

CENTRAL GAUTENG



MASTERS ATHLETICS

NEWSLETTER – MARCH 2018

FROM THE CHAIR.....

The saying goes something like this: “If you want to get a job done, ask someone who is busy.” It all is about attitude and energy. You will ask different people to perform the same task. The answers will vary..... not because of different capabilities, but because of different outlooks on life.

Some people will answer that they don't have time. Others will say that they are extremely busy but will gladly assist and will fit some time into their schedule. Truth of the matter is that all people are always busy. Whether you are busy sitting on the couch watching television, or busy cleaning the house or busy helping others.... All are busy. The question is: Are you busy with something that enriches your life, or the lives of others, or are you busy wasting time on something that will have no value in years to come.

Every person must now and then take stock of what is happening in their lives. Do I execute quality time and effort in my life of things that will be something to look back on one day as good and positive..... or will I in years to come say: 'I should have done it differently.'?

Grab life full throttle Be busy with value added positive lifestyle projects. One such positive lifestyle project is being part of Masters Athletics.... It's like home from home at these Championship meetings. Waiting for the championships to start is almost like waiting for your birthday present. Happy days are here again!

Till next month; Greetings from the Chair!

Zelda Claassen

WESTERN CAPE HAS A NEW MANAGEMENT!

Western Cape had a change of Management and although it is always sad to part with some team members, it is exciting to welcome new Committee members on board.

From the Central Gauteng Masters Athletic Committee, we welcome the new Western Cape committee members on board:

Honorary President:

Colonel (Ret) Alan J. Nelson (PhD)

Executive Chairperson: Robert Buck

Secretary: Leza Buckle

.....AND SO DOES SWD:

Chris van Wyk has been elected as the new Chairperson for South Western Districts..... We at CGMA welcome Chris and hope that his reign will be a prosperous and fruitful one!

Toy Ungerer will temporary stay on as the treasurer for SWD.

We want to say a special thank you to Toy for her dedication and involvement in Master Athletics.

For those of you who have never been to Oudtshoorn, please do yourselves a favour and go to the next SWD champs! It's an experience not to be missed!

RUN THOMAS... RUN:

I had to sit still and think a bit about where to start this article about Thomas Endrody. He has so many accolades that ordinary words cannot serve him justice.

In 1999, Thomas found himself with some spare time on hand and we all know that boredom can either be turned into positive or negative..... luckily Thomas joined Masters Athletics and apart from just competing in events, he also got involved with the administration side of Masters Athletics. Not only in South Africa, but world-wide. Thomas is very humble about this, as speaking to him he brushes it off like it is just some minor achievement! He serves on the record committee for Africa and he is also the Statician for CGMA and SAMA.

Besides his administrative contribution to Masters Athletics, Thomas achieved a number of accolades since he joined in 1999:

- Two SA records in the HJ (surpassed) and one in PV (current)
- WMA champs bronze in 100m – 2001, Brisbane, Australia
- Won the 200m at the Slovak indoor champs – 2004
- Won the 100m at the Hungarian outdoor champs – 2005
- Czech records in the 100 yards and 300m! - 2006
- Four club records at Reading, UK
- Won the British masters champs in HJ – 2009
- Southern Counties HJ record (UK) – 2009
- WMA champs finalist (4th) in 200m – 2015, Lyon, France

Speaking to Thomas you realise that athletics for him is not all about winning and obtaining records, but about keep on driving yourself to strengthen your body and keep ticking, preventing early onset of debilitating aging symptoms... and I am sure to get rid of his extra energy! He believes in quality instead of quantity training for his events..... This said; he must have a natural talent, because even with quantity and quality training I don't achieve results like he does!

Like father, like sons! Thomas has two sons: Matthew and Robert who are also keen athletes. Both of them are doing very well in the hurdles events and with a dad like Thomas, I am sure that these two will make their way to the podium of major athletics events in the future. So: Keep a look out for the ENDRODY surname.



Thomas in action during a sprint event



Dad's pride & joy: Robert and Matthew Endrody in action



SHIN SPLINTS: PREVENTION AND TREATMENT

What is medial tibia stress (Shin Splints) syndrome?

There is a common misconception that all shin pain is shin splints. Actual shin splints, known as medial tibial stress syndrome, is a specific diagnosis with a characteristic diffuse pain along the medial (inside) border of the tibia (shin) and more specifically between the bottom two thirds of the tibia. This pain is associated with a specific activity, e.g. running, and is felt during this activity.



Pathology and prevention:

There is a wide variety of literature stating the causes of shin splints. However, they all point to four main causes: Incorrect footwear, the actual surface being run on, overuse and then finally anatomical variances and injuries.

Footwear when running (in any form) is very important. Where possible try and buy shoes or spikes that suit your foot. Harder running surfaces as well as running on a road with an increased camber place a lot of demand on the legs and thus increase the risk of sustaining an injury. The harder the surface, the more strain is placed on the feet. Try and vary the type of surface you train on every day. Mixing up track, road and grass running can go a long way in preventing shin splints.

Too much too soon, increasing a training load too fast and insufficient rest being the biggest cause for concern when it comes to overuse injuries. Some consequences of overuse that are thought lead to shin splints are:

Increased pressure in the deep posterior compartment of the calf that leads to decreased blood flow to the area during exercise

Stress fractures to the tibia due to a series of microscopic traumas to the tibia. However, these are often difficult to diagnose and are only visible on x-ray when very bad.

Soft tissue injury to the muscles located in that high risk deep posterior compartment of the calf.

Other high-risk factors include obesity and anatomical variances such as the navicular bone dropping causing a decrease foot arch. These issues can be prevented through diet and exercise as well ensuring the correct shoes for your foot and arch are used.

Management:

Unfortunately, the most effective management for shin splints is rest. But, this doesn't mean sitting on your couch doing nothing whilst losing all your fitness. Active rest is what is needed. This means that while you still need to stop your running, you can still exercise. Limit your weight bearing exercise by using a static bike or on the elliptic or orbi-trainers to maintain your fitness.

Stretching and icing **those affected areas of the leg** is of the utmost importance to ensure that the area both heals and heals correctly.

For any queries and advise, you can contact Ian Hacker at:

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The best way to unclutter your brain is to train until you silence all negative thoughts!