



TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

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In 2023, Athletics Manitoba (AM) had 51 (increase from 45 in 2022) registered Masters members out of 687 registered athletes. There were 41 Male and 10 Female Masters athletes. The Manitoba Runners Association (MRA) had 498 members out of 764 who would be considered Masters (over age 35). 18 AM Masters members are included in the MRA membership counts.

Note: The MRA manages all sanctioned road races as well as providing other services such as equipment, timing, marketing and support. AM provides insurance to road running events through Sport Manitoba. Through a partnership agreement, AM members can obtain an MRA membership for free. MRA members are considered associate AM members but can pay an additional fee to AM to allow for extended benefits including inclusion of their Road results from sanctioned events for AM/AC awards/ranking.

In 2023, AM sanctioned several Indoor, Outdoor, and Cross-Country events (including Provincial championships) and the MRA sanctioned a full calendar of road races, all of which included great participation from Masters athletes. Provincial athletes participated in Canadian, USATF and World championships. Provincial Masters Athletes set 42 Provincial records and Manitoba athletes were part of 3 Canadian relay records and 1 World relay record.

2023 Nominees for Female Masters Athlete of the year included Omena Babalola, Carolyn Coffin and Hilarie Tashe. Omena Babalola was named Female Masters Athlete of the year.

2023 Nominees for Male Masters Athlete of the year included Greg Athayde, Claude Faucher, Ken Friesen and Mike Morris. Greg Athayde was named Male Masters Athlete of the year.

The Athletics Manitoba Masters Committee continued with its goal to:

Encourage and support the development and participation of Masters Athletes in Athletics through proper planning, training and competition opportunities tailored to the specific needs of the Masters Athlete.

The committee continued to make great progress in increasing Masters Athlete membership and participation. In conjunction with AM and MRA office staff, the committee continues to work on its strategy:

- Published two editions of the AM Masters Newsletter
- Provided regular updates to Masters Athletes on upcoming events such as CMA and AC Seminars, and local, national and international events
- Updates to Athletics Manitoba Website with information specifically geared to Masters Athletes. Visit: <http://athleticsmanitoba.com/masters-athletics-2/>
- In conjunction with MRA, hosted Outdoor and Indoor running clinics for Road runners. A large percentage of participants are Masters athletes.
- Progress from the committee has been reported at regular CMA and AM Board meetings.

Respectfully submitted:

Greg Athayde

CMA – Provincial Director (Manitoba)