

CENTRAL GAUTENG



MASTERS ATHLETICS

NEWSLETTER – OCTOBER 2018

FROM THE CHAIR.....

I don't know if it just me getting old, or does the time pass extremely fast for everyone? But time also has a way of teaching you valuable lessons. I have learned over time that the 'US' in life has much more meaning than the 'ME'. If all of 'US' do better in athletics it is better than just 'ME' doing better.

Therefore I thank all the athletes for their valuable input, advice and ongoing teaching to fellow athletes. I suppose this is what sportsmanship is about..... To be participating in order to be part of the athletics family and not to only win a medal in competitions.

Speaking of medals: I did communicate my decision not to collect any more medals from this point onwards on the committee group chat. This decision came about one evening when I looked at all the medals I received over the years and realised that apart from a collection in a box, they are actually worthless. The actual results on paper far exceed these pieces of metal.

In saying what I said above, I don't imply that nobody should collect medals..... If you want to and are entitled to it and need it, please go for it.

All that I am actually saying is..... Together with all the accolades that you receive in life, make sure that you also collect things of eternal value, like: friends and family togetherness on the road, track and field, because it is only when they are not around that you will realise each athletes value.

Zelda Claassen
Chairperson

Dates to remember:

CGA League meetings:

Saturday 03 November 2018 – Boksburg Stadium
Saturday 17 November 2018 – Venue TBA

Dates for 2019 are provisional and will be confirmed in next newsletter. Entry forms can be obtained from the CGMA website.

Provincial Championships – 2018

Free State: 10 November 2018

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

ATHLETES MUST PLEASE TRY AND SUPPORT OTHER PROVINCES.

IN ALL POSSIBILITY 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!

SWD Champs: 27 October 2018:

There is always a first for everything. The SWD Champs was the first event that had to be cancelled due to extreme heat condition on the day of the Champs. The heat rose to a scorching 46 degrees Celsius and it was in the interest of the athletes that they had to call the meeting to end at about 14:00.

I made use of the steeplechase waterhole to cool down..... it was fun!



I was the coolest for at least an hour after my cooling down session!

As soon as the results are received, I will post them on the SAMA and CGMA websites.

Here are some photos to look at in the meantime. For more photos, see the SAMA website after results have been received.



Mariette Botha had an unofficial 1.73 meter high jump attempt and cleared it with no problem. Next time make it official Mariette!

Don't know if this will qualify for a dance off or Greek Discus throw? ☺



Luckily the walkers competed early morning, as they would have suffered later in the day if they had to be exposed to the raging sun.....



Go lan go! The tarmac was so hot that the starting blocks did not want to stick at the start of the 100 meters But Steve had a ball with the Discus event!



BEN BOTHA IS A jolly good fellow:

And so say all of us!

Ben joined Central Gauteng Masters in 2013 after a friend introduced him to the sport. He soon realised that what you put into your training is the results that you achieve on the field. This is also the advice he would give to all upcoming athletes.

Ben is a throws athlete and is continuously striving to improve his personal best performance. He participates in all the throws items such as Hammer throw, Javelin, Discus, Greek Discus, Shot Put and Weight throw.

He is married to Mariette Botha who is a High Jump and sprint athlete. Mariette is at 34 still ranked as number 6 on the senior High Jump athlete list. They have three daughters: Lianey (12), Lara (10) and Anika (8). Ben hopes that they too will find their niche in the athletic track or field.

Ben's training consists of gym training every morning between 5 and 6 and sometimes if time allows he will work in an evening session as well. On weekends he trains with fellow athletes at the UJ stadium. He would have liked to do more field training, but venues with nets are not close to home.

At the moment he does not have personal highlights (I think one of the other athlete's highlights' is having Ben around at Championships☺), but he says that he enjoys the comradery between athletes during competitions.

He too feels like most other athletes that there could be more events for Masters Athletes and that officiating at some events can be improved.

Ben says he had an eye opener after joining Masters Athletics, as everything looked so easy from a spectator's view, but he soon discovered that athletics is a solo sport and what you put in is what you will get out of this sport.

Besides Athletics, he does not have specific hobbies other than to irritate his wife..... Hmmm not very good at this hobby I would say!

It is difficult to believe that Ben never participated in sport at school level, as he seems to be a natural. Masters Athletics sure is glad that Ben was introduced to the field!

Although Ben is known for his joking on the field, this athlete has a tender softer side to him when it comes to his family. He adores his wife and children.....

ALWAYS CHEERFUL.....



Ben and Mariette at a formal function.....



ANKLE SPRAIN INJURIES

A sprain of any joint is actually the damaging of the ligaments of the joint, in this case the ligaments around the ankle joint. Ligament injuries of the ankle are among the commonest of all sports injuries.

The injuries can be in principles in total or partial tears or sprains.

The ankle sprain is when the ankle ligaments are forced beyond its normal range of movement. A ligament tear may affect the entire ligament, causing damage to the stabilizing tissue with bleeding, swelling and tenderness.

In the ankle, it is mainly the lateral (outside) (mostly the Anterior talo-fibular ligament) ligaments that tear.

Sometimes a small portion of bone is pulled away from the ligament attachment, whilst the ligament itself remains intact; this is called an avulsion fracture.

This type of avulsion injury occurs in young growing athletes with very strong ligaments and also in elderly individuals with brittle bones.

Ligament injuries in the ankle joint should never be neglected, as correct treatment often ensures complete recovery.

A return to sporting activity should not be made until there is no pain and normal activity strength is restored to the ankle joint.

When instability is present in the ankle joint after the treatment of the injury has stopped, or after repeated trauma to the joint, surgery may have to be performed.

Symptoms and diagnosis:

Pain when the ankle is loaded and moved.

Swelling and tenderness in front of the outer heel bone (or the anterior talo-fibular ligament and calcaneus-fibular ligament)

Effusion of blood which becomes bruising around the injury.

Instability in cases of total ligament tear.

Treatment

The treatment depends on whether the injury is a total tear with instability or a partial tear with preserved stability which the practitioner decides on the basis of the joints stability and radiological testing and ultrasonography.

The athlete should stop all sporting activities when they suspect a ligament injury (depending on the grade or severity of the injury.)

Apply direct and immediate ice, a compression bandage and elevation.

The therapist might send one for a scan or X-ray.

The physiotherapist should start early mobility training.

The physiotherapist should treat the injury site to reduce the swelling, inflammation and pain.

The patient under guidance from the therapist should start proprioception exercises, strengthening and balance ball drills.

The patient might be placed in a brace to offer the joint more stability for walking or return to sport, or even strapped.

An untreated ligament injury can result in re-stretching the damaged ligaments which can lead to permanent instability with recurrent problems.

Most common type of ankle sprains:



Bruising is an indication of a partial tear of ligaments:



FOR ADVICE ON SPORT INJURIES CONTACT:

Ian Hacker at: Wanderers Wellness Centre

Telephone: 0027 011 447-7355

E-mail: hacks@tiscali.co.za