



KZN MASTERS ATHLETICS

2022 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 30 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 Championships. 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, scanned and sent to our treasurer on bspellew@gmail.com, please also cc the secretary at 2018kznmasecretary@gmail.com

CONTACTS: *Chairman:* Johan Labuschagne Mobile 079 012 8458 e-mail: socioussports@gmail.com
Vice Chairman: William Pellew (Bill) Mobile: 082 040 6880 e-mail: bspellew@gmail.com
Secretary: Sharon Fuchs Mobile: 083 326 2564 e-mail: 2018kznmasecretary@gmail.com
Treasurer: Sheila Pellew Mobile: 083 415 1895 e-mail: bspellew@gmail.com

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



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2022 Licence No: _____ 2021 Licence No: _____

Athletics Club: _____

Surname: _____

First Name: _____

Address: _____

Postal code: _____

Date of Birth: ____ / ____ / 19____

Identity No: _____

PLEASE ATTACH COPY OF I.D.

PHONE: (H) _____ (W) _____ (CELL) _____

e-Mail Address: _____

INTERESTS: - Please indicate by marking each block with **X** :

TRACK:

FIELD:

ROAD:

WALKING:

X-COUNTRY:

AN ALLOWANCE HAS AGAIN BEEN MADE FOR EXISTING MEMBERS DUE TO IMPACT OF THE COVID-19 PANDEMIC

ANNUAL SUBSCRIPTION FEE: **NEW MEMBER - R320:00** (EFT)

EXISTING MEMBER – R250:00 (EFT)

*****SPECIAL NOTE***** **NEW MEMBER - R320:00 + R30** If Cash/Cheque deposit.

EXISTING MEMBER – R250:00 + R30 If Cash/Cheque deposit.

Bank details provided below. Cheques made out to **Masters Athletics Association-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.

Date: _____ / _____ / _____

Signature: _____

BANK DETAILS:

Bank: **First National Bank**

Account Number: **54990793811**

Account type:

Current Account

Branch:

Overport

Branch Code:

222826

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