

**CENTRAL GAUTENG**



**MASTERS ATHLETICS**

## NEWSLETTER – MAY 2019

### FROM THE CHAIR.....

Rest at last! With the SAMA championship behind us, I am sure there are a large number of athletes who are looking forward to a well-deserved rest for a short period.

Thank you to SWD who hosted the SA Championship in Oudtshoorn. For those who wonder what you have to put in to be able to host such an event..... just let me know: I need a shadow to assist for next year's Championship, which will be hosted by CGMA. The date for next year's championship can only be confirmed in October when the booking of the track will open for the next season's meetings.

On the SAMA Champs topic: It looks like the athletes are just getting stronger and faster as year on year new records are set. For those of you thinking that you will never reach your event's record..... Don't give up! The magic word in targeting records is: PATIENCE! Also: Don't go for records; go for personal best performances..... Eventually the records must surface. Every centimetre and every second gained is a step closer to your goal.

The past year 20 new National Colour awards were achieved and 10 re-awards has been achieved. New Awards are for athletes obtaining National Colours for the first time and Re-awards are for athletes who apply for National Colours who already were awarded National Colours in previous age groups. You can only apply once per age group for National Colours to be awarded or re-awarded if achieved previously.

Like so many other achievements that you reach, the same applies to National Colours: Looking back it appears fairly easy, but the journey to get to the top did not come without hard work, dedication and family and friends' support. It takes discipline and also impacts on your social life, as you might find yourself training whilst friends and family have social gatherings.

The sad part of every SAMA Championship is the minute of silence when we pay respect to those who are no longer with us with a minute of silence during the opening.

Zelda Claassen – CGA Chairperson

### New National Colours were awarded to:

Athlete	Prov.	Item
Ida-Marie Strydom	AGN	Long jump & Pole Vault
Ronel Vijjoen	AGN	5000mW
Daniel Labuschagne	AGN	5000mW
Johann Coetzee	AGN	5000mW
Martin Plews	AGN	Shotput
Ronel Griesel	BOL	Shotput, Hammer
Ronel Beukes	BOL	100 & 200m
Pieter Deetlefs	BOL	100 & 200m
Zelda Claassen	CGA	Hammer
Wilhelm Pauer	CGA	Javelin
Magdalena Coetzee	FSA	Javelin
Eustace Lemmetjies	FSA	100m
Irene Scheffer	NWN	800m, 1500m, 10km & 21km
Birdie Pearson	WPA	5000mW, 10kmW, 20kmW
Mandie Brandt-Snyman	WPA	400m, 800m, 1500m
Juanita Gerstner	WPA	Shotput, discus
Anneline Roffey	WPA	800m, 1500m
Anton Wale	WPA	Shotput, discus
Max Ruppert	WPA	Steeplechase
Ricardo Mentoer	WPA	100m, 200m

### Re-awards to:

Athlete	Prov	Item
Dereck Sterley	AGN	Shot Put, Discus, Hammer, Javelin, Weight, Pentathlon
Christopher Callaghan	AGN	10km W
David Ludeke	AGN	Triple Jump, Javelin
Johan Gouws	AGN	100mH, High Jump
Hans Miekautsch	CGA	80mH, High Jump, Long Jump, Tripple Jump, Pole Vault
Kitty vd Merwe	FSA	Hammer, Javelin
Mariette Strauss	WPA	10Km, Steeple, 21.1km, 42.2km
Stannius Borg	WPA	Shot put, Discus, Hammer, Wight throw, Pentathlon
Joseph Warries	WPA	200m & 400m
Vincent McBride	WPA	Long jump, Triple jump

## WHO IS THE CHAIRPERSON?

Suppose that will be me? – Zelda Claassen. I thought, seeing that I need to do an article on every single Central Gauteng athlete, that I might as well do an article on myself. It also comes at a good time, as I just receive my National Colours in Hammer Throw.

I joined Central Gauteng Masters Athletics in 2015, after I supported my daughter for some time. Whilst being a spectator, I got the desire to join and participate. I started doing a bit of javelin and shot put and then gradually added other field events. It is the hammer throw that got me hooked – just love it..... I was awarded my National Colours for hammer throw the recent awards evening in Oudtshoorn. It was a WOW moment for me, as I have never been a top athlete at school or during the times that I did road running.

I am the mother of three children, Pierre, Mariette and Chrizzell. I am fortunate to have two sons in laws and a daughter in law whom all feel like my own children. I have also been blessed with 7 grandchildren. Mariette is also a masters athlete and achieved a silver medal at the recent indoor WAMA in Poland for high jump. Chrizzell is a long distance road runner and is doing very well: She is participating in her 4<sup>th</sup> Comrades Marathon this year and is amongst the elite starting list.

All who knows me know that I am a real busy bee and like to assist wherever I can. People always say ‘God will bless you”, but the truth is that God has blessed me in advance..... I am just trying to pay back.

I have been co-opted as a committee member for Central Gauteng Athletics in 2016 as Public Relations Officer and volunteered (can you believe it?) to stand in as Chairperson as the previous Chairman, Ian Hacker had to step down due to family responsibilities.

Being Chairperson is not so bad. It has its ups and downs. I love people and love to help to make a success of what I take on. I must thank every committee member, as one swallow does not make the summer and every committee member is a valued part in order to grow the success of CGMA.

In order to achieve goals and excel in any sport, an athlete has to work hard and be dedicated to follow a training schedule. I train 3 to 4 days a week at the UJ B field and also at times do a bit of brisk walking. I am fortunate to have a good coach, Linly de Beer. It is his motivation and support that got me to the National Colour stage. At home, I have a set of weights and do this training to gain some muscles strength.

Very recently I committed to start doing some fun runs, but before I can do that I need to do some training..... So I guess it is back to some road training.

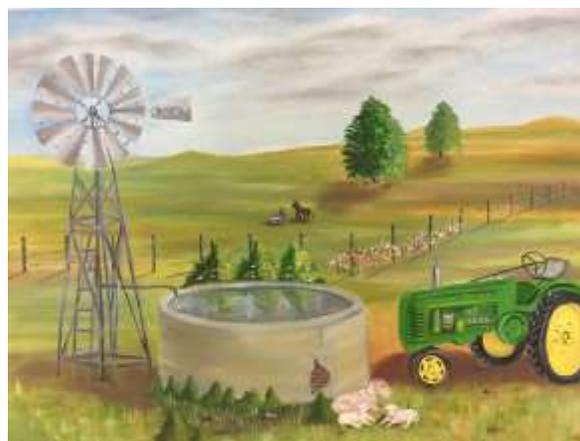
Being the Chairperson is nothing much as it is just a vacancy that needs to be filled. But: For me it is like being the mother of all the CGMA athletes: old and young.

Apart from athletics, I have attempted to do a bit of fiction writing and published three books.

Next on the bucket list was painting. I am still doing oil paintings from time to time and this helps to get to spend some ‘me-time’ in order to get relaxed. Nothing more relaxing than spending time with a paint brush in the hand.

The bucket list is still long and with God’s grace I hope to get around doing it all.....

Here is a photo of a painting I did:



Me with my National Colours blazer:



**With the World Masters Athletics planned in Toronto next year..... some useful tips from Jean-Michel de Senneville (for those planning to compete in 2020 WAMA Champs):**

### **KNOW YOUR COMPETITORS**

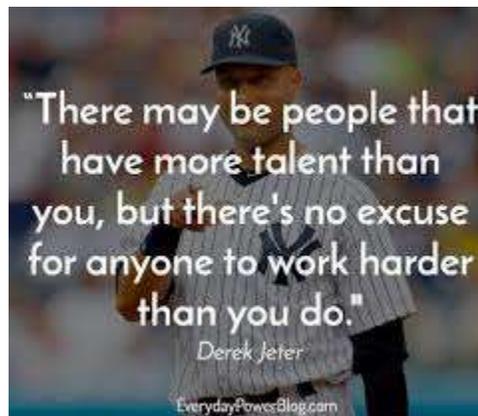
I believe this is vital for the following reasons. (1) To position yourself in the World ranking is to know exactly your place on this planet - how many potential competitors are around you and better than you, the performance which is required of you, how much you need to progress and the work which is ahead of you. (2) It will allow you to set your personal goal, (3) provide you focus, (4) assist you in establishing a clear training programme, (5) motivate you, and (6) relax you. Simply because you will know where you are going and how to reach your target. The rest is just enjoyable and peaceful hard work!

**Start with a bit of Googling on the Net** - World Records, World Rankings, European Rankings, African Rankings, Individual Athletes' Name, World, Regional and National Competition Results, etc.... Do not try to remember anything! Rather, print and write down your findings. As you will be consulting them again and again.

**Find out everything you can on your main potential competitors.** Their date of birth (age), individual performances, Seasons' Best, progress over the years, their picture, their business or profession, their hobbies and if you can find it, some videos of their performances in order to evaluate their style, good and bad points, strengths and weaknesses. Detailed results of competitions are very valuable info's. As it will clearly show you (in the case of my Pole Vault event) the height at which your competitors usually start, their progress and their limits. It will be very useful in building a detailed "**Character Profile**" of your main competitors. In doing it, you will detect exactly where some good athletes succeed and others fail. Because they are led to and trapped into difficult situations. Take notes of your personal assessments. Some may make you laugh! You will for example notice the "Big Shots" who start too late, follow others in "passing" to higher heights, getting nervous and missing some trials. Especially if an athlete who is not as good as them have jumped and cleared the bar ahead of them

Each athlete seems to have a clear "trend" - a personal **behaviour** at competitions. **Anticipate their move.** The thing to remember is that your competitors are also at work, searching about you. The aim is not to fall prey of their possible psychological game on the day of the competition. What I mean is that they will also single you out if you are any good. They will also follow your performance, detect your behaviour and anticipate your strategy. But, they will also try to play their own game! What they will resent and destabilize them is any new comer forcing them to change their game plan.

That is the moment you will have to dig into this valuable intimate knowledge of your main competitors in order to improvise on the spot and control the competition to suit you best. It sounds very complicated. But if you have done your homework, it will come naturally! It is like Poker - a lot of intuition based on sound knowledge. By homework, I mean pinning a list of your main competitors with their pictures and their best performance in order of priority on your bedroom, bathroom or WC wall as early as possible - **NOW!** You need to look at it often, talk to each one of them, tell them (loudly) how shocked you think they will be of your performance. Even try to feel some sympathy for them not knowing that you are coming to surprise them! It sounds very "Trumpy". But you need to practice "dealing" with these potential competitors on a one-to-one basis without any shame or shyness. It will get your adrenaline pumping. This exercise will build your self-confidence. Especially if your training is going according to schedule. And it will motivate you, daily. Follow-up and keep-up the search on the Net on a regular basis in order to monitor your competitors' participation, progress and performance, Worldwide. It is a sure way of **KEEPING YOUR FOCUS.**



## **Iliotibial band syndrome:**

### **What is ITBFS?**

Iliotibial band friction syndrome refers to the pain on the outside of the knee often associated with running. It occurs as a result of rubbing between the back boarder of the ITB and the lateral epicondyle of the femur. The most friction occurs as the foot first strikes the ground and with repetitive bending and straightening inflammation can develop. Pain seems to occur at the same distance or time each run.

### **What is the ITB?**

The Iliotibial band is a thick band of connective tissue (fascia) that runs from the pelvis to just below the outside of the knee. It attaches to the glute muscles and the Tensor Fascia Lata muscle. Its main function is to externally rotate the hip and it aids with lateral hip and knee stabilization.

### **What aggravates the injury?**

- Downhill running especially if the quadriceps are weak
- Sudden increase in mileage or frequency of treatment
- Running on a road with an increased camber
- Old running shoes
- Poor body biomechanics

### **Treatment**

- **Activity modification** –Avoid any activities that aggravate the pain such as downhill running.
- **Symptomatic relief** – Icing 10 minutes on 10 minutes off and 10 minutes on after any exercise.
- **Anti-inflammatory**-Please first consult your medical practitioner.
- **Soft tissue therapy**- Aimed at releasing the ITB and surrounding structures.
- **Stretching tight muscles**
- **Strengthening weak muscles**-Only once the pain has resolved.
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If you're suffering from ITBS, the first thing you'll need to do is stop running temporarily. But this doesn't mean that you should be completely sedentary.



## **THE ITBS REHAB ROUTINE**

This routine takes about 15 minutes to complete once you are familiar with the exercises. The only piece of equipment you'll need is a rubber exercise band to increase resistance in some of the exercises. There are a variety of strengths available that can provide increasing levels of resistance.

### **EXERCISE INSTRUCTIONS**

#### **1. SIDE LEG RAISE**

Lie on your right side with both legs straight. Slowly raise your left leg about 45 degrees, then lower. Repeat on both sides. To make this move more challenging, use an exercise band around your ankles to increase resistance. Reps: 20–30 on each side

#### **2. CLAM SHELL**

Lie on your right side with your knees bent at a 90-degree angle to your torso. Keeping your feet together, use your glutes to slowly open and close your legs like a clamshell. Keep the motion controlled, and don't allow your pelvis to rock throughout the movement. Use an exercise band just above your knees to increase resistance. Reps: 20–30 on each side

#### **3. HIP THRUST**

Lie on your back with your arms at your sides, knees bent and your feet on the floor. Pushing your heels into the ground, use your glutes to raise your pelvis up until your body forms a straight line from your knees to your shoulders. Lower slowly, then repeat. For a more advanced version, raise one leg into the air and perform the same exercise with each leg individually. Reps: 20–30 on each side

#### **4. SISE HIP BRIDGE**

Lie on your side with your feet elevated 1–2 feet off the ground on a stable surface. Lift your torso using your hip muscles while keeping your spine stable, then lower slowly. Reps: 10–30 on each side

#### **5. SIDE SHUFFLE**

Stand with your legs about hip-width apart with an exercise band around your ankles. Take 10 steps to the right, then 10 back to the left. This is one set. The exercise band should remain tight enough to provide resistance throughout the entire movement. Reps: 3–5 sets

#### **6. PISTOL SQUAT**

Stand on your right leg with your left knee raised out in front of you. Slowly lower yourself, balancing on your right leg and allowing your left leg to straighten out in front of you. Try to lower yourself until your quad is just about parallel with the floor, then slowly come back up. Reps: 5–15 per leg

#### **7. HIP HIKE**

Stand on your right foot. Start with your pelvis in a neutral position, and then drop the left side so it is several inches below the right side of your pelvic bone. Use your right hip muscle to lift your left side back to its neutral position. Reps: 10–30 on each side

For more info, contact Ian Hacker at: **Wanderers Wellness Centre Telephone: 011 447-7355 or by e-mail: hacks@tiscali.co.za**