

CENTRAL GAUTENG



MASTERS ATHLETICS

NEWSLETTER – MARCH 2019

FROM THE CHAIR.....

Firstly I need to apologize for being late with the March Newsletter! Time is flying and in between work, athletics and looking after the grandchildren whilst my children were in Torun, Poland, I just failed to keep up the fast ticking clock.

On 29 & 30 March, the Gauteng North Masters Athletics Championship was held. It was a very well organised meeting and a number of new South African records were achieved. I don't want to mention names at this stage, just in case I leave someone out. Please look at the SAMA Facebook page for news!

I think I speak for everyone when I congratulate Ansie Hennop and her Gauteng North team for yet another excellent Championship. I think most athletes do not realise the amount of work that needs to be done in order to host a Championship. It takes dedication from all on the committee before and on the final day.

The records is still in the process of being verified and will be posted in the next newsletter.

Time to pay tribute to the people behind the scene. Salute to you General Ansie Hennop!



Zeldia Claassen (Chairperson - CGMA)

INDOOR WORLD CHAMPS IN TORUN – POLAND:

Congratulations to our two medal winners at the World Masters Indoor Championship in Torun, Poland:

Mariette Botha – Silver Medalist – High Jump with a result of 1.70m!



Ida-Marie Strydom – bronze medal – pole vault – with a result of 3.10m!



1996 GOLD MEDALIST & HERO ATHLETE!

Not only did Donovan Wright win a gold medal in the 1996 Comrades Marathon, but he shattered several other records and also achieved two gold medals in the Two Oceans run in 1998 and 1999.

Donovan's uphill battle is a story of continued persistence and determinacy to overcome the obstacles life has thrown at him. It is seldom that you come across such a versatile athlete who can perform on all platforms..... From track and field to road running.

I normally do a one pager article on a selected athlete, but in Donovan's case, one page is simply not going to paint the whole picture. So embrace yourself: You are just about to read the story of a real legend.

It is both with sadness and delight that I came to know about Donovan Wright. I say sadness because of the circumstances he was raised in as a child. He was born under his grandmother's surname of Vigeland, but his mother's surname was Cleophas and his biological father's surname is Krieger. He was afterwards adopted by his stepfather and this is how he got the Wright surname.

He did not get his accolades handed to him on a silver platter. In fact, he grew up in a very poor suburb where 10 people of the family lived in a two bedroomed house, where food was not always readily available.

Despite all of the above, Donovan's faith went from strength to strength and today he is a devoted Christian who attributes all his successes and achievements to the love of his Creator.

He was diagnosed with Anaplastic Large Cell Lymphoma, t-cell phenotype and had to have several brain surgery and with the 8th brain surgery he had, he found himself with his face being paralysed. However, nothing could stop this athlete from getting back to the track.

To test his mental strength to test if he still possesses the ability to get back to onto the track and achieve victory, he went without food for 8 days and after this period he realised that he had what it takes to pursue his athletics career..... and a bit more he said. He says that his outlook on his life and running did change though: In his own words: "I don't run for easy accolades such as to win medals or beat this or that champion athlete, but I run for the pure exhilaration of expressing athleticism and mental will power. No wonder I now hold ALL the SA transplant records in my 50 - 59 age group; 100m, 200, 400, 800, 1500 and 5km road. What I really would love to hold, is the thought that I assisted in some way in the awareness and contribution others in my Country make to stem-cell and organ donation. It is so so much more worth to know you helped give some person's child life by donating stem-cells or an

God-willing that is much more priceless, than the world records I am due to run or global athletics medals I am to win at World Transplant Games, come August 2019 at historic Gateshead stadium in the UK."

Earlier this year on January 12, 2019 Donovan broke the SA and World transplant 100 meter record in 12.68 seconds.

He is the only athlete who ran in World Championships in vastly different distances..... 200m-sprint (planned for Gateshead UK in Aug 2019) and 100km-ultra marathon (Winschoten, Holland in 2000).

I think we can all relate with Donovan's positivity..... Run Forest (Donovan) run!

We wish you many more happy running years Donovan!



organ.	
<p style="text-align: center;">QUIT SMOKING!</p> <p><u>Some Quick smoking facts:</u></p> <ul style="list-style-type: none"> • Cigarette smoking has been identified as the most important source of preventable morbidity and premature mortality in the world. • Smoking related diseases cause an estimated 4,4 million deaths each year world wide. • Cigarette smoke contains over 4 800 chemicals, 69 of which are known to cause cancer. • Second-hand smoke contains chemicals such as carbon monoxide, ammonia, formaldehyde, benzene, etc. • Women account for 39 percent of all smoking deaths. <p><u>Second hand smoking facts:</u></p> <ul style="list-style-type: none"> • 300 000 non-smoking adults die of diseases caused by exposure to second hand smoke every year. • Second-hand smoke causes coughing, phlegm, chest discomfort and reduced lung function in non-smokers. • Infants and children under the age of 18 months of age suffer increasingly from respiratory tract infections and 10% leads to hospitalisation. • Asthma occurrence amongst children is also commonly discovered to be a risk factor as a result of exposure to second-hand smoke. • Children exposed to second-hand smoke also have an increased risk to middle-ear infections, due to phlegm built-up during respiratory tract infections. • More than 10 million young people aged 12-18 live in a household with at least one smoker. • Exposure to second-hand smoke increases the risk of heart diseases by 25%. (New England Journal of medicine) • A study done in the USA on children revealed that more than 50% of the children living in a household with a smoker had a breakdown product on nicotine in their blood. <p><u>Facts about electronic cigarettes:</u></p> <ul style="list-style-type: none"> • Although the electronic cigarette does not contain tar (which is one of the chemicals in cigarettes), it does contain a lot of other harmful chemicals which is also found in normal cigarettes. The fluid used in electronic cigarettes also contains nicotine, which is an addictive drug. 	<p><u>Benefits from quitting smoking:</u></p> <ul style="list-style-type: none"> • After 20 minutes, blood pressure drops to normal. • After 8 hours, the carbon monoxide level in the blood drops to normal. • After nine months, coughing, sinus congestion, fatigue and shortness of breath decrease and the cilia (fine hairs in the respiratory tract) re-grow. • After five years, the chance of dying from a lung disease decreases by almost half. • After 15 years, the risk of heart disease is equal to that of a non-smoker and the risk of dying from lung cancer is only slightly higher than that of a non-smoker. <p><u>Short term benefits:</u></p> <ul style="list-style-type: none"> • Smoking is becoming an increasingly expensive hobby and by quitting smoking, a person can save a lot of money which can contribute to other lifestyle luxuries which could assist to improve quality of living. • Non-smokers are found to be more productive as concentration increases and non-smokers are found to have better concentration during tasks performed. • Medical expenses are reduced (this include dental care) • Non-smokers have less chance of having sleep apnoeas (Sleep apnoea is classified as short periods of up to 20 second where breathing stops completely during sleep) • Non-smokers have better taste of food and needs less caffeine intake. (Most smokers develops an addiction to coffee or other sources of caffeine) <p><u>Break the habit:</u></p> <ul style="list-style-type: none"> • Step 1: stop smoking in any enclosed area – this includes your house. • Step 2: stop smoking an hour after any meal. • Step 3: stop smoking an hour before and after bed time. • Step 4: Stop smoking during times that alcohol is consumed. • Step 5: Stop smoking full cigarettes – nip halfway. (Don't keep half-smoked cigarette) • Step 6: Give equal amount paid for cigarettes to your spouse.

