

CENTRAL GAUTENG



MASTERS ATHLETICS

NEWSLETTER – APRIL 2018

FROM THE CHAIR.....

I want to use this opportunity to say a big thank you to each member from the Central Gauteng Masters Athletics committee. They are the A-team.

We had our annual provincial championship on 07 April 2018 and we survived. This year we had elegant new medals.



It is a fact that there is always room for improvement, but as long as improvement is part of the next year's goal, success is on the way.

There were also a few records that were improved. Well done to all the athletes who achieved this. See the article about the championship in this newsletter.

Good luck to all the athletes who enter for the South African National championship..... We hope that all will succeed in reaching the medal standards.... And maybe some records?

Zelda Claassen
(Chairperson – CGMA)

What does it involve to organize an athletic event?

Before my involvement with the committee, I was also an athlete who thought it just happen. My oh my! Did I have a rude awakening? It was this experience that urged me to share the event organizing procedure with you all.

In order to host an event the following needs to take place;

- A date must be obtained from CGA that does not clash with any youth or senior events
- The stadium must then be booked & paid for
- A Safety and Security file must be compiled and presented to the Municipal Disaster Management Department... about a 50 page document.
- Medals must be bought
- Goodie Bags must be arranged
- An electronic timekeeper must be contracted
- An announcer must be booked
- A Starter for track events must be booked
- A total of at least 23 officials must be booked. At least 6 walking judges must be booked and this year yet again this could not be secured. We have to work on this for the next event.
- Caterers for the committee and officials must be booked
- Water bottle and sachets to be arranged
- Throwing equipment must be arranged – Thank you to Gauteng North who assisted us with this.
- Programs need to be printed
- First Aid needs to be contracted
- A photographer needs to be contracted
- Reference documents need to be printed for field events
- Public liability Insurance needs to be taken out
- A food vendor for the Kiosk must be contracted
- A wind meter needs to be obtained (Which we didn't secure this time round)
- People need to work at the medal and information tables
- Results must be captured and lane placements must be done for every track event.
- Results must be printed and copies displayed and a copy to be given to the medals table.

CGMA Champs: 07 April 2018

After weeks of planning and organizing, it was boom! Gone in less than 12 hours. A number of people congratulated the team with the successful event, but there is always room for improvement, so be sure to be part of next year's event!

There were a few records;

M 80 – 84:

Pole Vault: Hans Miekautsch – 1.83 meters (CGA)

M 45 – 49:

Shotput: Burger Lambrechts – 18.01 meters (AGN)

M 50 - 54

Javelin: Friedrich Power – 61.21 meters (CGA)

W 30 - 34

Weight Throw: Karin Snyman – 17.03 meters (AGN)

W 30 – 34

Hammer Throw: Tanya Pubalakan – 55.73 meters (AGN)

Congratulations to these athletes!

We had an excellent photographer and the best part is that athletes can download the photos for free from a drop box she created. Thank you Mariette Botha! The drop box link is:

https://www.dropbox.com/sh/rsnpqelucbhhaev/AADj_xReYt5eYfXkTsaLmDtra?dl=0

Also a special thank you to the people at the information table who kept everybody happy sorting out queries and complaints; You were the stars of the day!

Thank you all!



KeepInspiring.me



“TODAY I WILL DO WHAT OTHERS WON'T, SO TOMORROW I CAN ACCOMPLISH WHAT OTHERS CAN'T.”
-JERRY RICE

@Motiv8ionTEAM



Meet a family of champions:

Tone van Rensburg is no new-comer. Here is feedback from an on-line interview with Tone:

Q: When did your sport career start Tone?

A: I started my athletic career in Primary school and competed in Discus and shot put and also was a sprinter until standard 8 (Grade 10) where I focused more on the field events.

In the Defence Force I also competed in Hammer Throw and Discus and qualified as a Junior Springbok in the early 1980's.

As a masters athlete I started competing at the age of 39 in 2004 and qualified for National colours in Discus, Shotput, Hammer throw and weight throw.

Q: Your children are also good athletes – tell us:

A: I have two sons – Vincent (27) and Louis (21) who are both good in Hammer throw.

Both competed in discus in High School and were respectively Sportsman of the year from Grade 8 till Grade 12 for the school.

Both of them achieved medals at the SA Schools championships as well as on club championships. Louis holds quite a few Gauteng Schools and Club records in the Hammer Throw.

Q: What were your highlights in your sport career?

A: There are a few highlights that come to my mind.

a) Firstly is the recent achievement at the Senior CGA Championships held at Germiston on the 24th of February 2018 where we as a family medalled in the Hammer Throw. This is at present as a SA National record and we are awaiting confirmation from ASA to hear if it is a World record.

Never has a father and two sons competed in the same event at Senior level and never has anybody taken all three medals in the same event on the same day.

Our combined ages were 100 and the combined distance was 151m and we have also competed at this year's Senior SA Championships in Pretoria.

Vincent and I have competed already 5 times together at the National SA championships.

Secondly will be the opportunity to have competed internationally – Italy (2006), Mauritius (2007), Sydney Australia (2009), Canada (2010), France (2015) and New Zealand (2017).

I was fortunate to bring home quite a few medals from various competitions where the last one quite a memorable one was where I came home with 3 Gold medals and 1 Silver from New Zealand.

Q: Did you have any low points?

A: The low points were also there –

I was attacked by my own dog after returning from a very successful championship in Canada where I have medalled in Weight Throw and Hammer.

The attack occurred on 10 October 2010 – a day before my 24th wedding anniversary. I nearly lost my left arm and use of my right hand. It left me incapable to compete for the next 4 years due to the extent of the injuries. I had to adjust my style to be able to compete again in 2015 in France.

Q: What does your training entail?

A: My training consists of 2 gym sessions per week and twice a week on the field.

Q: What do you do in your spare time?

A: I am also a highly qualified Rugby Union, Rugby League and athletic couch in my spare time.

Q: What is your pet hate?

A: Unqualified officials and the interference of the politicians in sport.

Q: What is your advice to upcoming athletes?

A: My advice to young athletes is to follow your dream. There will be many obstacles to overcome but persevere and your hard work will pay off. Always remember that you need to be better, faster and mentally stronger than your competitors.

Q: Do you have a day job?

8. I am a qualified Mechanical Engineer. I work at Egoli Gas in Braamfontein, Johannesburg as an Operations Manager for the past 4 years.

One family in all three places on the podium!

Tone (2nd) Vincent (1st) & Louis (3rd)



MENISCUS (KNEE CARTILAGE) INJURIES

The menisci consists of a semi lunar fibro cartilage, partly filling the space between the femoral and tibial articular surfaces (the bones forming the knee joint). They stabilize the joint throughout its range of motion and contribute the limitation of inside (Medial) and (Lateral) outside rotation as well as extension and flexion. They also serve as shock absorbers between the femur and tibia by increasing the contact area for weight-bearing. The menisci also take part in the lubrication of the joint

Meniscus injuries occur in most sports but are commonest in contact or rotational sports. They often occur in combination with ligaments injuries, particularly when the medial meniscus is involved. This is partly because the medial meniscus is attached to the medial collateral ligament and partly because tackle are often directed towards the lateral side of the knee, causing external rotation of the tibia. Injury to the medial meniscus is about 5 X more common than injury to the lateral meniscus.

Meniscus injuries are frequently caused by a twisting impact to the knee. In case of outward (external) rotation of the foot and lower leg the lateral meniscus is most easily injured. Meniscus injuries can also occur as a result of hyperextension and hyperflexion of the knee. In elderly individuals, a meniscus injury can occur during a normal body movement, such as deep knee bends, because of decreased strength due to degenerative changes. When meniscus injuries have been caused by trauma the ruptures run vertically through the meniscal tissue. In elderly people, horizontal ruptures are commoner.

Every suspected or confirmed meniscus injury should be subjected to a stability test by a doctor or physiotherapist to exclude ligament deficiency.

MEDIAL MENISCUS INJURY

Symptoms and Diagnosis

- Pain on the medial (inner) side of the knee joint during and after exertion.

- 'Locking', which means that the torn part of the meniscus is lodged in the joint thus blocking mobility so that a full extension or a full flexion is rendered impossible. The joint can lock momentarily of its own accord in certain positions.

- Pain which is located in the area of the medial joint line occurs during hyperextension and hyper-flexion and also turning the foot and lower leg outwards when the knee joint is flexed.

The diagnosis of an internal meniscus is considered to be fairly certain if three or more of the following examination findings are present:

- * tenderness at one points over the medial joint line;
- * pain located in the area of the medial joint line during hyperextension of the knee joint;
- * pain located in the area of the medial joint line during hyperflexion of the knee joint;
- * pain during external rotation (outward turning) of the foot and the lower leg when the knee is flexed at different angles around 90°;
- * Weakened or atrophied quadriceps muscle.

LATERAL MENISCUS INJURY:

Symptoms and diagnosis

- Pain which is located in the lateral aspect of the joint occurs in connection with exertion of the knee joint. In many cases the pain appears consistently after a specific amount of exertion.

- Locking phenomenon.

- Pain located in the area of the lateral joint line occurs on hyperextension and hyperflexion of the knee and also on internal rotation of the foot and the lower leg in relation to the femur when the knee joint is flexed to 90°.

- Sometimes there is effusion of fluid in the joint.

The diagnosis of a lateral meniscus injury is considered to be fairly certain if three or more of the following findings are present on examination.

* tenderness at one points over the medial joint line;

* pain located in the area of the medial joint line during hyperextension of the knee joint;

* pain located in the area of the medial joint line during hyperflexion of the knee joint;

* pain during internal rotation (inward turning) of the foot and the lower leg when the knee is flexed at different angles around 90°;

* Weakened or atrophied quadriceps muscle.

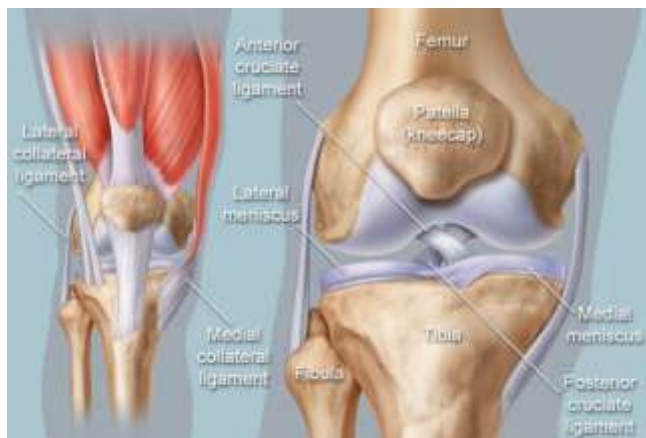
The athlete should when he suspects a meniscal injury, do Quadriceps muscle strengthening exercises.

Any athlete that has had meniscal injury surgery should not return to their ordinary training until they have regained almost full mobility and strength of the knee joint.

This can take between two and 6 weeks following surgery.

Even after one returns to sporting activity, the athlete must continue training the Quadriceps and Hamstring muscles.

ANATOMY OF THE KNEE FOR BETTER UNDERSTANDING:



For advice on injuries, you can contact Ian Hacker at the Wanderers Wellness Center:

e-mail: hacks@tiscali.co.za

tel: 011 447 8670