

Newsletter April 2023

Upcoming Championships:

- SAMA
championships, 4-6
May, Cape Town

KZN Masters Athletics



SAMA Championships

Greenpoint Stadium
Cape Town
4 - 6 May 2023

Please find below the pre-entry link:

<https://qkt.io/sama2023>

**EXTENDED DEADLINE for ENTRY TUESDAY, 2023-04-25 @
21h00**

Please feel free to send us your questions
at: wpamasters@gmail.com

Blessings
Sanet
WPMAA Sec
Cell: 082 737 6801

400m Gold for Mo

**Congratulations to Moses Naidoo - the new 400m
World Indoor Champion in the Men 50 category!**

Moses won his 400m final at the World Masters Athletics Indoor
Championship in Toruń, Poland yesterday.

He fought off tough competition from the reigning M50 world record
holder Juan Luis Lopez Anaya of Spain and Dutch athlete Toine
Van Beckhoven in a very exciting two lap race.

The camaraderie and sportsmanship in masters athletics is
something special and Moses has made some great new
friendships at his first ever indoor competition.

Well done Moses - we are so proud of you!



Cross Country:

If you are not already a Cross Country runner, why not give it a go.

The benefits of Cross Country:

'Running cross- country not only builds your physical strength but also your mental strength,' says Tom Craggs. 'It teaches you how much pain you can tolerate – often, that's a lot more than you think.'

"It means lower limbs and stabilising muscles become very strong, and you develop a greater ability to absorb shock. Keeping the momentum going on a soft surface is hard work, so you are building muscles that will give you great strength and power."

Training like an XC runner will make you a better runner all around: faster, stronger, more in tune with your body and mentally tougher, which ultimately benefits us all on the track.

Cross Country Fixtures



KWAZULU-NATAL
ATHLETICS

2023 CROSS COUNTRY CALENDAR

Leagues & date	Venue & District	Host Club	Chairperson & contact	X-C Captain
Parlauf 17 March 2023	Westville Clubhouse Ethekwini	Westville A.C	Kylie Griffin – 0825630574 director@kzneia.co.za	Kylie Griffin 0825630574
League 1 18 March 2023	Richards Bay Complex King Cetshwayo	Qhakaza A.C	Lilly Dillies- 0824718853 octavedillies@yahoo.com	Stacey Pretorius 0646824742
League 2 01 April 2023	Laddsworth P School Umgungundlovu	Hilton Harriers A.C	Jeff Speed- 0828924215 jeffspeed@telkomsa.net	Jeff Speed 0828924215
League 3 22 April 2023	Ndwedwe Sports Ground Ilembe	Thandolwethu A.C	Cebolenkosi Maphumlo- 0736668441 Maphumulocebo@gmail.com	Nkosingiphile Zuma 0734275797
League 4 22 April 2023	Howick Sports Complex Umgungundlovu	Umngeni Howick Academy A.C	Ntokozo Mlotshwa-0734923882 Numlotshwa 987@gmail.com	Ntokozo Mlotshwa 0734923882
League 5 23 April 2023	KwaBhukuda Zululand	Edumbe A.C	Busi Dlamini- 0834797780 Dlamini62@gmail.com	Vincent Mthethwa 0760220436
League 6 29 April 2023	KuNyinyani(KwaZuma) Umkhanyakude	Manguzi A.C	Dr Gama Nhlonzi -0721484555 Nhlonzigb@gmail.com	SS Vumase 0731942341



KZNMA Kit

For any athletes needing to purchase KZN masters kit, please chat to Tori Coetzee on our committee. There is an arrangement with Dianke to supply our kit.

Contact Us

KZN Masters Athletics

Email

mastersathleticskzn@gmail.com

Website

www.kznma.co.za

WALK REPORT

Firstly I would like to extend a warm welcome to our new Walking Members, Belinda Padbury, Elizabeth Sneddon, Hayley Fleming, Andre Visagie, Gerhard Williamson, Laurel Oettle.

Not much has unfortunately taken place since beginning of 2023

ASA 35km Race Walking Championship in Cape Town January 2023.

Our steadfast Jeanine Le Febour was selected to represent KZNA in this Championship after doing so well in the KZN Race Walking Champs.

KZN SENIOR / MASTERS CHAMPS. 17/18 TH MARCH. MSUNDUZI STADIUM PIETERMARITZBURG

This Event went off well: Those who took part in this Event:

5km WALK

Belinda Padbury Gold 45+

Janine Le Febour Gold 55+

Elizabeth Sneddon Gold 60+

Les Williams Gold 70+

Congratulations to all of our walkers!

Track & Field Masters Fixtures

Date From	Date To	Event	Town/City	Venue
04-May-23	06-May-23	SAMA Champs	Cape Town	Green Point Stadium
05-Aug-23	05-Aug-23	FS Throws & Jumps Meet	Bloemfontein	TBC
20-Oct-23	21-Oct-23	SWD Masters Champs	Oudtshoorn	De Jager Stadium
28-Oct-23	28-Oct-23	FS Masters Champs	Bloemfontein	Free State Stadium
16-Nov-23	18-Nov-23	Africa Masters Champs	Cape Town	Green Point Stadium
		OR (the date can change at short notice due to soccer)		
23-Nov-23	25-Nov-23	Africa Masters Champs	Cape Town	Green Point Stadium
	2024	SAMA Champs	Bloemfontein	Free State Stadium
21-Oct-24	21-Oct-24	WMA Marathon World Championship		