



TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

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In 2022, Athletics Manitoba (AM) had 45 registered Masters members, getting back to pre-pandemic levels. The Manitoba Runners Association (MRA) had 311 members out of 468 who would be considered Masters (over age 35). 29 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 2022, within the COVID-19 restrictions, AM sanctioned several Indoor, Outdoor, and Cross-Country events which included participation from Masters athletes. Road Races, sanctioned by the MRA included both virtual and in-person events. The Manitoba Marathon served as the CMA Half Marathon championships but was stopped mid-race due to extreme heat.

Provincial Indoor, Outdoor and Cross-Country championships were held in 2022 with great participation from Masters Athletes. Hillarie Tasche was named Female Masters Athlete of the year and Ken Friesen 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.

In 2022, 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:

- Working with AM Awards committee, nominated Chris McCubbins for induction into the CMA Hall of Fame, which was approved by the CMA Board.
- 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)