

KZN Masters Athletics Awards 2024



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Kwazulu-Natal



Masters Athletics



Colours Awards

Colours are awarded to athletes who have achieved KZN Masters Athletics colours standards for their age category at least 3 times within the review window.

A pre-requisite is that athletes must have been registered members of KZNMA for more than two years at the time of application and their conduct must be deserving of the honour of provincial colours.

Once you have achieved your KZNMA colours, you can apply for a re-award if you achieve the standards again (3x) when you move to your next age category. This means that we continually have something new to aspire to as we age.

Re-awards were given for *Race Walking*:

to **Jeanine Le Febour** for women 55 age category for 5000m and 10km race walking.



Caryn Loudon for her consistent performances over 5000m and 10km race walking.



Les Williams for 5000m and 10km race walk, and for achieving SAMA colours.



The following athletes received their KZN Masters Athletics Colours.

In the *Track & Field* Discipline:



David Fourie for his excellent consistent performance over 400m hurdles in the M55 age group, Dave also won a bronze medal in this event at the recent world masters championships.



Shona Hutchinson for her performances over the hurdles and sprints in the W50 age group.





Max Magnussen for his sprint performances over 100m and 200m in the M70 category. Interestingly, Max has recently returned from the World Fire Fighter games in Denmark where he won the 100m, 200m and 400m events.



Zandisile Mbhekwana for his results in the 100m and 200m sprints for Men 55.



Michelle Sims for achieving her SAMA colours this year, and for also qualifying for KZNMA colours over 100m, 400m and 800m distances. Somehow Michelle managed to balance track speed work with marathon training!! Of interest, Michelle also recently competed in the Sydney Marathon completing the 42.2km course in 3hrs 26mins 38.



Moses Naidoo for world class results over 100m, 200m and 400m sprints in the men 50 category.



Delia Vaz for her performances over 200m, 400m and 800m distances in the W50 category. Delia is a very determined athlete who has trained consistently through multiple injuries over the past few years and has earned medals at both the African Masters Champs and South African Masters Champs this past season.



Race Walking:

Road Running and Cross Country:



Belinda Padbury for 5000m and 10km race walking in the W50 age category. Belinda placed 2nd at the recent world masters championships in the 5000m race walk with a time of 27mins36.51 scoring 81.6% on age grading. Belinda also placed 5th in the 10km road race walk at WMAC and holds a best time of 58mins48 over this distance.



Nomcebo Mthethwa earns her colours for her performances at the KZN and SA championship 10km road races and her cross country performance in the women 40 age category. Nomcebo ran the 10km KZN champs in 40mins 25sec and placed 7th at the SA cross country championships.



Category Awards

Certificates were given to the best performing Female and Male athletes in each discipline. Where available, the World Master Ranking System and Age Grade Percentages are used to compare performances across different age groups.

Track & Field



Best Female Track Athlete:

Shona Hutchinson:

Shona competes in hurdles and sprints. She holds SAMA, AFMA and WMA Titles for both short and long hurdles in the Women's 50 age category. Shona's best event is the 300m H for which she achieved a time of 45.85s equivalent to 96.5 age grade % and is 1st on the World Masters Rankings.



Best Male Track Athlete:

Moses Naidoo:

Moses excels in sprints from 100m to 400m. Despite being plagued with a chronic Achilles injury for the past season, he secured victories at AFMA and SAMA champs and was a finalist at the world masters championships in Sweden. Moses holds the no. 1 spot on the world masters rankings for M50 400m with a time of 51.45sec and an age grade % of 94.5%.





Best Male Field Athlete:

Adrian Carolan:

Adrian placed 1st at AFMA champs and 9th at the World Masters in the mens 50 long jump. Adrian also holds the KZNMA record for this event with a leap of 5m90. He has achieved an age grade performance of 81%.



Race Walking



Best Female Race Walker:

Gill Tregenna: Gill sets an amazing example for us all to follow. She is a provincial, SAMA and AFMA champion in multiple race walk distances for women aged 80-84. And her times will challenge the best in the world as well as world records. Gill completed the 20km lap course at the SA Race Walking Championships in March in 2hrs 37mins 45sec, which scores 88.7% on the age grade%. Gill's 10km and 5000m race walk times are equally as impressive at 1:16:13 for the 10km and 37:13.39 for the 5000m on the track for which she is ranked 3rd on the world masters rankings.



Best Male Race Walker:

Les Williams: Les competes in race walking over 5000m and 10km. Most notably, he placed 1st at the AFMA champs for M70 10km race walk and 2nd in the 5000m event. Les also earned his SAMA colours this year. Congratulations Les.

Cross Country



Nomcembo Mthethwa



Nokukhanya Memela



Wayne Scott:

Best Female Cross Country Athlete: *Best Male Cross Country Athlete:*

These ladies represented KZN at the SA Cross Country championships and both achieved top 10 finishes in their age categories with incredible times. Nokukhanya finished the 4km course in 15mins35 (age category W35) and Nomcebo was hot on her heels at 15mins53 (age category W40).

Wayne is a new member of KZN Masters, but certainly not new to running. He placed 4th in his age category at the SA Cross Country Champs completing the 6km course in 22 mins 55.

Unfortunately Wayne is not able to be here to receive his award today as he is competing in the Cape Town marathon this weekend.



Road Running



Best Female Road Runner:

Shani Silver:

Shani achieved a 2nd place finish in the W50-59 age category at the KZN Half Marathon Championships held at Galleria Mall in April this year. She also excelled in the KZN 10km championships held in Scottburgh in January completing the distance in 45mins41.

Best Male Road Runner:

Wayne Scott:

Wayne placed 3rd for men 60+ at the ASA Marathon Championships (held as part of the Durban International Marathon). Wayne completed the 42.2km in 3hrs15mins41



Overall Sportsman & Sportswoman 2024



Best Male Athlete for 2024:

Moses Naidoo

(award received by Coach Vic Vaz)



Best Female Athlete for 2024:

Shona Hutchinson

