

CENTRAL GAUTENG



MASTERS ATHLETICS

NEWSLETTER – AUGUST 2018

FROM THE CHAIR.....

I am sure you are all just as excited as me about the 86 athletes who will be participating in the World Masters Championship in Malaga, Spain. We wish them luck and may they be blessed with maximum PB's. South Africa will be well presented in the track, field, cross country and road races. When looking at the list of entries, we can expect to have very good results from the WAMA Champs. The rest of us left behind in South Africa will be there with them in spirit.

In the meantime, the Central Gauteng league meetings will commence on the 15th September. I hope to see CGMA members rocking up in numbers at these meetings to prepare for the next season. Please look on the CGMA website for programs and entry forms for the league meetings. Please ensure that you enter before the Thursday for the Saturday in order to be able to compete. Fees are R20.00 per athlete and is payable at the gate when you enter the stadium.

MORE EXITING NEWS: The CGMA Committee has decided to create CGMA provincial records for all events. Thomas Endrody, our Statistician did some research and could trace some records of the past. These were updated with records from the past 3 year. To qualify for a CGMA Provincial record: You have to be a paid-up member of CGMA and the results must be obtainable for evaluation. So: If you think you qualify for a record, it is your responsibility to proof the validity of your said result. As soon as the list has been completed, it will be posted on the website.

REMEMBER TO SPREAD THE WORD ABOUT MASTERS ATHLETICS!

Zelda Claassen – Chairperson

Dates to remember:

CGA League meetings:

Saturday 15 September 2018: Full day Program (Germiston)
Saturday 6 October 2018: Full day Program (Germiston)
Saturday 20 October 2018: Full day Program (Boksburg)

Dates for 2019 are provisional and will be confirmed in next newsletter.

Provincial Championships – 2018

SWD: Saturday 27 October 2018
Free State: 10 November 2018

International Championships:

4 – 16 September 2018: WAMA Champs – Malaga, Spain
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

Other:

October 2018 (Date TBA): Rassies, Bronkhorstspuit

ATHLETES MUST PLEASE TRY AND SUPPORT OTHER PROVINCES.

PASSION + DEDICATION = RECORDS

With a 'WIN' in your name and surname you are destined for winning performances: Winnie de Winnaar has been an athlete from the time she said foot on the track at the age of 4 years, when she competed against the grade 1 athletes and won! This was the bait that got her hooked to athletics throughout her school years and beyond.

In primary school she competed in the sprinting events and started field events such as long jump and high jump in high school. She joined Germiston Callies and her coach back then was Ray Bingham who suggested that she gives the hurdles a try. Since then the hurdle events became her main event.

Both her parents and especially her mother were also athletic fanatics and they are a huge support to her..... Even today as Masters Athlete.

Winnie is one of 6 children and 5 of the 6 are all good athletes. Winnie is married and has two children: A son and daughter and a grandchild!

Winnie joined Masters Athletics just over 17 years ago after she joined a group just to get fit again. It is during this time that she became aware of Masters Athletics and she decided to join. Shortly after joining she entered for her first 100m, 200m and 400 meter events and since then, the rest is history; Athletics became part of her daily existence and she achieved her National Colours within three years of joining Masters Athletics.

It is then that she decided to enter for her first WAMA indoor Champs in Germany in 2004. She refers to this period as one of the highlights of her athletics career as she broke the SA record for 60 meter hurdles. This record could only this year be equaled. More highlights were a bronze medal in Italy for the 400 x 400 relay and two silver medals in Brazil.

Winnie's great sportsmanship is clear as she did not get too upset when she ran a record time this year and it could not be awarded to her as there was no wind meter. Luckily she had the opportunity to better her results at the SA Champs in April this year. She says that although achievements and records are important, the best part of Masters Athletics is being socially interactive and to stay healthy.

Winnie is also a keen cyclist and has competed in the Argus, 94.7 and many other cycling events across the country. She has been competing in the tandem category in the 94.7 cycling race with a friend and for the last 4 years they achieved a podium position in the tandem category.

She has also completed a Comrades and Two Oceans marathon! Good golly miss Molly.....I get tired just to type this interview. It really sounds like Winnie is eating, sleeping and living for training and exercise.

The accolades do not stop here. She also has SA representation in Europe Tournament in basketball, where she achieved National Colours for the last 10 years.

She admits that she is fortunate to be able to train for 6 days a week with a group of other Masters Athletes (and a younger athlete who is only 7 years of age).

During the winter period, she competes in road races and cross country. This contra-indicated training program could be questioned by some coaches, but she says this works for her, as she is not big on gym training. Her gym training is limited to core and Pilates training 2 to 3 times per week.

Her training is further complimented by speed sessions, plyometrics, stamina exercises, hills and speed endurance training..... also a lot of road running, which she enjoys tremendously.

(I just wonder: Does she run on Duracell batteries?) ☺

WINNIE IN ACTION:



Achilles Tendonitis (Tendinopathy)

This is the inflammation of the Achilles tendon and its surrounding tissues as a result of prolonged repeated loading.

This injury causes great problems for long distance runners and jumpers, among others, often during winter training and when training on a hard surface. The inflammation can be acute and if left untreated, can gradually deteriorate and become chronic.

Acute inflammation of the Achilles is often due to too intensive training or from change in surface, type of shoe or technique or training in cold weather.

Running in soft surfaces (like sand) and running uphill and explosive work on under conditioned muscles, can trigger pain.

Symptoms:

- Pain on using the Achilles tendon
- Swelling over the Achilles tendon
- Diffuse tenderness and impaired
- Skin redness over the tendon could be there
- Sometimes a Chronic tendinopathy. This is a chronic dysfunction of the tendon. This condition involves long period of rehabilitation through physiotherapy or sometimes even surgery is required.
- Crepitus (Creaking sensation) on movement of the tendon and can be felt.

Preventative measures:

Warm up well and stretch

Wear correct shoes and if needed heel

Raised heel wedges

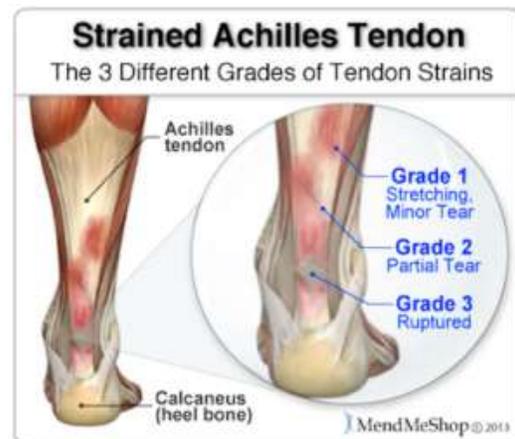
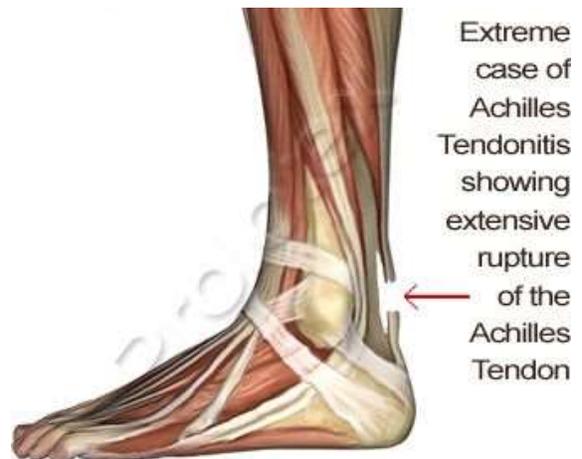
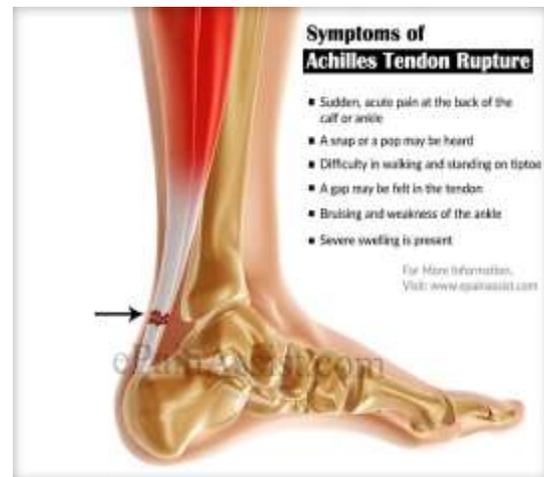
Treatment:

Rest (active rest) - offload the Achilles and non-weight bearing as far as possible.

Use ice and heat to reduce the swelling and heat increase the blood supply- (the Achilles has a poor blood supply).

Use heel Raisers or wedges under the heel

See a Physiotherapist for treatment and eccentric loading exercises.



Article by Ian Hacker Physiotherapy. Ian can be contacted for advice on treatment of sport injuries
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