



## ***Athletics Manitoba Masters News – Indoor 2024***

Hello Fellow Masters Athletes.

As we start a New year, I hope everyone is doing well and training hard! Our community is slowly growing and as I have said before, it is always great seeing our Masters athletes coming out training as well as competing both on the track and in the field!

We are continually looking for ways to grow this community and provide opportunities for Masters athletes to train for and compete in Athletics events. There are numerous clubs and coaches willing to work with Masters Athletes. Check out the [Clubs – Athletics Manitoba](#) page for local clubs and take a look at [23 THE FINISH LINE-April.pdf \(athleticsmanitoba.com\)](#) for a summary of training options. The MRA is continuing their Indoor Track training program Wednesday evenings. Check the [MRA website](#) for details.

This year, we are planning to provide more regular updates on Masters events and opportunities rather than a regular newsletter. Let us know if you have any ideas for information that you would like to see by reaching out to the Athletics Manitoba Development Manager. ([Development@athleticsmanitoba.com](mailto:Development@athleticsmanitoba.com))

Don't forget to check out the [Masters Athletics – Athletics Manitoba](#) page as well as [Home | Canadian Masters Athletics](#) website for information on Masters Athletics and other useful information.

### **2023 Year in review**

In 2023, Athletics Manitoba (AM) had 51 registered Masters members (increase from 45 in 2022). 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).

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 Masters records and Manitoba athletes were part of 3 Canadian Masters relay record setting teams and 1 World Masters relay record setting team.

2023 Nominees for Female Masters Athlete of the year included Omena Babalola, Carolyn Coffin and Hillarie Tasche. 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 Michael Morris. Greg Athayde was named Male Masters Athlete of the year.

Congratulations to the nominees and award winners as well as to all the Masters Athletes for their outstanding performances! It was an exciting year to be involved in Masters Athletics!

## Indoor 2024 Opportunities to Compete

The 2024 Indoor season is now in full swing. If you missed the first indoor meets in December, there are track meets coming up in February and March that we hope you will consider coming out and competing. While it is sometimes a challenge to understand the rules and protocols of Track and Field events as well as in racing against much younger athletes, it is both awesome and inspiring to see more Masters athletes (including some road runners) participate in both individual and relay events for fun and excitement!

In addition to local events, the upcoming Canadian Masters Athletics 2024 Indoor National Championship will be held in Montreal, Quebec, February 16-18, 2024. The USATF Masters Indoors in Chicago, Illinois will be held March 21-24, 2024. These are always fun and exciting competitions giving you a chance to compete against some of North America's best Masters athletes.

There are lots of opportunities for Masters Athletes to compete and we are looking forward to a great Indoor season. Check the [2023-2024 Indoor Competition Schedule – Athletics Manitoba](#) page for upcoming events and registration links.

## Outdoor 2024 Opportunities to Compete

If you want to do some more longer-term planning, the 2024 Outdoor season promises to be an exciting one. In addition to all the local events, the CMA Outdoor Championships will be held in Montreal, August 2-4, 2024. The World Masters Athletics 2024 Outdoor Championships will be held in Gothenburg Sweden August 13-25, 2024. We are expecting a large contingent of Canadian Masters athletes to attend. Check the [HOME - World Masters Athletics \(world-masters-athletics.org\)](http://www.world-masters-athletics.org) website for details.

While not officially an AM or CMA sanctioned event, the Canada 55+ Games will be held August 27-30 in Quebec City. The Manitoba 55+ Games qualification event will be held in June 18-20 in Brandon. See the [55+ GAMES | Active Aging in Manitoba \(activeagingmb.ca\)](http://activeagingmb.ca) website for details.

Don't forget the full calendar of [Road racing events](#) sanctioned by the MRA!

We hope some of these competition opportunities will inspire you to come out and join our community.

As always, see you out on the track or on the roads at the Finish line!

Greg Athayde

Athletics Manitoba Masters Committee Chair

Canadian Masters Athletics – Provincial Director



WOA Winter Classic – Masters 5000M Participants

Bob, Alice, Gina, Sam



WOA Winter Classic – Roadkill 4x200

Sam, Gord, Stephen, Darcy





Bison Grand Prix #1 – 4x200 Masters Relay teams

Melvin, Stephen, Ernest, Bo, Bob, Scott, Paul, Greg



**CANADIAN MASTERS  
ATHLETICS**  
**VÉTÉRANS CANADIENS  
EN ATHLÉTISME**

**CMA 2023 Annual Meeting of Members to  
be held on Saturday, February 17, 2024 at  
7:00 pm EST – Assemblée annuelle 2023  
des membres de Vétérans canadiens en  
athlétisme (VCA), le samedi 17 février  
2024, à 19 h HNE**

The CMA Board of Directors invites all 2024 CMA Members to the 2023 Annual Meeting of Members of the CMA, which will be held at the Claude Robillard Sports Centre in Montreal, QC on Saturday, February 17, at 7:00 pm, EST, on a “hybrid” basis, combining an in person meeting with online “Zoom” facilities. The meeting will include reporting on the voting in the elections for Directors and Officers, and the voting on the change in CMA’s French name, which can be carried out through the use of a Mail/Email Ballot, or online via “Trackie”. Voting may also take place in person at the meeting.

The Board of Directors encourages all Members who wish to attend, whether in person or online, to register in advance through Trackie, by 11:59 pm on February 15, and requests that an email address be provided by the Member when registering. All members who register in advance will be contacted by email, and will be provided with the conference code and instructions, to access the online “Zoom” conference facilities. Members may, however, attend in person at the Claude Robillard Sports Centre.

The CMA has published the Annual Meeting Notice Package, containing information about the Annual Meeting, including details about the CMA Members who have put their names forward for election as Directors and Officers for the coming year. It is

important that Members exercise their rights to vote in the election of Directors and Officers, and in the change in CMA's French name, which they may do by voting in person, or in advance of the Meeting, until 11:59 pm on February 15, 2024, in one of following ways:

- By using a Mail/Email Ballot – in the Annual Meeting Package (below)
- Online through Trackie – the Registration and Voting Link (below)

The CMA will also be issuing its Annual Report shortly, which will be reviewed and discussed at the Meeting. Members will be informed when the Annual Report is available on its website.

[Annual Meeting Package](#)

[Trackie Registration and Voting](#)

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Le conseil d'administration de la VCA invite tous ses membres pour 2024 à l'assemblée annuelle 2023 des membres de la VCA, qui se tiendra à Montréal (Québec) le samedi 17 février prochain, à 19 h HNE, au Complexe sportif Claude-Robillard, en mode « hybride », c'est-à-dire à la fois en personne et en ligne, par visio conférence Zoom. L'assemblée comprendra des rapports sur l'élection des administrateurs et des dirigeants, et le vote sur le changement du nom français de la VCA, qui s'effectuera par correspondance, à l'aide de bulletins envoyés par la poste ou par courriel, ou en ligne par l'intermédiaire de Trackie. On pourra aussi voter en personne au cours de l'assemblée.

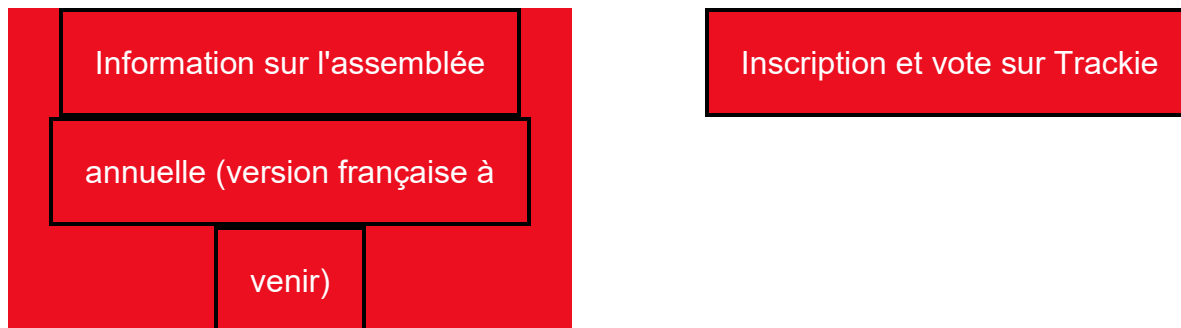
Le conseil d'administration invite tous les membres qui désirent participer à l'assemblée, que ce soit en personne ou en ligne, à s'inscrire à l'avance par l'intermédiaire de Trackie, au plus tard le 15 février à 23 h 59, et leur demande de fournir en même temps leur adresse électronique. Tous les membres qui s'inscrivent ainsi à l'avance recevront un courriel qui leur indiquera le code à utiliser et la marche à suivre pour accéder à la visio conférence Zoom. Ils pourront toutefois aussi assister à l'assemblée en personne, au Complexe sportif Claude-Robillard.

La VCA a publié l'avis de l'assemblée annuelle et l'information connexe, comprenant des renseignements sur l'assemblée annuelle, y compris des détails sur les membres de la VCA qui se présentent à l'élection des administrateurs et des dirigeants pour l'année à venir. Il importe que les membres exercent leur droit de vote à l'élection des administrateurs et des dirigeants, et sur le vote sur le changement du nom français de la VCA. Ils peuvent le faire en votant en personne ou avant l'assemblée, au plus tard le 15 février 2024 à 23 h 59, de l'une des manières suivantes :

- À l'aide d'un bulletin de vote par la poste ou par courriel, en cliquant « Information sur l'assemblée annuelle » (ci-dessous)

- En ligne par l'intermédiaire de Trackie, en cliquant « Inscription et vote aux élections et changement de nom » (ci-dessous)

VCA publiera aussi bientôt son rapport annuel, qui sera examiné et débattu à l'assemblée. Lorsqu'il sera disponible dans son site Web, elle en informera les membres.



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