

KZNMA NEWSLETTER – JUNE 2020

Message from the Chairman:

2020 what a year!

I firstly want to send all our members, past and present, the best and healthiest wishes from not only the KZNMA committee but also on behalf of SAMA. I hope you are all healthy, safe and in good spirits.

What a year we had so far! From a perfect summer for athletics, to staying home and not being able to train at the start of lockdown, to 3 hours a day in the morning. And now to be able to train, but not in groups and with training venues still closed. But besides that we had 5 KZNA league meetings at the start of the year and we had so many brilliant results that our committee was very excited to see how our masters athletes would perform at SA Championships. But more on this further down in our Newsletter.

We are also happy to welcome back on South African soil our secretary, Sharon Fuchs who left South Africa at the end of February to visit her family for a month in New Zealand. On arrival at the airport to return home, they were stopped and not allowed to leave New Zealand. Sharon and family only arrived back home in Durban at the beginning of June, yes June! Again, welcome back Sharon.

On the committee front we have created a new portfolio named X-Country & Trail Running. Dawn Nunes was co-opted into this portfolio. Dawn is well known as a physiotherapist and for her knowledge on X-Country and Trail running. Dawn, “a big welcome from all of us at KZNMA and thank you for the huge effort from you already”.

We have all had to adjust our ways of staying in touch with family, friends and co-workers during this time and have seen an increased use of technology and the internet. We as KZNMA are proud to announce that we have launched our brand new website: www.kznma.co.za. The website will be used to share information, fixtures, results and the latest news regarding masters’ athletics. Future Newsletters will be available on the website for download.

The latest records have been updated and loaded on our website by our statistician, Shona Hutchinson. Please peruse these and if you have any queries please feel free to email your query with the relevant result and supporting documentation to our secretary at 2018kznmasecretary@gmail.com. We will review your queries and revert back to you.

With regards to competition and training, we are awaiting feedback and guidance from Government, ASA and SAMA. My personal view is that we might not see any events for the rest of 2020, and I do hope I am wrong. This does not mean that we can’t stay active, fit and healthy.

As a committee we are fully aware of the frustration and emotions felt by our members amid this pandemic. We wish to see you again soon. Please stay safe, keep your social distance, stay healthy and let us all try to flatten the curve.

On a lighter note, it was said “When people zol” I think all of us “just want to hol”

Blessings

Johan Labuschagne

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KZNA league meetings: Track & Field

Fortunately KZNA were able to host five track and field leagues at Kings Park during January and February 2020 BC (Before Corona). Some of our KZN masters athletes recorded some notable early season performances.

Andrzej Rzepecki produced consistent excellent performances in the men's 80-84 hammer throw, achieving a season's best of 40.21m at KZNA league 4 on 8 February 2020.

In the women's 45-49 age category, **Shona Hutchinson** produced her season's best 200m and

400m times at KZNA league 5, setting new KZNMA records in these events. Shona's 400m result is also a new SAMA record 58.43s (awaiting ratification).

David Fourie produced notable performances in the men's 50-54 200m and 400m, narrowly missing the 400m record and breaking his own KZNMA M50 200m record in 25.21s on 15 February at the final KZNA league 5.

New records were also set by **Johan Labuschagne** in the men's 45-49 Discus throw and Hammerthrow and **Raymond Muller** in the men's 70-74 Shotput.

Below is the list of new records set in 2020 year to date.

Event	Age	Name	Result	Previous holder	Previous result
Discus	M45	Johan Labuschagne	37.48m	R Bosch	25.30m
Hammer throw	M45	Johan Labuschagne	38.22m	none	
Shotput	M70	Raymond Muller	9.30m	Andrew Watson	9.18m (2018)
200m	M50	David Fourie	25.21s	David Fourie	25.33s (2017)
200m	W45	Shona Hutchinson	25.62s	Anna Du Plessis	27.57s (2006)
400m	W45	Shona Hutchinson	58.43s	Liz Alexander	63.68s (2005)

KZNA league meetings: Walking

For the 5 KZN Leagues that took place before the Lockdown, we are pleased to say we had a few Masters that took part in these Leagues for Walk.

- They are Len Diedericks (formerly KZN Masters ... now WP ... on Holiday ... he took part in all 5!!!) Caryn Loudon, Jeanine LeFebour, Sharon Troll and Layle-Rose Cathey. Well done to you all and some nice times were achieved!
- Unfortunately due to the Covid19 Lockdown, there were no KZN or SAMA championships held.
- Chris Callaghan, from Gauteng did arrange a Virtual Team Race that all Provinces were invited to – but unfortunately our KZN Masters were either not fit, injured or could not form a Team. 😊

Below are the season's best performances from the KZNA leagues:

Event	Age Cat	Name	Result
5000m walk	W35	CATHEY,LAYLE-ROSE	36:32.46
5000m walk	W50	TROLL,SHARON	34:27.12
5000m walk	W50	LOUDEN,CARYN	34:43.51
5000m walk	W55	LE FEBOUR,JEANINE	32:58.16
5000m walk	M75	DIEDERICKS,LEN	33:52.73