

## MMAA PRESIDENT'S 2024 NEW YEAR MESSAGE



To:

MMAA Patron,  
MMAA Advisor,  
MMAA Council Members,

Presidents / Secretaries,  
State masters athletics associations

Life Members of MMAA and All master athletes

Dear All,  
Greetings!

***MERRY CHRISTMAS & HAPPY NEW YEAR !***

I am indeed very glad to pen a few words to all master athletes for your support, participation, cooperation, and commitment to all masters activities organised by the Malaysian Masters Athletics Association (MMAA) for the year 2023 and also in the past 39 years. In 2023, MMAA has successfully organised :

1. Kursus Pengurusan dan Teknik Olahraga Master, pada 20 Mei 2023
2. Kejohanan Olahraga Master Antarabangsa Malaysia ke-35, pada 16 & 17 September 2023

3. Mengurus penyertaan kontinjen atlet master negara dalam Kejohanan Olaharga Master Asia Ke-22 di Filipina, mulai 7 hingga 12 November 2023
4. Hari Sukan Warga Emas, pada 16 Disember 2023

With your support and cooperation, all the above activities were organised successfully. A lot of input and experience gained by the participants.

We are also happy to note that our master athletes won **29 Gold, 41 Silver and 29 Bronze** medals in the 22<sup>nd</sup> Asia Masters Athletics Championships in the Clark City, Philippines. Congratulation and syabas to all the medal winners and all master athletes who participated and displayed a very high level sportsmanship in the Philippines.

Your enthusiasm and interest that keep MMAA on the move providing many opportunities for our master athletes to participate, enjoy life and live happily throughout the year for the past 39 years.

*“Age is a case of mind over matter. If you don’t mind it, it doesn’t mind”*

- Slatshel Paige

*“Aging is just another word for living”* - Cindy Joseph

*“It matters not how long we live but how”* - Phillip James Bailey

Therefore, it is important for the master athletes to live life meaningfully and with positive thinking. This is the main focus of MMAA when planning and organising activities. We don’t only concentrate on competitions but also in developing and maintaining mental, social and emotional health of master athletes through a variety of activities. Masters activities always focus on the wellbeing of master athletes in physical, mental, social, spiritual and emotional aspects, because we want to make sure our master athletes live happily without much health issues.

Dear master athletes, the year 2024 is very important as we are going to celebrate the 40<sup>th</sup> Anniversary of MMAA. We have successfully organised many activities every year for the past 39 years. All the achievements of our master athletes and MMAA have been documented in the **“MMAA - 36 Years in Memory”** book that we launched in 2021.

For next year, we have planned many interesting and beneficial programs for our master athletes. We hope all master athletes will join us in the celebration and gain a lot of experience and new knowledge .

With that, I wish you all the best for the new year. May the new year bring good health, wealth, and prosperity to all . Let us all together pray for peace and goodwill in the new year.

Best regards.

**S. SIVAPRAGASAM, AMW**  
**PRESIDENT MMAA**  
**GENERAL SECRETARY**  
**ASIA MASTERS ATHLETICS**

**22<sup>nd</sup> December 2023**