

**KZN Masters Athletics
Chairpersons Report 2023**



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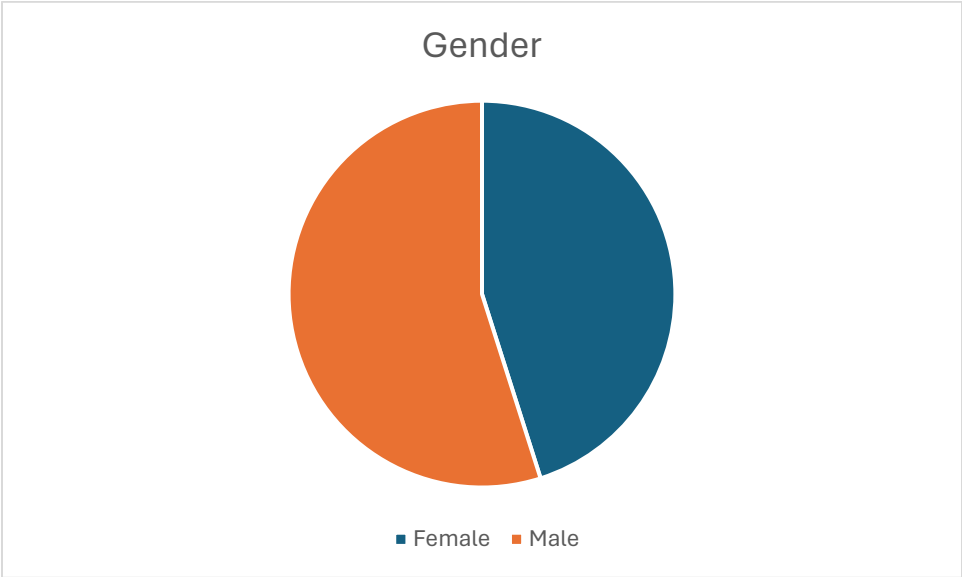
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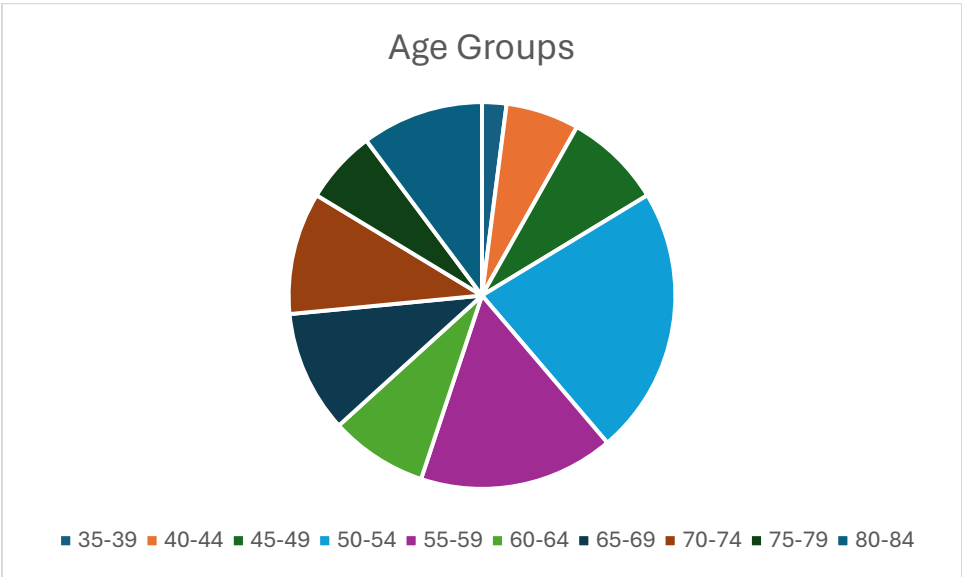
Membership:

In 2023 we had 52 members representing 25 different athletics clubs in KZN.

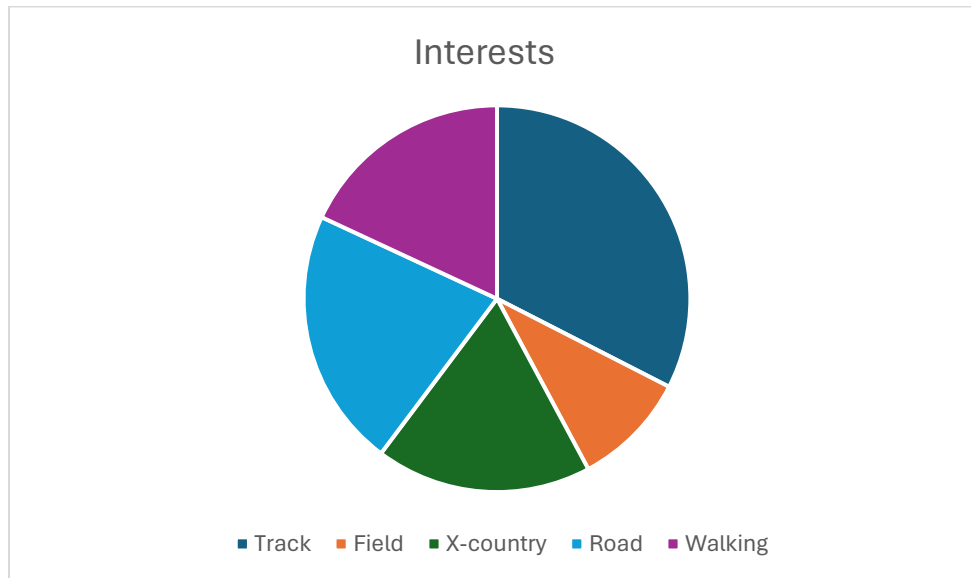
There is a fairly even split between male and female members.



Athletes range in age from 39-87 years old



Interests are well spread across track, road running, walking and cross country. But we don't have a lot of field event athletes in KZNMA compared with other provinces.



Obituary

Sadly we lost one of our members during 2023. Yacoob Motala passed away in June 2023.

He had been a loyal and active member of masters athletics for more than 20 years and was serving on our 2023 KZNMA committee.

Yacoob was a regular at most track meetings and competed in the SA Masters Athletics Championships in Cape Town in May 2023.

Competitions

Track & Field

The KZN SENIOR / MASTERS CHAMPS were held at MSUNDUZI STADIUM PIETERMARITZBURG 17/18 TH MARCH.

22 KZN Masters athletes competed across 22 events.

The 46th S.A. Masters Athletics Championship were held at Greenpoint Stadium in Cape Town 4-6 May 2023.

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

The African Masters Athletics Championships were held in Pretoria from 16 to 18 November 2023. 22 KZN masters athletes represented South African masters athletics participating in a number of events across track, field, road and cross-country disciplines.

KZN masters athletes returned with 38 medals in total (22 Gold, 8 Silver and 8 Bronze medals)

Special congratulations to Gill Tregenna for setting a **new African and South African Masters record** for the 10km race walk in the Women 80+ category!

13 new KZNMA records were set during the championships.

Cross Country:

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

Michelle Sims placed 1st winning the women 55 4km event

Ursula Cockbain finished 11th in the W50 4km

Victoria Coetzee unfortunately was unable to attend

Well done ladies!

Road Running:

Many of the athletes that are doing well in the road events are not members of KZNMA.

Congratulations to **Michelle Sims** who took part in the 10km Champs in Mbombela (Nelspruit). and placed first in the women 55-59.

Awards

We are proud of these Athletes who were recognised at the SAMA awards in May 2023

Moses Naidoo who was awarded “Best Men Athlete” by South African Masters Athletics. Moses was recognised for his outstanding performance at the World Masters Indoor Championships winning the gold medal in the M50 400m.

Moses Naidoo was also recently shortlisted as one of the finalists for the World Masters Athletics Best Male athlete for 2023.

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

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