

CENTRAL GAUTENG



MASTERS ATHLETICS

NEWSLETTER – FEBRUARY 2018

FROM THE CHAIR.....

In this rat race of the modern world as we know it with its daily obstacles and challenges, we have a number of dates with the road, track and field in line. In a blink of an eye a year has almost passed and we are preparing for the next National Championship in Bloemfontein.

Our own Central Gauteng Masters Champs is also around the corner on 07 April 2018 at the Germiston Stadium. I want to make use of this month's newsletter to say a huge thank you to every committee member. I don't think the athletes realise how much work needs to be done in order to host a provincial championship. Although everybody is doing their bit to make sure the championship is running smoothly on the day, I want to say a special thanks to one person who I believe is walking the extra mile for Central Gauteng Masters Athletic in general. This person is no other than our Secretary Pam Immelman. If you want something done with a positive outcome; Pam is the one person you can rely on. Being new in the CGMA committee, I promise you that I would not be able to do my part without Pam's support.

This year we have a new design for the medals..... Sorry! You will have to wait to see and perform to earn one!

So I guess it back to the training grounds for all of us! I am just wondering: Do you think the officials will have a 2019 calendar for my first attempt at the 200meter dash?

*Zelda Claassen
Chairperson - CGMA*

MPUMALANGA IS BACK ON THE MAP!



Mpumalanga is back after a struggle period and the Mpumalanga President pledged his devotion to get Masters Athletics in this Province back on track where it should be. If all goes well, they will host a Mpumalanga Masters Athletics Championship in August this year in Secunda. For all interested: the contact person for Mpumalanga Province is Hellouise van Dyk: E-mail her at: athleticsmpumalanga@gmail.com

Note to all of us: We owe it to this province to support them in this huge task.

PURE POWER & DEDICATION

We all dream of becoming number one in the world in whatever athletics event we do. For one person such a dream came true. Chris Harmse, 44, became the world record holder last year in the weight throw for his age category with a massive 21.66 meters! He also broke the weight pentathlon record with 4852 points in PE in 2016. He is also nominated for World Male Athlete of the year.

Chris says that he always had a keen interest in sport. It comes as no surprise, as his mother and father were both keen athletes in their younger days. Chris' mother was a high-jump athlete and his father did pole-vault, baseball and rugby. My believe always has been that kids follow in the steps of their parents.

Chris' career started in primary school when he participated in the shotput event. In high school he did javelin and discuss. He achieved silver medal on SA juniors and later in his twenty's he won 2 bronze and a silver at SA seniors. He always landed up in the first 5 position with the hammer-throw in the Senior SA Championships. Although he has the weight throw record behind his name, he says that hammer-throw is still considered the favourite if he must choose.

Chris runs his own business with the help of a business partner and he is an example for those people who always put time constraint down as an excuse not to exercise. During the interview with him, he informed me that he sometimes only finishes at his home gym as late as 23:00 at night.

As if all of the power events is not enough, he shared another surprise: He also holds National Colours for long drive in golf! Talking of an all-rounder..... We should get him in the Proteas cricket team! – although the match will be too much delayed if they must fetch the ball outside the stadium!

He also enjoys running and he has done a marathon before. However he regrets that running is contra-indicative to field events like weight and hammer throw, as you use different muscles in your body for the running than with the power items. He says however that running (not further than 5km in winter) it is good to do running about 4 times a week to avoid injuries and then afterwards to do 100 meter strides 2 or 3 times per week.

One day, when the time comes for him to leave the field (I don't think this will be anytime soon)...Chris wants to return to road running, as this remains something on his bucket list. If a thrower runs further than 5 km then you develop slower muscles instead of the development of the explosive cells that throwers need.

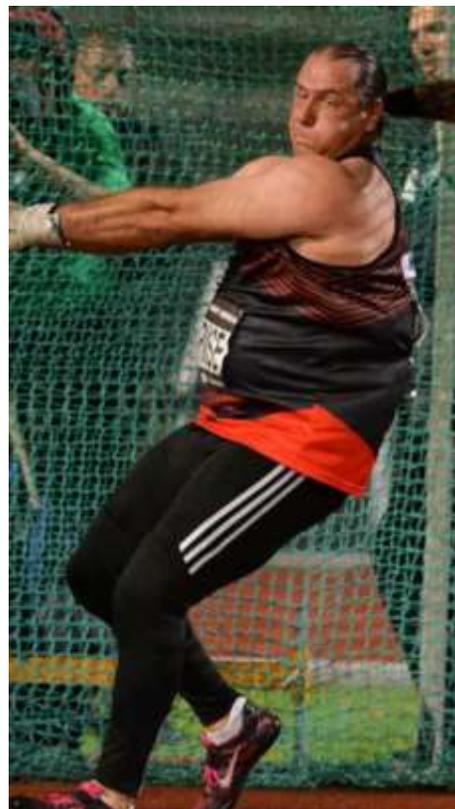
He has a professional coach, Basie Koen, who assists him with his training.

Speaking to Chris, you realise that apart from natural talent, you also need to pursue your athletic careers with the dedication it takes to get to the top.

I realised quickly during the interview that Chris Harmse is a humble person who is not boasting about his performances, but a gentle giant who exercise discipline not only on the sports field, but also in his own personal life.

He says that his success is supported by the Calvinistic approach to his sport involvement of no pain, no gain. One thing is clear: Whatever he is doing: it is paying off.

ACTIONS SPEAK LOUDER THAN WORDS!



THROWERS SHOULDER

This month's article is for all the CGMA throwers (especially Javelin throwers).

This inflammation of the Subscapularis tendon, which originates on the inner surface of the shoulder blade (scapula), runs forward to the shoulder joint and is inserted high into the front aspect of the upper arm. Its tendon can be affected by partial (most common) or total tears.

Typical movements are the arm is raised outwards to an angle of about 90° to the body, with simultaneous straightening of the elbow joint in the horizontal plane and extreme outward rotation of the shoulder joint. During the "throw" itself the arm is brought forwards with a simultaneous inward rotation of the shoulder joint.

Symptoms

Pain on moving the shoulder joint, particularly when the arm's held above the horizontal plane and is turned inwards.

- * Pain is initiated by rotating the arm inwards against resistance.

- * Tenderness when direct pressure is applied against the tendon and the tendon attachment in the front of the shoulder.

- * Loss of power of the arm during movement involving inward rotation and or throwing.

So how can we make it better.

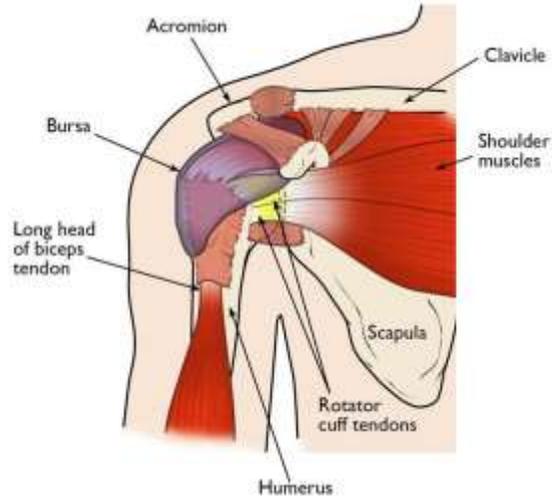
The athlete needs to increase the mobility and flexibility.

- * Active rest until no pain is felt under load.

- * Use heat to increase blood and oxygen to the damaged tendon. (the tendon has a poor blood supply)

- * Receive physiotherapy mobilization and soft tissue mobilization, and flexibility training.

The medical doctor might administer Platelet injection or even Cortisone injection after rest with no improvement.



Physical or occupation therapy

Sometimes, those who had shoulder injuries have altered physical capabilities because of the injury. In order to return to the normal capacity, attendance to a physical or occupation therapy is a must.



Please sent questions on this or on any injuries to me at my e-mail address: ian@ianhackerphysio.co.za or hacks@tiscali.co.za