration and the microarchitecture of cell cytoskeleton or muscle filament mechanical properties - and thereby reducing fascial tissue stiffness.

But while both of these morphological mechanisms seem highly plausible, there is insufficient scientific evidence to date to confirm that this is the case. That's because most studies have focused purely on functional and subjective parameters such as flexibility, range of movement, recovery and pain. However, there is currently a trial underway to try and explore the underlying mechanisms involved in self-fascial release using a foam roller or roller massager. In this study, researchers are evaluating the acute effects of SMR on the passive tissue stiffness of the anterior thigh muscles, and the sliding properties of the associated fasciae. Results are expected in the near future.

Summary: Recent studies seem to confirm that foam rolling and roller massaging are capable of improving joint ROM across a number of joints. The effects are equivalent or superior to static stretching but without the acute performance drawbacks of the latter. Foam rolling may also be effective for self-myofascial release, although the mechanisms by which these benefits are realised remain to be elucidated. Foam rolling can be successfully used by clients outside of the clinic setting providing instruction is given – either verbal, video or self-guided. Vibrating rollers may give additional benefits in terms of pain tolerance but more research is needed to confirm this.

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