



2017 MASTERS MEMBERSHIP INFO

KZN Masters Athletics (KZNMA) is an association managing and coordinating masters' athletics in the KZN province. Our aim is to encourage, organize and manage athletics in 5 year age groups for Masters Athletes – men & woman aged 35 years and older. No matter what your level of fitness is, ANYONE is welcome to join the masters family. There is an element of competition and rivalry, but overall it encourages a life-long commitment to fitness, well-being and a healthy lifestyle. KZNMA is also a platform where athletes and supporters can socialize, have fun and build lifelong friendships along the way. For most masters athletes it's all about setting a new PB (personal best) and personal goals every year.

So how does masters athletics work? As mentioned you compete in 5 year age group categories, meaning you compete against athletes that are more or less the same age. Age groups are 35 – 39, 40 - 44, 45 – 49 etc. This works slightly different from road race categories which operates in 10 year categories as you age.

Athletes can compete in road-races, walking events, cross-country and track & field. Masters athletics keep track of age group records. There is an annual national championship event, usually in May each year. There are no qualifying standards for competing at the provincial or national championships, meaning anyone of any ability or age can compete. Athletes can earn provincial and national colours in their events, based on a minimum standard criteria per event.

There are a few requirements in joining KZNMA. You have to join KZNMA to be eligible and recognized in competing as a masters athlete. Provincial colours, national colours and records will only be recognized if you are a KZNMA member. It is also a prerequisite for entering the national masters champs. Please note that you have to be a member of a **REGISTERED ATHLETICS CLUB** to join KZNMA as you need to be an ASA registered athlete.

There are a number of ways to compete as a master in KZN. Road-running and race walking is the most popular with masters athletes. There are numerous events on the KZN and national calendar for athletes to explore. Cross-country fanatics can compete in the KZN cross-country league, which have hosted events across KZN. For track & field enthusiasts there is the KZN track & field league which usually have events from January to March & October to November each year. The KZN track & field championships are usually held in March each year.

Over and above the organized events, KZNMA also organizes occasional mini-meet & social events. These are usually held at either Kingspark or Chatsworth stadium on the first Saturday of each month. These are timed events and usually involves 5000m walk/run on the track. Other events are catered for depending on requests i.e. 100m, 400m, 800m 1500m etc. Afterwards we have a short social where we enjoy tea/coffee and biscuits.

When you join KZNMA you will be added to our mailing list. Our secretary will share any important information i.e. mini-meet info, programs & entry forms for events, newsletter info etc to keep you up to date about Masters Athletics in KZN

The attached entry form can be completed and scanned to our secretary at 2018kznmassecretary@gmail.com

CONTACTS: Riaan Vosloo - 078 457 1936 Email: dbn@signea.co.za

Sheila - 033 212 3745 Email: bspellew@gmail.com

Chairman: Jodi Pastorino Ph 031-5646709; Fax 031-5640829; Mobile: 083 6757 810; e-mail idoj@iafrica.com
Secretary: Sharon Fuchs Mobile: 060 926 1345 e-mail: 2018kznmassecretary@gmail.com
Treasurer: Sheila Pellew mobile: 0834151895 email: bspellew@gmail.com

MASTERS ATHLETICS ASSOCIATION - KZN
Website: www.kznmastersathletics.co.za



APPLICATION FOR MEMBERSHIP FORM 2018

Licence No: _____
Athletics Club: _____
Surname: _____
First Name: _____
Address: _____
Postal code: _____
Date of Birth: _____
Identity No: _____
PLEASE ATTACH COPY OF I.D.
PHONE: (H) _____ (W) _____ (CELL) _____
e-Mail Address: _____

INTERESTS: - Please indicate by marking each block:

TRACK: FIELD: ROAD:
WALKING: X-COUNTRY:
ANNUAL SUBSCRIPTION FEE: R270:00 (EFT)
R270:00 + R30 If Cash/Cheque deposit.

Bank details provided below. Cheques made out to Masters Athletics Assoc.-KZN

I Declare that I am a bone fide amateur athlete and I subject myself to the Rules and Regulations of KZN Athletics, S.A. Masters, ASA and KZN Masters Athletics.

Signature: _____ Date: _____

BANK DETAILS:

Bank: First National Bank Account Number: 54990793811
Account type: Current Account
Branch: Overport
Branch Code: 222826

Chairman: Jodi Pastorino Ph 031-5646709; Fax 031-5640829; Mobile: 083 6757 810; e-mail idoj@iafrica.com
Secretary: Sharon Fuchs Mobile: 060 926 1345 e-mail: 2018kznmasecretary@gmail.com
Treasurer: Sheila Pellew mobile: 0834151895 email: bspellew@gmail.com