

CENTRAL GAUTENG



MASTERS ATHLETICS

NEWSLETTER – JANUARY 2018

FROM THE CHAIR.....

We are well into 2018 and most of us have returned to the fast pace work routine. Some of us make new year resolutions and some say 'why bother', as it is only going to last the first week.

Whether you make new year resolutions or not, fact is: we all strive to improve ourselves. This sentence is a problem itself, as we should not only strive to improve ourselves, but strive to improve the lives of all we come in touch with.

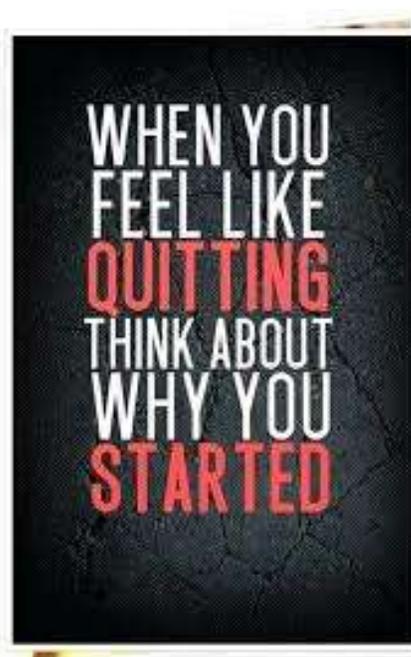
Naturally we cannot help those who do not want our help. By help I don't mean monetary value, I mean psychological, emotional and motivational.

The majorities of people stop physical activities as they feel demotivated, unhappy with their performance and seldom reach the medal stages. Masters Athletics is not about the medals or the position you achieve. If you do; Great! But; it is about setting a realistic goal for you. About reaching out to other people to join you on the track, field or road. Most people fear the unknown and fear failure. They don't think they have what it takes to be a success. We, the society, are to blame for this as we don't care about helping people to become successful.

I have a challenge and I need people to join me in this challenge. I challenge every Masters Athlete to participate this year in one item that you think you will least succeed with. Does not matter whether you master this item..... Just do it! Who is joining me? I pledge that I will do a 200 meter at all the champs this year.....

KEEP UP THE SPIRIT – YOU ARE FAMILY

Zelda Claassen (Chairperson)



Keepinspiring.me

TAKING CARE OF YOUR BACK:

Your back:

It is important to understand your back's anatomy in order to understand why back injuries occur.

The Spine:

Your spine is made up of 24 individual bones called vertebrae that are stacked on top of another. Your vertebrae are separated by soft discs of cartilage that perform as shock absorbers for the vertebrae and to help your spine to bend, twist or move. Most of the support to your spine is maintained by your stomach muscles, as well as the many muscles and ligaments that run up and down the length of your back.

Between each vertebra is a cushion known as a disc. The vertebrae are held together by ligaments, and muscles are attached to the vertebrae by bands of ligaments called tendons.

Openings in each vertebra line up to form a hollow canal. The spinal cord, which is an extension from the brain nerves, run through this canal.

The lower part holds most of the body's weight. Even a minor injury can cause pain when a person stands, bend or move around. Less often a nerve running from the spinal cord can be pinched which can cause pain down the lower part of the body.

As your back is very important to you in order to sit, walk, stand and bend, it is important for you to take care of it. Most of your back pain arises from using your back improperly, so learning the basic rules of bending; lifting and good body posture and proper exercises can help to keep your back in good shape.

Cause of Back Injuries:

The most common causes of back pain are because of:

- Lifting heavy objects
- Incorrect body posture whilst lifting goods
- Lifting or carrying objects that are shaped oddly.
- Working in positions that are awkward.
- Sitting or standing too long in one position.
- Slipping and falling

How to prevent back injuries:

When lifting objects you should:

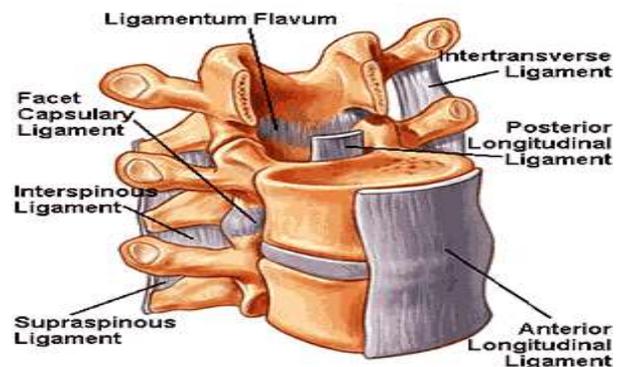
First decide if you can lift and carry the load on your own safely. If it is too heavy, ask other persons to help you.

- Get your body as close to the object as possible and slowly lift the object by bending your legs (not your back). Do not lift with jerk-actions.
- Turn your feet and not your back when you have to change direction.
- Use a safe technique when putting the object down – bend your knees and not your back and slowly put the object down.
- If you must remove objects from areas above shoulder height. Stand on or footstool or platform.

Follow these steps when lifting:

- Reduce the amount of weight lifted. If you move a collective number of articles, it is better to put it in smaller containers, than in one big container and carry smaller containers more often.
- Body Management: Try to keep your back aligned at all times. Injuries are more common when bending your spine whilst lifting.
- If you know that you will be carrying heavy objects that might be hard on your back, first do stretch exercises, just like a professional athlete will do before exercising. This will help to warm the muscle up and avoid injuries to the back.
- If you do work for long periods in the same stationary position, take short breaks to do stretch exercises.

Back pain is a common occurrence and the best way to treat your back pain is to stay active if possible. Most of the times that back ache does occur, it is only muscle related.



A must read – About: Masters Athletics..... and YOU

Very few people are aware of Masters Athletics and those who are aware might think that it is only for top athletes. They are wrong, as Masters Athletics is for any person over the age of 30 years qualifies to compete in masters athletics.

“Why Masters Athletics?” one would ask. The answer is quite simple and the benefits multiple:

1. To keep fit. If a person exercise, but you do not compete in a sport, you cannot monitor your progress efficiently.
2. There is a voice inside of you that keeps reminding you that you want to be part of the best. Now you have the opportunity.
3. At Masters Athletics, you do not have to qualify to compete in the National Championships! Wow – you always wanted to compete in South African championships! As a matter of fact – you don't even have to qualify to get to world championships!
4. It's a huge motivation for your children and grandchildren. I can assure you this from experience with my own grandchildren.

At Masters Athletics an athlete competes against his own personal best standards. It is not about the position achieved, but about continuously improving your own personal best performance. It prevents you from becoming a couch potato and it improves health in general.

Masters Athletics in South Africa Athletics in South Africa was previously known as Veterans Athletics for men and women of 30 plus and has existed in South Africa since 1974 when the then S.A. Masters Athletic Association was founded by Danie Burger, ex-Springbok pole-vaulter, hurdler and decathlete, after a sojourn in the U.S.A. He was a physiotherapist / chiropractor who had studied and worked in the United States in the early 70's. At this time David Pain, an American Lawyer, organised a mile race for men of 40 plus, called masters.

This concept caught on and in 1975 the first championships for veterans (or masters) took place in Toronto, Canada. South Africa was represented by 14 or 15 athletes and included well-known Springboks such as Burger himself, Fanie du Plessis (discus thrower), Anne McKenzie (800m, 1500m) and Willie Olivier (800m, 1500m, steeplechase) and Monty Hacker (100 & 200), previously secretary-general, vice-president and acting President of World Masters Athletics (WMA). Since then world track and field masters championships have taken place every year and include 8km cross country, half marathon, marathon, 10k & 20k road walk for men and women.

Track and Field events for masters consist of all the usual Olympic track and field events. Women also participate in such events as steeplechase and pole vault. To accommodate advancing age, implements of lighter weights are used from certain ages and the heights of hurdles are lowered. This is one sport where the participants look forward to advancing age!

Masters athletics is open to all masters athletes (35+ men and women internationally). However, provision is made for sub-masters from age 30+ for men and women to compete in all provincial, national and regional championships. Masters athletics is organised and adjudicated in five-year age categories, eg. 30-34, 35-39, 40-44, right up to 90's plus!

So: This is your chance to get your sporting dream fulfilled. You too can become the athlete, whether track, field or road is preferred, that you always dreamed of. If you would like more information on how to join or to meet with a member in person, please feel free to contact the secretary of the Central Gauteng Masters Athletics Association: Pam Immelman at: centralgautengmasters@gmail.com You can also visit our website: www.centralgautengmastersathletics.co.za

The same fees apply as for road runners: An annual Athletics South Africa fees (this is for your permanent number) and your annual club fees. When considering which club to join, take the following into consideration:

- Facilities available to practice/exercise.
- Location of the club: It is better to join a club where other master athletes have joined in order to get the valuable support from fellow athletes.

Now: Don't let your dreams just stay dreams. You too can achieve your national colours in any track, field or road sporting event that you love!and while you are getting ready: how about challenging your friends and family to do the same?