

# Newsletter September 2023

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## Upcoming Championships:

- SA Cross Country Champs: 16 September
- AFMA champs: 16-18 November

# KZN Masters Athletics



## SAMA Awards

We are proud of the following KZNMA athletes who were recognized at the SAMA awards function for their achievements in 2022-2023 season.

**David Fourie** earned his SAMA colours and was awarded his green blazer.



*Moses Naidoo, Coach Vic Vaz, Dave Fourie*



*Shona Hutchinson*

**Moses Naidoo** was awarded “Best Men Athlete” for his outstanding performance at the World Masters Indoor Championships winning the gold medal in the M50 400m.

**Shona Hutchinson** was awarded “Best Women Athlete” for her performance at the World Masters Outdoor Championships in Tampere Finland in July 2022.

# SAMA Championships



*Oliver Mundell Competing in the 5000m race walk*

## “Welcome to Cape Town, enjoy the party.”

This was the backdrop of this year’s 46<sup>th</sup> S.A. Masters Athletics Championship at Greenpoint Stadium in Cape Town.

Athletes from across S.A. and neighboring countries rocked up to enjoy 3 days of nice sunny weather in Cape Town. Unfortunately, the effect of the covid 2 years ago and financial constraints could be seen by the number of athletes that entered this year’s competition.

Athletes, friends, and family were greeted by friendly security guards, volunteers helping at registration, and event officials. Old friends that did not compete in 2022, re-united again and talks could be heard of how they tried to stay active during lockdown and how difficult it was to get back into competition mode.

Only 10 of KZN master athletes made their way down to Cape Town to compete in 9 different events.

The following results were achieved:

### **100m Sprints:**

M50 – Moses Naidoo – 1<sup>st</sup> – 11.97  
M65 – Richard Emslie – 3<sup>rd</sup> – 16.31  
M70 – Max Magnussen – 5<sup>th</sup> - 15.57  
- Yacoob Motala – 8<sup>th</sup> – 18.36

### **200m Sprints:**

W50 – Delia Vaz – 5<sup>th</sup> – 31.85  
M50 – Moses Naidoo – 1<sup>st</sup> – 24.11  
M55 – David Fourie – 1<sup>st</sup> – 25.39  
M70 – Max Magnussen – 4<sup>th</sup> – 32.66

### **400m Sprint:**

W50 – Delia Vaz – 3<sup>rd</sup> – 1:12.35  
M50 - Moses Naidoo – 1<sup>st</sup> – 52.03  
(Current S.A record holder)  
M55 – David Fourie – 1<sup>st</sup> – 55.94



*Magnussen and Yacoob Motala at SA Champs*



**800m:**

W50 – Delia Vaz – 5<sup>th</sup> – 2:52.43

**400m Hurdles:**

M55 – David Fourie – 1<sup>st</sup> – 63.36 (current S.A record holder)

**Long Jump:**

M70 – Yacoob Motala – 4<sup>th</sup> – 2.71m

**Javelin:**

M 45 – Wessel Moolman – 2<sup>nd</sup> – 34.24

**Race Walk 5000m:**

W45 – Belinda Padbury – 1<sup>st</sup> – 28:59

W55 – Caryn Louden – 3<sup>rd</sup> – 35:39

M65 – Ollie Mundell – 4<sup>th</sup> – 32:34

Welcome back Coach Mundell, good to see you back on the track competing.

**Race Walk 10 000m:**

W45 – Belinda Padbury – 1<sup>st</sup> – 59:01

W55 – Caryn Louden – 2<sup>nd</sup> – 1:13:04

M65 – Ollie Mundell – 3<sup>rd</sup> – 1:06:32

Congratulations to all on their great results.

Some interesting stats I picked up on the results:

Old S.A. records still standing.

W40 - 800m – Anne McKenzie – set in 1967.

W40 – 1500m – Anne McKenzie – 4.29 – also set in 1967.

M65 – 1500m – Willie Loedolf – 4.44 – set in 1993.

M60 – 5000m – Willie Loedolf - 16.54 – set in 1988.

Maybe one of our KZN athletes can aim to break one of these records at next year's S A Championship in Potchefstroom.

Stay safe, train hard, and remember that if it was easy then everybody would be doing it!!!

## Track & Field Fixtures

09 Sept	Sat	KZNA Sub Youth League 3 (7 – 13 years)	Amajuba	Wed. 06
23Sept	Sat	KZNA SYYJSM League 2 (14 years and older)	PM Burg	Wed. 20
07 Oct	Sat	KZNA Sub Youth League 4 (7 – 13 years)	Richards Bay	Wed. 04.
14 Oct	Sat	KZNA SYYJSM League 3 (14 years and older)	PM Burg	Wed. 11
21 Oct	Sat	KZNA Sub Youth League 5 (7 – 13 years)	PM Burg	Wed. 18
28 Oct	Sat.	KZNA SYYJSM League 4 (14 years and older)	PM Burg	Wed. 25
04 Nov	Sat	KZNA Sub Youth Provincial Championships	Richards Bay/ PM Burg	Wed. 25 Oct.
11 Nov	Sat	KZNA SYYJSM League 5 (14 years and older)	PM Burg	Wed. 08

## Cross Country:

Congratulations to the following KZN masters athletes who have been selected to represent KZN at the South African Cross Country Championships at Nelson Mandela University in Gqeberha.

**Victoria Coetzee**  
**Ursula Cockbain**  
**Michelle Sims**



*Victoria Coetzee & Ursula Cockbain in action at KZN Cross Country*

Well done ladies!

## Road Running Fixtures

DATE	NAME OF EVENT	VENUE	DISTANCE	ORGANISED BY	E-MAIL ADDRESS/CONTACT NUMBERS	CONTACT PERSON	TIME
09-Sep	Park Lane Superspar Capital Climb	Voorrekker High School, Cordwails Road, Pietermaritzburg	15km run/walk 5km run/walk	Midlands Athletic Club	C 083 374 9502 capalclimb@gmail.com	Tony Morrison	07h00
09-Sep	Sisonke Challenge	Inanda Dam	10km run/walk	Sisonke AC	C 0734709842 shile.shange@gmail.com	Shile Shange	06h00
09-Sep	Health Wellness Race	Oval Sports Ground	21.1km run	Kokstad Link Pharmacy Runners Club	C 078 907 6631 kokstadlinkpharmacyrunnersclub@gmail.com	Ntsepieng Mkhize	06h00
10-Sep	SAPS Striders Heritage Race	Kings Park Athletic Stadium	21.1 km run 10 km run/walk	SAPS Striders AC	C 072 881 1375 mntungwathulani@yahoo.com	Thulani Mntungwa	06h30 06h45
17-Sep	Gaterite Challenge	Kings Park Stadium	21.1km run/walk 10km run/walk	Verulam Athletic Club	C 083 783 6363 anaicker@yahoo.com	Anand Naicker	06h30
17-Sep	Msunduzi Half Marathon	Msunduzi Athletic Stadium	21.1km run/walk 10km run/walk 5km run/walk	Maritzburg City Athletic Club	C 082 797 3999 / 081 795 1421 maritzburgcity.ac1@gmail.com	Lungisani Mhlophe Shile Zondi	06h00
24-Sep	Mathews Meyiwa Half Marathon	Mpumalanga Regional Stadium	21.1 km run 10 km run/walk	Hammersdale AC	C 072 880 5733 thami.mbal@yahoo.com	Richard Bhengu	06h00
DATE	NAME OF EVENT	VENUE	DISTANCE	ORGANISED BY	E-MAIL ADDRESS/CONTACT NUMBERS	CONTACT PERSON	TIME
01-Oct	Eye Can Walk and Run Charity Challenge	Kings Park Athletic Stadium	10 km run/walk	Verulam Athletic Club	C 083 783 6363 anaicker@yahoo.com	Anand Naicker	06h30
08-Oct	Wasbank Marathon	Sigweje High School Ladysmith	42.2km run 21.1 km run/walk	Wasbank Athletic Club	C 072 450 3481 wasbank.ac@gmail.com sifiso.nzusa60@gmail.com	Sifiso Nzusa	05h30
08-Oct	Township to Township	Umlazi	42.2km run 21.1km Run	Umlazi AC Cherterville KwaMashu AC	C 0734709842 shile.shange@gmail.com	Shile Shange	05h00
15-Oct	Mkhambathini Half Marathon	Campersdown Area	21.1km run 10 km run/walk	Mkhambathini AC	C 064 937 3380 msizizimu@gmail.com	Msiizi Zimu	05h30
15-Oct	Isimangaliso	Bhangezani Gate to Capevidal	32km run 10km run	Mtubatuba AC	C 082 424 6875 sitholezwe@gmail.com	Siwwe Jobe	07h00
21-Oct	<b>KZNA COUNCIL MEETING</b>	<b>Durban</b>		<b>KZNA</b>	<b>C 083 312 3274</b> <b>admin@kznathletics.co.za</b>	<b>Jabulani Mkhungu</b>	<b>09h00</b>
22-Oct	Boyer Way of Races 5km.	Kingspark Athletic Stadium	5km run	Boyer Athletics Club	C 082 991 0045 enries@stillwatersports.com	Stillwater Sports	08h00
29-Oct	Goss & Baffe Sapphire Coast Marathon	Amanzimtoti Athletics Club	42.2km run 21.1km run/walk 10km run/walk	Amanzimtoti Athletics Club	C 082 498 6032 toti.ac.treasurer@gmail.com	Lynette Botha	06h00

# AFMA Championships

**Dates:** 16 – 18 November 2023

**Venue:** Pretoria at Pilditch Stadium

**Official Website:** <http://afma-champs-2023.co.za>

**Entries Close 31 October 2023**

Have a look at the program on the website:

[chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://afma-champs-2023.co.za/uploads/ProgrammeAFMAChamps2023\\_v9.pdf](chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://afma-champs-2023.co.za/uploads/ProgrammeAFMAChamps2023_v9.pdf)

There are track and field events at Pilditch stadium and also non-stadia events including cross country, 10km, marathon and half marathon.

**Kit:** Athletes must compete in SAMA Kit for the AFMA Championships. <https://xco.co.za/etail/order/OW978>



## Contact Us

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KZN Masters Athletics

Email

[mastersathleticskzn@gmail.com](mailto:mastersathleticskzn@gmail.com)

Website

[www.kznma.co.za](http://www.kznma.co.za)