

CENTRAL GAUTENG



MASTERS ATHLETICS

NEWSLETTER – NOVEMBER 2018

FROM THE CHAIR.....

Increasingly so, we all are exposed to obstacles and are embraced with negativity from all walks of life. Amidst it all it is difficult to stay focused and remain positive.

We all have heard words from negative people like: "It is easy for you to say stay positive, but you are not in my shoes." Exactly: Maybe if negative people stay positive their shoes would not be as bad.

Obstacles will always cross your path and is not always avoidable. However, being negative is not going to change your situation. There is only one way to get through the obstacle and that is to overcome it – by you – personally.

You can either wait for someone to remove the obstacle for you (and then maybe wait forever), or you can do it yourself. The latter is recommended, as life is so fast and busy that you can seldom rely on someone removing it for you. Also: by doing it yourself, you learn from experience and there is no better teacher than experience.

It is fair to say that every person gets his or her highs and lows in life, but don't let the lows linger long enough to keep you down.

All of us are only on earth for a certain amount of time.....
Make the best of it

When obstacles are entering your life, shift your focus onto something that will lift the veil of negativity. Achievements are not the alpha and omega. Just keep training..... keep knocking at the breakthrough door!

So you practice year in and year out and the desired results don't surface..... and the self-doubt set in..... don't let it! In years to come no grandchild will remember your exact achievements, but they will remember grandpa or grandma was on the track, field or road..... Be the example: that is the best achievement!

Zelda Claassen
Chairperson

Dates to remember:

CGA League meetings:

Will be posted in next newsletter, but will most probably start on 12 January 2019

Provincial Championships - 2018

Western Province Throws Pentathlon: 08 December 2018

At: TYGERBERG NORTHLINK ATHLETIC CLUB ,
PARO, starts at 08:30

International Championships:

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

ATHLETES MUST PLEASE TRY AND SUPPORT OTHER PROVINCES.

THE CGMA CHAMPS FOR 2019 WILL BE HELD:

Saturday 13 April 2019 at Germiston Stadium

**AND
CGMA WILL BE HOSTING THE SAMA
CHAMPS IN 2020!**

**ANNUAL GENERAL MEETING:
DATE; 17 NOVEMBER 2018 @ UJ CLUBHOUSE**

An annual general meeting was held and we had a number of well-deserved awards:

**MALE ATHLETE OF THE YEAR
PHILLIP RUDD**



Special category Winners:

Most improved athlete: Zelda Claassen
Dedication and enthusiasm : Andre Murphy
Personality of the year: Bennie Botha
Innovative Committee member: Thomas Endrody
Award for motivation on and off track: Kevin Phillips

Provincial colours (CGMA) awarded to:

Laura Venter – W50 - 10km Road running
Riaan van Niekerk – M50- 100 & 200m
Peet Grove – M60 – High Jump
Anthony Turner – M65 – 5000W, 10km W
Hans Miekautsch – M80 – 100, 200, 400m &
80mH, High Jump, Pole Vault &
Long Jump, Triple Jump &
Shot put, Javelin, Discus &
Decathlon

Annual cross country colours for making CGA team:

Monica Reis – W50 – Selected for SAs
Laura Venter – W50 – Selected for SAs
Victoria Ngobese – W55 – Selected for SAs
Rita Loots – W55 – Selected for SAs

**FEMALE ATHLETE OF THE YEAR
WINNIE DE WINNAAR**



Category winners:

Females:

Sprint: Winnie de Winnaar
Middle/long distance: Jacqueline Frey
Hurdles: Leana du Toit
Steeplechase: Laura Venter
Jumps: Mariette Botha
Throws: Linda van Vreden
Track walk: Barbara Nell
Road Walk: Manda Smook
Cross Country: Monica Reis
Road Walk: Ibet Allan

Males:

Sprint Male: Ian Hacker
Mid/long distance: Anton du Plooy
Hurdles: Phillip Rudd
Steeple Chase: Solomon de Beer
Jumps: Hans Miekautsch
Throws: Wilhelm Pauer
Track walk: Lebeauf von Benecke
Road Walk: Kevin Phillips
Cross Country: Arthur Wooldridge
Road Running: Kallie Burger

Arthur Wooldridge – M50 – Selected for SAs

Running vs. Walking : a battle of the joint contact forces

How did the assumption that running causing osteoarthritis got started? Perhaps from the thought that when the foot hits the ground at a faster rate than walking, the body experiences greater forces at the joints. Maybe it came from the fact that when people started running recreationally they found it difficult and therefore figured that if it feels harder then it must be harder on the body than walking. Then again, possibly the first generation of recreational runners experienced knee and hip pain and therefore theorized that it must be due to joint degeneration.

Whatever the origin, scientists have since sought to either verify or disprove this theory. As quoted in the newsletter examining knee osteoarthritis (OA) and running, a literature review by Spanish researchers found little proof that recreational running contributed to osteoarthritis in either the knee or the hip(1). In fact, among subjects studied, recreational runners had the lowest incidence of OA (3.5%) when compared to sedentary subject (10.2%) or elite competitive runners (13.3%).

Running, except at the most elite levels of more than 92 km per week, may actually have a protective effect on the hip joints (2). Researchers at the University of Melbourne and La Trove University suspected the load experienced by the hip joints when running was less than when walking(3). To investigate this, they recruited eight subjects and evaluated their walking and running at varying speeds.

Using a three-dimensional model, they calculated the contact forces at the hip joint made by the gluteus medius, iliopsoas, gluteus maximus, and hamstrings during each speed. They then determined the total loads at the joint along with the per unit distance (PUD) load encountered for a total stride distance. While the total hip contact force (HCF) experienced during running was greater than walking, the PUD force during running was equal to or less than that of walking. Therefore, running may actually preserve the integrity of the hip joint over walking.

The authors acknowledge that these results are applicable to recreational levels of running only. At elite distances, even the decreased PUD experienced in running may be enough to cause cumulative damage.

In addition, they cite the computer modelling as a potential limitation of this study; although in vivo measurements typically only take place after total hip replacements in elderly patients, and therefore may not accurately represent the function of healthy joints.

Whether looking at the hip joint contact forces or incidence of osteo- arthritis in runners, the evidence shows that:

RECREATIONAL RUNNING NOT ONLY PRESERVES THE INTEGRITY OF THE HIP JOINT, BUT IT MAY EVEN PROTECT IT FROM FURTHER DEGENERATION.



FOR MORE INFORMATION ON SPORTS INJURIES YOU CAN CONTACT IAN HACKER AT:

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LEAVE THE BEST FOR LAST 'THEY' SAY:

Every institution has that one member who you cannot be without. Pam Immelman is one such person.

Pam has joined a running club at age 15 and at 15 represented Western Province as a junior athlete. Soon after at age 17 to 18 years she moved up to be a senior athlete and from there it was just a one way acceleration.

From ages 18 until about 24 years she ran in the senior category for Western Province, where after she moved to Southern Transvaal and then Transvaal.

Her personal best achievements for the events she participated in speaks chapters about the phenomenal athlete she is:

- 100m sprint: 11.77 seconds!
- 200m sprint: 23.6 seconds ... this was in 1978 at age 28..... Excellent achievement!
- 400m dash: 53.5 seconds in the same year and achieved Junior Springbok colours!

At the age of 30 years in 1979, she joined masters athletics and here too she achieved Springbok Masters Colours in 1991 at the age of 41.

In 1997 Pam joined the CGMA committee and has ever since been the pillar on which all committee members lean onto.

The following is just some of her achievements:

Dates	Place	100m	200m	400m	800m
1989 W40	Free State			58.7sec	
1990 W40	SAs Secunda		25.1 (SA rec)	59.3sec	
1995 W45	WAMA Buffalo, USA	finals	finals	Finals	
1997 W45	Durban	Finals	Finals	Finals	Finals 2.21.89
1999 W50	Gateshead UK			Final	Bronze 2.25:26
2001 W50	Brisbane Australia	Final	Final	62.7 SA record	Bronze 2.30
2007 W55	Riccione Italy	Semi	Semi	Final	Final

Pam is married to Stan. They were in the same school, although Stan is a bit older than Pam. In 2001 Stan ran a world record at the age of 55 in the 800m!

Pam became the secretary for CGMA in 1997 and for all her years of dedication and commitment to CGMA, the committee voted in favour of her to be awarded lifelong honorary membership of CGMA.

For those of you who ever wondered if the previous name of the Germiston stadium (Herman Immelman Stadium) had any connection to Stan and Pam Immelman; The answer is no.... Pam told me that the stadium was built in 1978 and around this time the mayor of Germiston was a Mr. Immelman and the stadium was named after the Mayor.



PAM IN ACTION

