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GNMA NUUSBRIEF – Augustus 2010

1. A thought to share...

"Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says I'll try again tomorrow." Mary Anne Radmacher

'Success is not a matter of being the best and winning the race, but a matter of handling the worst and still finishing the race...'

Ek was nie lui met die nuusbrieff nie...intendeel dit wag al so lank om gepos te word, maar ek wou graag datums van byeenkomste aan julle gee.....wag, wag wag, maar ek kry dit nie!!! Van die nuus is regtig al ou nuus!

2. Nuwe lede

Ek wil graag vir Carol van der Walt, Juan Pretorius, Fred Clements, Leoni Marè, Mia Prinsloo, Tsaki Tshabalala, Juan Wiese, Susan Maree, Jean Schäfer, Liza Fitzgerald, Mohlakola Monyaki, Burger Lambrechts, Desmond Frost, Dawie de Villiers, Chantal van der Walt, Torie Pretorius, Carel van Wyk, Melanie Venter, Frank Meaker, Mariaan Serpyn, Tiaan Kruger, André Truter, Andre Olivier, Santie Olivier en Keith Reynolds wat sedert my vorige nuusbrieff by ons aangesluit/heraangesluit het baie welkom heet. Ek hoop dat julle gou op die baan/veld vriende sal maak en dat julle by die meestersfamilie tuis sal voel. Ek weet dat julle die deelname sal geniet en ook 'n bydrae tot die vereniging sal lewer. Baie bly dat julle by ons is, lekker oefen...en lekker deelneem!

3. Baie geluk aan die volgende Gauteng Noord atlete wat vanjaar hul Nasionale kleure ontvang het: Susan Katrakazas, Deon Smit, Winni Koekemoer, Sandra Steenkamp, Gerard van den Raad, Martin Venter, Karen van Wyk, Jack Rowe en Martin Plews

Re –awards were

Johan Gouws and Elsa Meyer

3. WMA 18th Championships – Lathi, Finland

Feedback regarding the above - I know this happened some time ago...but nice to be part of our memories.

Medals Table

Sixty-one countries won at least one medal and South Africa was placed 22nd and the only African country to win medals. The top ten countries were: 1st Finland 319, 2nd Germany 284, 3rd USA 147, 4th Great Britain & NI 140, 5th Australia 91, 6th Russia 87, 7th Italy 65, 8th Canada 35, 9th Sweden 36

(more bronze than Canada) and 10th Spain 57. - Look at the WMA web page to see the full table < www.wma2009.org>

Congratulations – Congratulations to the following Gauteng North athletes that achieved medals and went through to the finals:

MEDAL WINNERS – GOLD (SA achieved 8 gold from which GN received 1)

Andrzej Rzepecki - M70 weight throw 18.64

SILVER (6 - GN 0)

BRONZE (GN 4 from 7)

Martin Venter - M35 hammer throw 52.56; weight throw 16.71; and weight pentathlon

Andrzej Rzepecki - M70 weight pentathlon 4612

FOURTH PLACES (2 from 8)

Lynette Fischer - W50 800m 2:28.15

Andrzej Rzepecki - M70 hammer throw 45.92

Fifth Places (4)

Sixth Places (1 from 4)

Vollie Spies - W65 marathon 3:53:59

Seventh Places (2 from 6)

Lynette Fischer - W50 400m 66.34

Andrzej Rzepecki - M70 shot put 12.45

SA Masters Records

Martin Venter - M35 weight throw and weight pentathlon

4. 2009 / 2010 SAMA Fixture list

(Dates are subject to change) If you plan to go to a meeting, please contact me for an entry form. Entry forms can also be obtained from the websites. **Yes, what happened to us this year, I never thought could ever happen again...and also two years after each other.. (Dear soccer) Could you please when completing your entry form for a meeting ensure that it is completed with the requested information?**

Local meetings

***2 Oktober 2010 – Gauteng North Champs – Pilditch, Pretoria**

16 Oktober 2010 – SWD kampioenskap - Oudtshoorn

13 November - Vrystaatkampioenskap - Bloemfontein

? November 2010 – CNW Kampioenskap – Potchefstroom

15 January 2011 – Vaaldriekhoekkampioenskap - Sasolburg

5 Februarie 2011 – NWNkampioenskap – Rustenburg (tentative)

? February 2011 - WP Champs -

? February 2011 – KZN Champs -

? March 2011 – Mpumalanga Kampioenskap - Secunda

March/April 2011 – Gauteng Noordkampioenskap – Pilditch, Pretoria

? April 2011 – Central Gauteng Champs

29/30 April 2011 – SA Masters Championships - KZN (Durban) (tentative)

International meetings:

31 October – 1 November 2010 - Africa Masters Championship – Algeria – Biskra Town

8TH EDITION AFRICA REGIONAL MASTERS ATHLETICS CHAMPIONSHIPS 2010

This is to inform you that Algeria has been awarded to hold the 8th Edition of our Africa Regional Masters Athletics Championships 2010. In this context you will soon receive an official invitation from the Local Organising Committee of Biskra with Entry Form, Programme and details of accommodation etc.

By the way I have personally inspected all the sites namely the competitions and accommodations places. Please note that the stadium is a 8 track lanes and owes all the necessary sports equipment, technical facilities and infrastructures. For more information please contact the AMA General Secretary, Mr Smail Boucetta – E-mail: smayboucetta@yahoo.fr; The Chief Sports Service , D J S of the Biskra – Tel: 0077 65 65 54 02 – Office: 033 73 56 25, the President of Athletics Association of Veterans of Biskra, Mr Abdelhamid Zekiri –Tel/fax: 0033 74 17 37 – E-mail: zekiri7@yahoo.fr, the President of the National Commission of Masters, Mr Sakhri Sid Ali – fax: 00213 21 38 7825 – E-mail: sakhri4@hotmail.com Moreover, it has been accepted to allow exceptionally other countries of the WMA family to participate as guests but will receive their respective medals.

AGE GROUP: 35-39 years up to 100+ but 30 years up to 34 will be accepted as usual but will not be officially recorded.

GOOD NEWS: I am glad to let you know that Mr Stan Perkins, the WMA President will honour these champs with his presence and we do know that we will benefit of his precious help, support and advice. I am of opinion that the forthcoming Africa Championships will receive a big success and a massive participation, therefore I rely on you to circulate, as from now, the good news to all your Clubs/Federations/Associations. THANK YOU.

Good luck to all!!!

JEAN HEDLEY EDMOND

PRESIDENT – AFRICA MASTERS ATHLETICS

WMA/AFRICA REGIONAL DELEGATE REPRESENTATIVE

Biskra

SA Masters Championships:

2012 CGA (Germiston /Johannesburg)

2013 OP (Port Elizabeth)

World Masters Championships:

World Masters Championships 6 to 17 July 2011 – Sacramento, California.

World Masters Championships 24 July – 4 August 2013 – Porto Alegre - Brazil.

Claude Sterleybyeenkomste – Ek glo nie dat die byeenkomste vanjaar plaas kan vind nie, vanweë die sokker en omdat ons byeenkoms so laat in die jaar aangebied moet word.

*** 2 October 2010 – Gauteng North Championships – Pilditch – please support us with sponsors.....? Thanks again for every one that worked so hard in getting sponsors for us. It is sincerely appreciated!**

***** Let wel:** Enige atleet wat by SAMA geaffiliëer is en 'n lid van 'n provinsie is mag aan die SAs deelneem, u hoef nie te kwalifiseer of gekies te word nie....onthou net om in te skryf. Daar word wel jaarliks 'n Gauteng Noordspan vir die SAs gekies, wanneer u aan die standaard voldoen het. Jy ontvang 'n brief en neem dan deel in die kleure van Gauteng Noord. Wanneer jy nie vir die span gekies word nie, neem jy in klubkleure deel. By alle inter-provinsiale byeenkomste neem jy in klubklere deel, (behalwe as daar 'n span gekies was – wat nie werklik gebeur nie). Wanneer jy internasionaal deelneem, word van

“nasionale kleure” gebruik gemaak, wat nie gedra word wanneer jy aan gewone provinsiale byeenkomste deelneem nie.

5. Articles

PSEUDOEPHEDRINE - BANNED BY WADA

The verdict is out. Pseudoephedrine has been reintroduced to WADA's (World Anti-doping Association) prohibited list as a specified substance or stimulant after being on the monitoring list for a while. This comes after the WADA monitoring programme showed a sustained increase in the number of samples collected with high pseudoephedrine concentrations.

With WADA Africa regional office in Cape Town, it can be certain that they will test for pseudoephedrine. Recently there has been a case of an athlete in SA who was banned after testing positive. Although some drugs used to treat nasal congestion caused by colds, allergies, and hay fever contain pseudoephedrine, it is often consumed as part of a supplement. It is not unheard that athletes claim “they did not know that they were taking it”.

Any concentration of pseudoephedrine above 150 µg/ml constitutes an adverse analytic finding. This threshold may be reached by individuals within 6-20 hours after the intake of some long-term therapeutic agents. Therefore, it is advisable not to consume these agents and if doing so for medical reasons, an athlete should consult with their doctor. Athletes tested with concentrations below 150 µg/ml will be put on a special monitoring list and can expect follow up tests.

It is imperative that athletes should be aware of the fact that:

- **THEY RUN A HIGH RISK OF CONSUMING SUPPLEMENTS CONTAINING PSEUDOEPHEDRINE, ESPECIALLY IN THERMOGENIC “FAT BURNERS”.**
- **ATHLETES SHOULD REFRAIN FROM USING ANY SUPPLEMENT THAT BEARS THE WORDS “FAT BURNER”, “FAT BURNING AGENTS” OR “THERMOGENIC AGENTS”**
- **YOU CANNOT EAT YOURSELF FIT, EAT YOURSELF THIN AND EAT YOURSELF INTO THE RECORD BOOKS.**
- **YOU SHOULD LEARN TO DISTINGUISH FACT FROM FICTION. INSTANT SUCCESS IS IMPOSSIBLE AND AVOIDING FATS IS IMPORTANT.**
- **THE SUPPLEMENT INDUSTRY IS OFTEN MOTIVATED BY MONEY/GREED.**
- **LEGISLATION DOES NOT PUT THE ONUS ON SUPPLEMENT COMPANIES TO SCIENTIFICALLY PROVE EFFICACY AND SAFETY OF THEIR PRODUCTS AND OF THE CLAIMS THEY MAKE.**
- **PRODUCT LABELS AND PERSONS ADVISING ON SUPPLEMENT USE CANNOT BE TRUSTED BLINDLY, ESPECIALLY PHARMACY ASSISTANTS / PERSONAL TRAINERS ETC. WHOM DO NOT DISPOSE OF THE SCIENTIFIC KNOWLEDGE TO ADVISE CONSUMERS.**

THE SCIENTIFIC TRUTH: EPHEDRINE AND PSEUDOEPHEDRINE

Thermogenesis: What is it?

Thermogenesis is the process of heat production by the body. Most body heat is a by-product of metabolism. These reactions increase during exercise, consequently there is a greater risk of overheating. During cold weather, extra internal heat may be generated by increasing metabolism (non-shivering thermogenesis), and by uncontrolled muscular contractions (shivering thermogenesis). Non-shivering thermogenesis involves stimulation of metabolism by the sympathetic nervous system.

Thermogenics “ Fat Burners” - The Scientific Truth

Various supplemental agents, either synthetic or from herbal origin, are marketed as thermogenic “fat burners”. The most popular “fat burner” supplements ever on the market were no doubt ephedrine-based products. Ephedrine is a drug derived from ephedra naturally found in Ma Huang and *Sida cordifolia*. The chemical structure is similar to amphetamines and works as a “beta – adrenergic agonist”. This means that it stimulates the metabolism via the sympathetic nervous system.

Ephedrine and caffeine were often found in combination, which have been proven to be more effective and is known as the EC stack. Sometimes aspirin (acetyl salicylic acid and other salicylates which are naturally found in White Willow bark) is added to prolong the effect of ephedrine in the body. It is known as the ECA stack.

Ephedrine was immensely popular because there was some scientific evidence showing some measurable fat burning effects, but only in the short term. Users could also feel an energy rush. The increased heart rate, energy, amplified mental focus and workout intensity made it extremely popular as a “pick me up” supplement, but also susceptible to abuse. Ephedrine was essentially a legalised mild form of speed. Like any drug, the cessation of ephedrine use is characterised by withdrawal symptoms and one experiences an emotional and physical “crash” leading to addictive behaviour. Finally, after almost 2 decades of inaction despite convincing evidence of the health risks associated with Ephedrine use, the FDA (Food and Drug Administration) fulfilled their legal responsibility to safeguard public health and banned Ephedrine alkaloids.

After it was banned, supplement companies marketing fat-burning products, started to market ephedra-free supplements with ingredients such as Synephrine (naturally found in *Citrus aurantium*) and Yohimbine, commonly known as pseudoephedrine which are at best unproven, watered down alternatives for ephedrine providing a slight buzz notably through the inclusion of ingredients such as caffeine. The side-effects of pseudoephedrine are similar to that of ephedrine, but milder. This includes, but is not limited to, gastrointestinal symptoms, nervousness, headache and insomnia. Because of the negative connotation and bad publicity surrounding **ephedrine and pseudoephedrine, it is often disguised with herb names** from which the average consumer cannot tell the difference.

As a general rule of thumb, athletes should refrain from any supplement that bears the words “fat-burner”, “fat-burning agents” or “thermogenic agents”. All the ingredients used in PVM products are deemed legal by WADA.

Quick fixes do not exist in nature – Fat loss does not come in a supplement or pill

It is a misconception that you must use a “fat burner” to lose fat. Even if short term fat loss is attained it will not lead to permanent fat loss. To lose fat permanently one has to treat the causes and not the symptoms! In nature one cannot get anything for nothing. Success cannot be achieved without working to achieve one’s goals by either working harder and/or smarter. We should all be intuitively aware of this fact but few people are aware that empirical scientific evidence for this phenomenon exists in nature through the Law of Entropy Production (2nd law of thermodynamics).

The Law of Entropy Production is arguably the most important law in all of the natural sciences and has been subjected to more empirical falsification than any other law in nature. Arthur Eddington eloquently wrote:

"The law that entropy always increases - the second law of thermodynamics - holds, I think, the supreme position among the laws of nature. If somebody points out to you that your pet theory of the universe is in disagreement with Maxwell's equations - then so much the worse for Maxwell's equations. If it is found to be contradicted by observation - well, these experimentalists do bungle things sometimes. But if your theory is found to be against the second law of thermodynamics I can give you no hope; there is nothing for it but to collapse in deepest humiliation."

Why was he so sure about this? Was all the intended falsification of the law done by scientists? No! It was done by ordinary people because so many people have a passionate desire for an "eternal slave" – something that can deliver work without costing anything. A thermogenic fat burner is nothing more and nothing less! Even worse you pay for it!

Although there is evidence for some thermogenic agents to produce mild appetite suppressant effects and modest short-term weight-loss, permanent body fat loss over a period of time after cessation of use has not been established.

Homeostasis dictates - The more potent the thermogenic agent the worse the symptoms and side effects!

There exists a relative constancy in the internal environment of the body that is naturally maintained by adaptive responses that promote healthy survival (i.e. homeostasis). Various sensing, feedback and control mechanisms function to affect this steady state. Thermogenic substances normally disturb more than one of these mechanisms, and then the body reacts to this through its normal adaptive responses, i.e. long-term use may be ineffective because the body may adjust to the increased metabolic rate. In time the body adapts to the ingested levels of the substances and then becomes resistant, leading to a higher requirement of the substance in order to achieve similar stimulatory effects than before. This applies also to the stimulatory effect of thermogenics to increase mental alertness and to produce feelings of euphoria.

Thermogenic agents are associated with several side effects such as heart palpitations, gastrointestinal symptoms, nervousness, headache, insomnia, dizziness, tremors, seizures, skin flushing, tingling, as well as hypertension, arrhythmias, and tachycardia. Products containing ephedrine can cause serious adverse effects especially in those individuals with underlying heart disease, hypertension, diabetes, prostate dysfunction and those taking monoamine oxidase (MAO) inhibitors or other sympathomimetic agents (eg, decongestants, beta agonists, caffeine and phenylpropanolamine). Synephrine products are mild thermogenics and therefore seem to have fewer side effects and possibly less thermogenic properties. Yohimbine acts as a potent vasoconstrictor and can raise blood pressure.

Long-term body fat loss can only be achieved with appropriate training programmes and dietary strategies. Dietary supplements should not replace healthy eating habits. It may form part of a healthy diet if used appropriately because it is convenient and may help to increase or decrease one or more macro-nutrient.

It is PVM's policy not to produce any thermogenic fat burners. It is however our opinion that supplement companies will continue to market thermogenic fat burners and that many consumers will continue to consume them for as long as:

- Money/Greed continues to motivate the supplement industry

- Legislation does not put the onus on supplement companies to scientifically prove efficacy and safety of their products and product claims
- There is a lack of scientific knowledge and a frame of reference among consumers to make informed decisions regarding health
- Consumers remains susceptible to falsely believe the advertising of supplement companies

Internet Articles (thanks Colin Billau – Magnolia)

The basics of stretching

Stretches every runner should do.

A little soreness after a run is inevitable, but you can minimise the "morning after" effect by walking for a few minutes and stretching after your run. In addition to improving flexibility, stretching flushes the muscles with blood and oxygen, which promotes recovery. At the very least, focus on these areas.



HAMSTRINGS

WHY: They're running's primary propulsion muscles.

HOW: Place your heel on a step or any elevated surface and bend slowly at the waist until you feel a stretch in the back of your thigh (you may also feel a stretch in your calves). Avoid rounding your back. Hold for 30 to 60 seconds. Release and repeat four or five times. Change sides.

QUADS

WHY: They are the shock absorbers of the legs, controlling your movement every time you land.

HOW: Stand up straight, bend one leg behind you, and grab your foot; pull it toward your butt until you feel the stretch in the front of your leg. Hold for 30 to 60 seconds. Release and repeat four or five times. Change sides.



CALVES

WHY: They help propel you forward and absorb impact.

HOW: Place both hands on a wall and take a step back with one leg. Keep your heel on the ground and lean into the wall until you feel a stretch in your calf. Hold and repeat as noted above. Change sides. Stretch again, this time bending the knee of the extended leg slightly, so you feel the stretch in the lower half of the calf.

When Should I Stretch?

There are so many many conflicting opinions about when to stretch -- before running, after running; don't stretches race day; stretch in the morning, at night...

Stretching, as you can imagine, is very important. Clearly, being more flexible allows for some biomechanical imperfections to be "ignored" by the body and prevent injury or chronic inflammation by rubbing. The question is: how do you get to this flexible state. As you know, being Gumby-like is a factor of heredity, as some people with little stretching can contort in all types of positions while others need to work at it.

A global (whole-body) stretching program has been shown to be the answer. Be sure to warm up first, just enough to raise your body temperature about ½ degree (as evidenced by a minimal sweat); this will make your muscles more pliable, like taffy, and easier to stretch. Whenever you fit in a stretch routine,

individual to you daily is the key. Time of day is of no consequence; doing it is. Meet with a personal trainer or coach to go over which stretches and proper technique.

Stretching before you run is not necessary, since it has been proven to not decrease injury. Yes, warm-up is important to getting blood flow and warmth to your muscles, but if you are globally flexible, that additional stretch before the run does nothing for you. Stretching after your run is still good, since it helps maintain the length of the muscle/tendon unit after stressing that unit with exercise.

6. Ledegeld

Gauteng-Noord Meesters se ledegeld vir 2010 is R160 per lid, dit sluit die R60 affiliasie aan SAMA in. **Ons ledegeld is asseblief jaarliks betaalbaar voor 15 Januarie** (tensy u vir die eerste keer aansluit waarna dit dan dadelik betaalbaar is). Ons spaarrekening is: **Gauteng-Noord Meesters Atletiek**. Ons rekening is by **ABSA Bank in Brooklyn en die banknommer is 909 772 9660**. Die **takkode is 632005**. Die **bankdepositostrokio moet asseblief na 012 – 333 8491 gefaks word met 'n verwysing op die bankinbetaling**, anders sal ek nie bewus wees dat u 'n betaling gemaak het nie. Vir die van julle wie op hoogte is met die nuwe tegnologie, kan die **betaling ook per Internet gedoen word**, en die **bewys van die transaksie kan aan my gefaks word**. (Alternatiewelik kan **betalingsbewyse "ingescan" word en per e-pos aan my gestuur word**). *(Lees asb No.16 waar ter sprake).

7. ASA Lisensie Nommers

Personal Accident Cover for Registered Athletes: Who is covered? All persons who are license holders. Cover applies to all sectioned events only. No cover applies to temporary ASA license holders. Aangesien ons nou by AGN geaffiliër is, kan julle julle permanente ASA lisensienommers vir 2010 by my bestel teen R120 per nommer. **Stel my asseblief dadelik in kennis, sou jy belangstel**. Die geld kan in ons bankrekening inbetaal word. Onthou asseblief om die bewys van betaling aan my te stuur. **(Met die permanente ASA lisensienommers kan julle aan alle padwedlope, baanbyeenkomste en landloopbyeenkomste deelneem)**. Onthou asseblief dat jy nie aan enige provinsiale kampioenskap mag deelneem as jou ledegeld nie betaal is nie.

8. Club Clothes

As jy die pryslys benodig, kontak my asseblief.:

Lede wat klere wil bestel kan dit direk by Gerard van der Raad bestel - Telefoonnommer 012 653 2095, Selnommer 082 337 7680, per e-pos by bgvdraad@mweb.co.za of per fax No 012 653 2095.

Besonderhede wat die bestelling moet vergesel:

- a) Die item met prys;
- b) Grootte XL, L ens, nie bors groottes ens. nie;
- c) Moet die broeke 'n PRO of SQUARE cut wees en die hardloophempie standaard of LYCRA. Ons moet asseblief presies wees met ons bestelling anders maak Bettie klere wat ons aan die einde van die dag nie wil hê nie en iemand moet daarvoor betaal.
- d) Bewys van betaling; (diegene wat reeds betaal het, kan my net van julle bestelling verwittig (ons moet net bevestig dat die regte bedrag betaal is (pryse wat betaal is moet ooreenstem met nuwe bestelling).
- e) Kontak nommer van die betrokke lid.

Lede wat onseker is oor die groottes wat jul benodig kan dit by Bettie gaan aanpas, veral die wat sweetpakke wil bestel (bestel het).

Aanwysings is soos volg: Mitchellstaat, dit is 'n eenrigting WES. Direk onder die DUIKWEG draai LINKS in 'n besigheidkompleks. Volg die pad aan die linkerkant tot agter. Draai links en KYK uit vir DELTA 7. Bettie

se tel no. indien u verdwaal is 012 327 113. SY GAAN GEEN BESTELLINGS AANVAAR NIE, dit moet alles asb via Gerard van der Raad gedoen word.

Die volgende klere is tans by Gerard teen R145 per item. Die voorraad is by hom en lede kan dit wat op voorraad is by hom kry of reëlings tref om dit by my te kry. Gerard se adres is soos volg: Theuns van Niekerkstraat 356, Wierdapark.

LADIES VEST

M 2 , L 2; XL 1; 2XL 2; 3XL 1

SKIRTS

36 1; 38 1; 40 1

MENS VEST

M 2; L 2; 2XL 2; 3XL 1; 4 XL 2

POLY SHORT

M 2; L 2; 2XL 2; 3XL 1;; 4XL 2

BOXER SHORT

M 2; L 1; 2XL 2; 3XL1

9. Age Grading

Since I'm receiving so many queries regarding this topic, more about it:

Competition results can be calculated on an overall performance basis where athletes compare their performance to how other competitors in their **age group** performed. Some events now provide age graded results. These results are generated from tables developed by reviewing the performances of a large number of athletes over a long period of time, in each of the age categories, as well as the world records by age groupings. The tables then indicate an ultimate performance that could be expected from any age. There are separate tables for males and females.

Age graded results can be used in several ways. Using these tables, each athlete's performance can be calculated as a percentage of these extremely high standards for both male and female at each age. New results are then processed based on percentage achievement. Hence the playing field is leveled by compensating for age and sex. This 'age graded results' can be very different from the overall results. It's possible that a 45-year old woman would displace a 28-year old male overall winner as the age graded winner. This, of course, is competitive and many (in fact most) participants don't enter events solely for competition. There are other effective ways of using performance percentages. For example: if your performance in a 5K race was @ 78.3%, you could apply this percentage to the table for 10K at your age and calculate your expected finish time at 10K for the same effort. This would enable you to establish your mile pace to ensure that you don't go out too fast in the 10K event. As you age you can use age graded results to compare your fitness and conditioning from one year to any other year. It's also useful in tracking your progress over any number of dissimilar events. See our website for the the WMA Age-Grading calculator www.gnma.co.za

10. Lief en Leed

- Oom Alex Carnie is Sondagaand 29 Junie oorlede ...innig jammer hieroor. Vir my was hy altyd iemand wie ek respekteer het en na wie ek opgesien het. Innige simpatie aan sy familie ook. Ons verloor so 'n besondere en waardige atleet!

- Our condolences to Harry and Winnie Koekemoer. Winnie's 91-year old Dad passed away in Port Shepstone on 30 December.
- Baie geluk aan Ken Nurden wat op Tseleng vereer was by die Tuks Alumli-wedloop as legende!! Ken and his wife will be over in England to visit a son and his family from 6 to 26 September. Luckily they will be back for our champs...training there?
- Yolanda Beytell het by die SARPCCO spele in Malawi 'n goue medalje in Spiesgooi gekry.
- Dave Ludeke is besig om te herstel na 'n besering...sien hy word haastig om weer te begin deelneem.
- Elize Heath laat weet: "Dit spyt my om jou mee te deel dat ek na Vele Oorweging en Nabetragting besluit het om my Geliefde Meesters Atletiek Tydelik te verlaat....Ongelukkig sukkel ek al lankal met 'n besering~~~ Graag wil ek van hierdie geleentheid gebruik maak om jou Gretha {Persoonlik} EN Meesters Atletiek Hartlik te bedank vir die Gulde Geleentheid wat aan my gegun was om deel te wees van SO 'n Ongelooflike Organisasie!! Wees verseker dat dit 'n Groot Eer EN Voorreg was EN ALTYD SAL wees om deel te wees van die Groot "Familie"! Wens julle ALLe Sterkte en Sukses Toe met die Goue Jare Vorentoe~~~ Bou Voort op dit wat vir SO Baie Altete GOUD Werd is!!" baie dankie Elize...hoop ons sien jou weer.....
- Janita Eva en haar ma was een Saterdagoggend op pad na 'n atletiekbyeenkoms in Rustenburg betrokke in 'n motor ongeluk. 'n "Tipper" trok het van agter in hulle motor vasgery. Met die GENADE van die Here het hulle geen ernstige besering opgedoen nie. Hoop dat dit nou al beter gaan Janita.
- To Tsaki and VernonTshabalala a bonny baby girl was born. Heartiest congratulations.
- Heleen en Mark Corby laat weer uit Dakar: "Voorspoed vir 2010 en mag die jaar net goed wees vir ons almal. Mis jul vreeslik baie en kan regtig nie meer wag om permanent huis toe te kom nie en wanneer is dit, wel ek weet nie want Izelqe het nou haar tweede coghlea inplanting gekry en nou kan sy baie mooi hoor en ons mag nie nou teruggaan nie want dan moet ons die inplanting betaal. So nou wag ons maar om te hoor wanneer ons mag gaan".
- Chelma Slied het laat weet dat Hans sy hamstring geskeur – redelik ernstig. Dit lyk ongelukkig of hy gaan uit wees vir die seisoen. Gaan dit al beter?
- Martin en Sorene Plews het 'n dogtertjie, Hannah, in Desember ryker geword – baie geluk, mag sy net vreugde aan julle bring.
- Roelof Swanepoel en gesin het na Wellington verhuis het. Jammer dat julle nie meer deel van Gauteng Noord kan wees nie...Ek hoop jy Ronel en kinders is baie gelukkig daar.
- Lynette Fisher asked: "If you have any enquiries regarding BIATHLE please feel free to contact me, Lynette Fischer, mobile 082 7736773 or e-mail lynette.fis@gmail.com. We are also investigating the possibility of a website for NG Biathle. If you have any ideas on communication and sponsorships please let me know".
- Elsa Jordaan het by haar kinders in Dubai gaan kuier...sy is veilig terug. Oelof was jy saam?
- Charmain du Toit was in hospital with phnemonia.... it was quite serious.
- Nico Möller sukkel nog steeds met die een Achilles tendon. Hy sê: "Uit verlede jaar se ervaring (toe was dit beide achilles'e) het ek agtergekome dat 'n mens in elk geval nie so kan oefen nie, en dat dit nie eers help om te probeer deelneem nie. In die jaar se tyd lyk dit darem asof ek die een kon regkry, en die bietjie tyd wat ek kry gaan ek probeer om die ander een reg te kry, hopelik betyds vir volgende jaar". Sterkte Nico..ons sien jou graag weer op die baan.
- Dieks Theron werk in die DRK en sy vrou het na Kaapstad verhuis...jammer om ook jou te verloor Dieks.
- Oom John van de Venter en sy vrou Corrie het by hul seun in Koaka Lumpur gaan kuier. Hoop dat julle veilig terug is!

- Ek hoor van Johan Buys:” Baie goeie nuus oor Ronel (Thomas). “Sy skop die jonges se boude met die landloop en is gekies vir die SA span Pole toe vir die wêreld landloop kampioenskappe einde Maart en sy het ook aan die Geelbladsye byeenkomste deelgeneem.
- Marietjie Montgomery het 1 oggend gaan oefen en ‘n stuk yster het haar been baie sleg oopgesny, sy't geval en haar rug ook weer seergemaak. Jammer daaroor Marietjie. Hoe gaan dit noue?
- Johan Buys sê dat hy 3 keer in April Kaap toe gegaan het. Eers vir die 2 oseane 21km (3 April), toe Momentum iflex Duathlon (18 April) en toe weer vir SA's (30 April) en die WP Duathlon Kampioenskappe (1 Mei) gedurende dieselfde naweek. Hy gaan net die 800m hierdie jaar hardloop. Momentum se duathlon reeks se afstand is die helfte van die standaard duathlon afstand en daarom wil hy graag so veel as moontlik die volle afstand doen. Dit kan hulle net met die provinsiale kampioenskappe en SA's doen. Dit laat hom net met 3 standaard duathlons voor die Worlds in September in Skotland vir die jaar. Johan was verlede jaar 12de in sy ouderdomsgroep in die VSA. Hy sê dat hy graag wil gaan vir die top 10. Voorspoed Johan!!
- Frances van Blerk het vanjaar die moordende Comrades Marathon gedoen , want sy sê dat haar siel nie sal rus voordat sy 20 Comrades Marathons gehardloop het nie. Sy het nog net 1 om te hardloop.
- Amanda le Roux het laat weet dat sy ook baie sukkel om van haar beserings te herstel..ons mis jou!!
- Lettie Saayman het vanjaar ook marathons, asook die ultra 2 Oceans gedoen.
- Deon Smit het weer die Argus gaan doen. Hoe het dit gegaan Deon?
- Winnie Schluter het het ongelukkig n hamstring geskeur en sal nie die jaar kan deelneem nie.
- Welkom terug Chris. Chris en Liesbet en gesin het ‘n moeilike tyd deurgemaak. Hul het hul seun en boetie verloor, en Chris was baie siek. ‘n Mens kry so baie genade.
- Tobie het laat weet dat hulle rondrits. Hulle het eers by hul kinders en kleinkinders in Australië gekuier, toe ‘n draai in NZ gaan maak en toe by hul kinders en kleinkinders en ‘n broer in Kanada gaan kuier....**enluister toe is** hulle na Finland en vanaf die noorde van Rusland is hulle met ‘n ysbreker na die Noordpool vir ongeveer 14 dae waarna hulle terug na Rusland was vir twee weke, via Finland en Swede. Opwindend né?
- A big welcome to Douglas Gerber in our midst again. Hope you are very happy back in SA and that you and your family can re-unite soon.
- Congratulations to Alwin Wurster that got married. Unfortunately the couple is immigrating to Germany.
- Frank, glad that your eye ops were successful, ..now...it seems as if you should stop doing the twist and concentrate on athletics!!
- Celeste Scheepers was vir ‘n week in Kuba...ek word so jaloers.

11. Nuusartikels

TRAINING TIPS

- Keeping an injured athlete active is perhaps the most important part of an injury management program. Activity puts the focus on what can be done, allows you to work towards a goal, and eases frustration.
- All activities must be safe. You must work with the doctor or physiotherapist to establish which joints, muscles, tendons and ligaments need protection, and how much they need. Then choose the safest exercise, keeping in mind that the more closely the activity resembles your event, the more transfer there will be when you return to training and competition.
- Running in water is the most effective activity for maintaining a general aerobic fitness, but you need a variety to keep motivated. If possible, incorporate at least two of the following activities

into your programme; Water training, cycling, weight training, recreational walking, stretching and relaxation. To maintain continuity schedule workouts for approximately the same time of day as your usual training sessions.

- Whatever activity you do, an easy, relaxed transition back to training and competition is essential. The longer the injury takes to heal the more gradual the return to a full training schedule should be. Reduce the alternative exercises as the training load increases. (Source: *International Amateur Athletic Federation*)

12. Verjaarsdae

- Baie geluk aan almal wat gedurende die volgende maande verjaar/verjaar het – hoe lyk dit met ‘n telefoonoproep?

Augustus	September	Oktober	November	Desember
1 Mari-France Halforty	1 Bobie Tlapo	5 Dewald Kleyn	1 Stephen Kichenbrand	1 Veronica Welgemoed
2 Frank Meaker	2 Martin Venter	5 Teresa le Roux	2 Charmaine Barnard	1 Ferdie Kilian
4 Elsa Meyer	2 Tiaan Kruger	8 Alwin Würster	6 Oelof Jordaan	6 Leana Oberholzer
10 Gretha Viljoen	4 Charmaine d Toit	8 Stéfan Grové	7 Tillie Kamper	8 Johan Fourie
10 Fanie Venter	5 Ansie Hennop	12 Moses Aphane	8 Everard Skea	8 Des Frost
11 Dirk Erasmus	5 Fred Clements	14 Louis Botha	10 Don Roos	10 Dan Immelman
12 Celeste Labuschagne	5 Torie Pretorius	17 Marietjie Montgomery	13 Moritz Kallmeyer	12 Ken Nurden
13 Andrzej Rzepecki	6 Johan Gouws	20 Susan Katakarakasis	18 Willem Krog	12 Leonie Steenkamp
15 Elsa Jordaan	6 Veronica v Gordon	22 Makkie Gouws	19 Chris Smit	15 Steve Rautenbach
19 Johann v d Berg	8 Ivor Schelubusch	26 Johan Buys	21 Seanette v Rooyen	19 Mark Corby
20 Carol vd Walt	12 Lyn de Bruin	27 Jean Schäfer	22 v Reenen Cloete	22 Nico Möller
21 Jean Knoetze	12 Sandra Steenkamp	30 Schalk McDuling	23 Gil Dias	24 Mark Bräsler
27 Deon Smit	14 Petra Pietersen		25 Pieter Rossouw	27 Danie Du Preez
27 Mia Prinsloo	19 Cobus Kok		28 Chantal vd Walt	29 Theo Möller
29 Karl Mock	20 Yana Rzepecka		27 Gerard vd Raad	31 Annatjie Greyvenstein
	21 Cobus Kriel		29 Maryna Meintjes	
	24 Richard John		30 Danie van Wyk	
	24 Jenny Bester			
	28 Ida-Marié Strydom			
	29 Vollie Spies			

13. WMA / SAMA Hurdles Specifications 2010						
WOMEN						
Age group	Race distance	Hurdle height	To 1st hurdle	Between hurdles	Distance to finish	No. of hurdles
30 - 39	100m	0.840m	13.00m	8.5m	10.5m	10
40 - 49	80m	0.762m	12.00m	8.0m	12.00m	8
50 - 59	80m	0.762m	12.00m	7.00m	19.00m	8
60 +	80m	0.686m	12.00m	7.00m	19.00m	8
30 - 49	400m	0.762m	45.00m	35.00m	40.00m	10
50 - 59	300m	0.762m	50.00m	35.00m	40.00m	7
60 - 69	300m	0.686m	50.00m	35.00m	40.00m	7
70 +	200m	0.686m	50.00m	35.00m	40.00m	5
30 +	2 000m Steeplechase	0.762m	18 barriers and 5 water jumps			
MEN						
Age group	Race distance	Hurdle height	To 1st hurdle	Between hurdles	Distance to finish	No. of hurdles
30 - 49	110m	0.991m	13.72m	9.14m	14.02m	10
50 - 59	100m	0.914m	13.00m	8.50m	10.50m	10
60 - 69	100m	0.840m	12.00m	8.00m	16.00m	10
70 - 79	80m	0.762m	12.00m	7.00m	19.00m	8
80 +	80m	0.686m	12.00m	7.00m	19.00m	8
30 - 49	400m	0.914m	45.00m	35.00m	40.00m	10
50 - 59	400m	0.840m	45.00m	35.00m	40.00m	10
60 - 69	300m	0.762m	50.00m	35.00m	40.00m	7
70 - 79	300m	0.686m	50.00m	35.00m	40.00m	7
80 +	200m	0.686m	50.00m	35.00m	40.00m	5
30 - 59	3 000m Steeplechase	0.914m	28 barriers and 7 water jumps			
60 +	2 000m Steeplechase	0.762m	18 barriers and 5 water jumps			

WMA / SAMA Throwing Implements Specifications 2010					
WOMEN					
Age group	Shot put	Discus	Hammer	Javelin	Heavy throw
30 – 49	4,00kg	1,00kg	4,00kg	600g	9,08kg / 20 lb
50 – 59	3,00kg	1,00kg	3,00kg	500g	7,26kg / 16 lb
60 - 74	3,00kg	1,00kg	3,00kg	400g	5,45kg / 12 lb
75 +	2,00kg	0.75kg	2,00kg	400g	4,00kg / 8.82 lb
MEN					
Age group	Shot put	Discus	Hammer	Javelin	Heavy throw
30 – 49	7,26kg	2,00kg	7,26kg	800g	15,88kg / 35 lb
50 – 59	6,00kg	1,50kg	6,00kg	700g	11,34kg / 25 lb
60 – 69	5,00kg	1,00kg	5,00kg	600g	9,08kg / 20 lb
70 – 79	4,00kg	1,00kg	4,00kg	500g	7,26kg / 16 lb
80 +	3,00kg	1,00kg	3,00kg	400g	5,45kg / 12 lb

14. Adresverandering

Onthou asseblief as jy van adres, of as jou telefoonnommers verander het, jy 'n **e-pos adres** gekry het, jou e-pos verander het of as jy bewus is van enige mede-atlete se adresverandering of telefoonnommer wat verander het, om my daarvan te verwittig.

15. News from SAMA

The main body committee members were selected during the Annual General meeting in Bellville:

President: Basil Carnie (WP)

Vice President: Ansie Hennop (GN). We are very proud of you Ansie...congratulations.

Treasurer: Pierre Pretorius

Statistician: Veronica von Gordon (GN)

Secretary: Lydia Stander (NWN)

PRO: Carl Meyer (CG)

16. Bykomende notas

Gauteng Noord atlete bo 80 jaar betaal net affiliasiegeld aan SAMA (R60 per jaar of die bedrag soos deur SAMA bepaal); Atlete bo 90 jaar betaal geen ledegeld nie, ons vereniging sal die affiliasiegeld aan SAMA betaal.

17. Saamry na byeenkomste

Dit is soveel goedkoper en lekkerder om saam na byeenkomste te ry. Ons kan ook iemand help wat andersins nie meer daar kan kom nie. As iemand 'n saamrygeleentheid wil hê of aan iemand wil bied, kontak my asseblief, miskien kan ons mekaar so help. Ek glo ook dat meer van Gauteng-Noordatlete sodoende byeenkomste sal kan bywoon. 'n Mens leer mekaar ook beter ken.

18. Webwerf

Ons website is soos volg: www.gnma.co.za. Dewald doen baie moeite hiermee, laat weet asseblief wat julle daarvan dink. Indien julle enige voorstelle het oor wat julle graag op die webwerf wil sien, is julle welkom om aan Dewald 'n e-pos volla59@yahoo.com te stuur. Julle is ook welkom om atletiekfotos aan hom te verskaf vir plasing op ons webwerf. SAMA inligting kan by www.mastersathletics.org.za gekry word.

19. National Colours

AWARDING OF NATIONAL COLOURS

The awarding of National Masters Colours is not a right that can be demanded, but an honour that must be earned according to the norms and standards, as determined by the Executive Committee from time to time.

Norms and Standards

- Recommendation for national colours shall only be considered if the performance claimed has been achieved by an athlete duly registered with SAMA at the time of the performance and of the award.
- A minimum of two years paid-up membership of SA Masters Athletics (SAMA);
- Recommendation shall only be considered if the candidate has already displayed a positive attitude and behaviour towards Masters Athletics.
- The province to which the athlete belongs must make formal application on the prescribed form. By submitting the application the province concerned affirms that it fully supports the award of National colours to the athlete.
- It is required that the athlete has reached the standard twice, either twice in the same event or once in two different events in the same age category. In the case of the decathlon and heptathlon, the standard need only be attained once.

Athlete wat vir nasionale kleure gekwalifiseer het gedurende 2010 kan reeds gedurende die jaar die nominasieworms by my aanvra/inhandig, aangesien die sluitingsdatum by SAMA vroeg in Januarie 2011 is. Hou tog asseblief rekord van al julle tye wat aan die gestelde standaard voldoen (**onthou dat jy ten minste vir 2 jaar 'n opbetaalde lid van SAMA moet wees**). Indien jy onseker is, kontak my asseblief. Dit geld ook vir lede wie by padwedlope aan die voorgeskrewe standaard voldoen het.

Starting January 2008, athletes who have already received their national colours will in future be able to qualify for national colours in each new age group. As for first time awards, athletes will have to qualify according to the same criteria, i.e. 2 consecutive years' paid-up membership in the new age group, qualifying twice in one event, according to the required national colours standards. SAMA is hoping that these re-awards will serve as an incentive for athletes to strive for better performances after they have obtained their national colours the first time. Re-awards will not be made in retrospect.

20. Uitslae Aangesien die nuusbrief redelik lywig is, en om posgeld te spaar kry asb die uitslae op ons webwerf - www.gnma.co.za. Doen gerus by my navraag as jy nie toegang tot internet het nie.

21. Age tags

Dit lyk my of die dra van bogenoemde verpligend word, dit is te koop by Pilditch (R10 per paar). Bogenoemde sal beskikbaar wees tydens ons byeenkoms. Daar is genoem dat so iets dit vir die atleet makliker sal maak om te bepaal teen wie jy deelneem.

Tot ons weer hoor!

Gretha Viljoen