

CENTRAL GAUTENG



MASTERS ATHLETICS

NEWSLETTER – AUGUST 2019

FROM THE CHAIR.....

We had a short and not so cold winter. The season turned very quickly from winter the one day to Spring the very next. For those of you who took a well-deserved rest: It is time to dust off the running gear and get back to the training camp.

From SA Champs to now things were happening on the background. Free State had their throws and jumps competition and the cross-country athletes also had a few competitions. In both these disciplines athletes did well. However, it is disappointing that cross-country competition results are so hard to access. I will have to make it a discussion point at the next exco meeting.

We had a lot of enquiries during this winter period from various people wanting to join Masters Athletics and if they all surface this season, things are looking promising as far as growing the numbers. We are about to reach the 2000 members mark on the SAMA Facebook page and at this rate things are looking positive to reach this goal by the end of the year.

CGMA must be the host for next year's (2020) SA Champs. Currently, the Germiston stadium is being renovated and according to feedback from CGA the stadium will not be ready and available until after May 2020. This means that we will have to look at hosting the SA Champs at Boksburg stadium. I will keep everyone updated as soon as I know the outcome/final decision of which stadium will be available.

This year's CGMA AGM will once again be held at the end of November – date still to be confirmed. Also remember that this year is an election year: Please consider making yourself available for the committee. At present we are without a Vice President too. If you want to make yourself available or want to vote for someone else: The forms for nominations will be sent out closer to the AGM date.

Zelda Claassen – Chairperson

What you can look forward to in the rest of 2019:

- 26 October 2019: South Western District Provincial Masters Athletics Champs at De Jager Stadium, Oudtshoorn
- 8 & 9 November 2019: Free State Masters Athletics Champs at the Free State Athletics Stadium, Bloemfontein.

The CGA league meetings will also commence in October and the following dates were forwarded for 2019/2020 season:

Date	Venue	Time
05 Oct 2019	TBC	08:30
19 Oct 2019	Ruimsig	08:30
11 Jan 2020	TBC (Program 1)	08:30
02 Feb 2020	TBC (Program 2)	13:00
15 Feb 2020	TBC (Program 1)	08:30
22 Feb 2020	TBC (Program 2)	13:00

So: It appears that due to the Germiston Stadium not being available as usual, there are less league meetings than usual scheduled. I will try my best to have an updated schedule for posting in the September newsletter.



I must admit that if it was not for regular training under his watchful eye, my achievements would not have realised. Also: I am a slow learner and as you all know, it takes a bit longer for Master's

Coach: Linly de Beer

There are very few athletes who can excel without a professional coach. Coaches have the experienced eye to see minor detail that would slip the inexperienced athlete's attention. You can do videos and ask fellow athletes, but in the end if you do not know what you are looking for, it all will be hopeless.

Linly's love for athletics comes naturally. His own athletic career started in school when he competed in Shot Put and Javelin – back then he resided in Namibia. After school he competed in Shot Put and Hammer Throw for the Police athletics club (Bobbies).

Although his parents did not compete in sport as such, he had their support and speaking of experience I know that the love for sport is normally fuelled by the parents support and encouragement.

Linly's brother was a middle- and long-distance athlete and held the Namibian record in this discipline for a long period.

His wife, Adri, competed in hurdles at school level but then developed a knee problem, prohibiting further participation. Her love for athletics however did not stop – she is still an athletic fanatic and keeps a watchful eye on all athletics statistics. (looks like she is the brainy one in the household) ☺ sic.

Linly's son also competed in Hammer Throw and held the junior champ title in NWN for a while. His daughter got a study bursary as a result of her Hammer Throw achievements and at that stage Linly was fortunate enough to be able to do her coaching, as he was then coaching for the University of Johannesburg in full time capacity. His daughter also did well in Shot Put and discus at school level.

His advice to athletes is that one should enjoy training and competing in athletics. As soon as it is not pleasurable anymore and training becomes more work than pleasure, the athlete should consider quitting.

Linly has been coaching from a very young age for the past 34 years and his athletes are from all ages:

- Junior
- Senior
- Masters
- Disabled
- & Transplant athletes

I had my doubts about my hammer throw ability until I started training under Linly's mentorship in 2017. His coaching got me to win the Hammer Throw at SA Masters Champs from 2017 until 2019.

athletes to excel in athletics compared to the younger generation. Especially where technique is involved.

At times when I wanted to throw in the towel, it was Linly's encouragement that kept me going.

Linly has a unique hobby (which he refers to as his first love): Blacksmithing. He has a workshop in Blackheath where he makes the most stunning designs for furniture and other crafts. He also does woodworking and some of his work can be sign on his Facebook page: Redhott forge. His alternative Facebook page for those interested in coaching is: Coach Linly's Throwers. He coaches on Monday, Wednesday and Fridays at the UJ B field, from 15:30 till about 17:00.



Some of the work created by Linly:



This exercise necessitates a lot of VISUALISATION and it does generate a host of FEELINGS (SENSATIONS). Remembering exactly how we felt much earlier in our youth, when doing the same thing. The tension going through our shoulders, back, arms, leg

TORONTO TIPS – 5

ON YOUR MARKS!

The race is on! For those who are seriously contemplating taking part in the next World Masters Athletics Championships in Toronto, we have reached the count-down mark. Twelve months exactly separate us from this life-time rendezvous with ourselves and our best performance.

To us, Masters, this is not that simple! Because if we flashback some fifty, forty, thirty, twenty or even ten years, things were very different, then. At the time and with a bit of training, we could almost automatically expect to get better – faster, further and higher, day after day. It was “natural” to progress. To-day, we have a double job as compared to our younger colleagues. As our body just does not react the same.

Although we have frequently heard of athletes reaching a certain age and starting to stagnate and going down-hill, we never anticipated that this would ever happen to us. Instead, we carry on training, harder, making more effort, being more rigorous and expecting results. But the thing that progressively becomes the most apparent to us is that we seem to be reaching plateau after plateau and hitting our head against the ceiling more and more frequently. Resulting in a recurrent frustration.

However, everyone one of us who is thinking of taking part in this World Championships must above all consider ourselves extremely blessed. We just need to adapt to the given circumstances and do not deviate from our quest, which is to get better at what we do. Our competitive spirit coupled to our passion for self-betterment and progress, will no doubt keep us on track towards a Personal Best in twelve months’ time. That is the target. And we must not deviate from it.

One helping hand, if I may suggest, is to go through a complete DECONSTRUCTION exercise of our technique. A critical review of each movement we do in the course of our run, jump or throw. This usually starts with a calm and serious introspection of our body (most probably while lying in one’s bed). Getting to know every part of it as much as possible, to detect our weak physical points. And to add the appropriate exercises to our training program.

This interesting and valuable exercise into oneself can be very revealing and full of happy moments. As the discovery of every deficiency is automatically accompanied by a glow of hope in us being able to improve the specific movement being studied. And this automatically leads to the prospect of improving our overall performance, which is indeed very motivating.

This exercise necessitates a lot of VISUALISATION and it does generate a host of FEELINGS (SENSATIONS). Remembering exactly how we felt much earlier in our youth, when doing the same thing. The tension going through our shoulders, back, arms, leg muscles, tendons, hamstrings, etc... which are at the origin of each particular movement. Or simply that wonderful feeling of “running on air” (hardly touching the ground), or that unique motionless moment of “hanging” over the bar. Quite especial and unforgettable! And now, what we need to do is to juxtapose that feeling onto our movements.

With the result that while going through the visualisation process, our whole body feels the movements which constitute our run, jump or throw. With the added help of some VIDEOS of our current run, jump or throw, which we are so privileged to be able to easily obtain to-day with our smart-phones, our short-comings are clearly illustrated. Besides, the film of a whole race, jump or throw does provide unambiguous proof of failure in any movement, based on the way we effected the preceding movements.

This diagnostic usually allows one to pin-point exactly the weak points which we need to correct or improve. In deconstructing our technique, movements and feelings in a series of combined visual and sensory parts, just like creating and illustrating a “comic strip”, we can easily feel and detect these parts of our body that have possibly been neglected. Or simply not being as strong as we need them to be. And therefore, incapable of giving us the energy we require and can fairly expect of them.

Once this “audit” of our movements completed (although it is never fully complete if one is set on making continuous improvements), one will soon realize that in the process, we have accumulated quite a lot of info on the specific muscles which need reinforcing, the use of new equipment, new exercises, the adoption of new positions, different rhythms, better breathing control, stronger “gainage”/ sheathing, and so on. At this point, we will have a fairly good and holistic picture of what we do and what we ought to do.

In other words, you will have discovered an “AUGMENTED” you. With every movement you make being a bit more extended, more dynamic, more fluid. A “better” you, performing “better”. This is the mental matrix on which you can then begin the RECONSTRUCTION process of the “NEW” you. This reconstruction program needs to be very precise, focused on one’s goal and geared to a specific achievement. Realistic, of course. But nevertheless, related to the expected performance of one’s potential competitors at the Championships.

In so doing, we will have set the scene. Next, is to re-write the scenario by translating the mental vision into a set of specific physical exercises to be integrated in our training program. And to quickly get into action.

To most Masters, this exercise may merely mean a review and adjustment of their training schedule. But for a few like myself, the older ones, it may also necessitate a far more elaborate, detailed and up-hill physical struggle, coupled to a sensitive psychological rehab program. Because, at a certain age, one often must battle with one's self-confidence – a vital prerequisite in being able to give the best of ourselves. Besides, no matter how much gym one may do, it is a fact that muscles do lose their strength with age. And this can be amplified by the consumption of certain medicines. Thereby, adversely affecting one's speed, dynamism and agility.

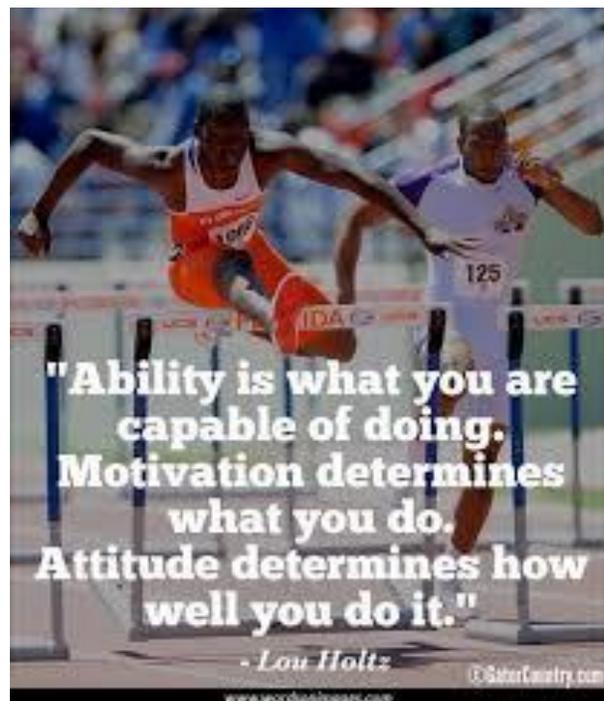
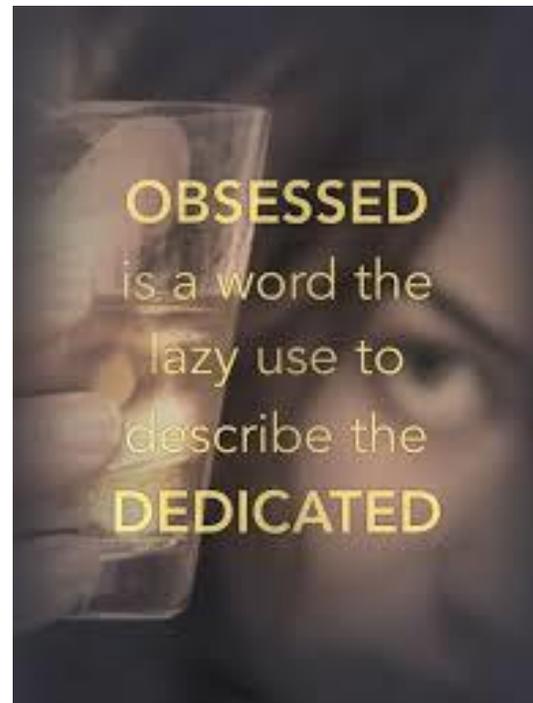
Hence, the need for some selected FOOD SUPPLEMENTS. Although I do not want to go as far as recommending any, I would invite each and every-one to obtain the right information and qualified guidance regarding the need for and dosage of such supplements as AMINO-ACID, CERATINE and BETA-Alanine. Bearing in mind that one needs all 21 essential Amino-Acids. Some may feel that Whey Protein is more adapted to their needs. And others, like Throwers who may be benefit from weight gain formulas, may be advised to study the high-calorie protein shakes such as Serious Mass.

Fortunately, and with adequate training, there is nothing a meticulous and serious DECONSTRUCTION and RECONSTRUCTION exercise on oneself with the help of good nutrition and some food supplements will not be able to redress, re-habilitate, set-back into position, condition, nurture, reinforce and bring back to optimum fitness level in twelve months' time.

In so doing, we need to be very patient and extremely careful in avoiding injuries. Which usually take more and more time to heal. Hence, the need to pay particular attention to sleep, recovery, good nutrition, massage, avoiding stress and adopting a positive attitude in all circumstances.

Another essential element which I regard as vital, is to make a truce with TIME. We will respect it, honour it and make the best of it without falling into the self-imposed perception that it passes too quickly. As nothing must hamper the time that we need to dedicate to our training and to our progress towards Competition Day in August 2020.

JEAN-MICHEL de SENNEVILLE
M70 World Pole Vault Champion



Metatarsalgia in runners

The forefoot absorbs a massive amount of force when running, this multiplies exponentially with long distance running and sprinting. This force needs to be absorbed and managed somehow. This role is fulfilled by the 5 metatarsal bones in the foot in conjunction with the arches of the foot.

When you have altered biomechanics created by tight tissues (achillies tendon), arch problems and overloaded tissues (training too much, too soon, or too fast). This results in pain and inflammation of the metatarsals and thus, metatarsalgia. If you develop metatarsalgia, you'll feel a burning, stabbing, or aching pain at the head of the bone, just beneath the toes. It usually affects the second toe, and often the third or fourth. It can often present with the sensation of running with a stone in your shoe.

Prevention is better than cure, and this can be achieved by simply wearing the correct shoe for your foot type. This can be achieved simply by buying your shoes from a running specialty store. Secondly and most effectively, you need to maintain the strength in your feet, as you would for any other muscle in your body. Below are a few exercises that can assist in preventing metatarsalgia

Calf wall stretch (back knee straight)



1. Stand facing a wall with your hands on the wall at about face level. Put your affected foot about a step behind the other non-affected foot.
2. Keeping your back leg straight and your back heel on the floor, bend your front knee and gently bring your hip and chest toward the wall until you feel a stretch in the calf of your back leg.
3. Hold the stretch for at least 15 to 30 seconds.
4. Repeat 2 to 4 times.

Calf wall stretch (knees bent)



1. Stand facing a wall with your hands on the wall at about eye level. Put your affected foot about a step behind your other foot.
2. Keeping both heels on the floor, bend both knees. Then gently bring your hip and chest toward the wall until you feel a stretch in the calf of your back leg.
3. Hold the stretch for at least 15 to 30 seconds.
4. Repeat 2 to 4 times.

Marble pick-ups



1. Put some marbles on the floor next to a cup.
2. Sit in a chair and use the toes of your affected foot to lift one marble from the floor at a time. Then try to put the marble in the cup.
3. Repeat 8 to 12 times.

Towel scrunches



© Healthwise, Incorporated

1. Sit in a chair, and place both feet on a towel on the floor.
2. Scrunch the towel toward you with your toes. Then use your toes to push the towel back into place.
3. Repeat 8 to 12 times.

Towel inversion and eversion



© Healthwise, Incorporated

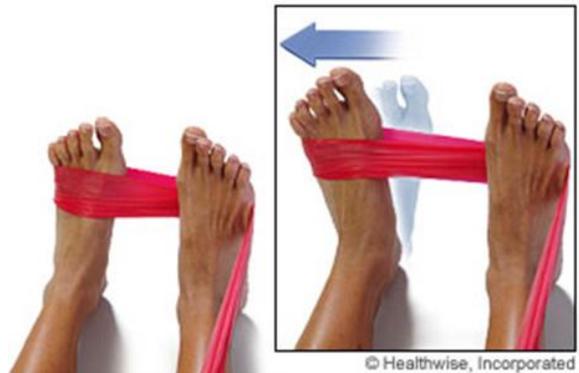
Resisted ankle inversion



© Healthwise, Incorporated

1. Sit on the floor with your good foot crossed over your affected foot
2. Hold both ends of an exercise band and loop the band around the inside of your affected foot. Then press your other foot against the band.
3. Keeping your feet crossed, slowly push your affected foot against the band so that foot moves away from your other foot. Then slowly relax.
4. Repeat 8 to 12 times.

Resisted ankle eversion



© Healthwise, Incorporated

1. Sit on the floor with your legs straight.
2. Hold both ends of an exercise band and loop the band around the outside of your affected foot. Then press your other foot against the band.
3. Keeping your leg straight, slowly push your affected foot outward against the band and away from your other foot without letting your leg rotate. Then slowly relax.
4. Repeat 8 to 12 times.

This information about Metatarsalgia was provided by Ian Hacker Physiotherapy. For more info Ian can be contacted:

**Wanderers Wellness Centre
21 North Street
Illovo**

**Telephone: 0027 011 447-7355
Fax: 0027 011 447-8670
e-mail: hacks@tiscali.co.za**