



Notes from the Chairperson

Inside this issue:

<i>Boland Masters Colours</i>	2
<i>Liaison and communication</i>	2
<i>Finances</i>	2
<i>2019 T&F highlights</i>	3
<i>BM Standards (T&F) Women</i>	4
<i>BM Standards (T&F) Men</i>	5

The objectives of the BMAA is to encourage men and women, of mature age, to take an active interest in both the administrative and the competitive aspects of athletics.

In February 2019 BMAA held an AGM during which a new BMAA **committee** was elected. The details of committee members are provided in the table on page 3.

Since the formation of the Boland province just more than a decade ago, when the BMAA stemmed off from the WPMA, a **Constitution** was adopted in August 2008, but there is no record of any schedules to describe the standards for **BMA awards**

and colours. The committee is very grateful to our sister province, WPMA, for access to their policies on colours and awards, which we propose to adapt and adopt for our purposes.

Realising that our biggest resource is our own athletes, the committee would like to invite BMAA members to assist us to promote, support and build masters athletics in this young and developing province.

To this end, we are in the process of emailing an online BMA members' questionnaire to all current paid-up BMAA members, in order to establish an electronic members list.



BMAA affiliated with BA

Please assist us in a process to update and improve our systems to serve you better.

Your inputs, comments and help are appreciated.

Special points of interest:

- From the Chair
- Members info
- Records and rankings
- Boland masters colours
- Colours standards
- Contact details

Records and rankings

The committee was delighted to obtain a comprehensive list of BM track and field **records** that was kept by Leo Benning over these years. We do, however, lack records for the other athletic disciplines, namely *road running, race walking and cross country*. The list of records we currently have will be pub-

lished soon and we encourage our members to **apply for the recognition of records** that may have been missed over the past decade.

A specific online application form will be sent to you shortly. These applications for recognition will, however,

have to be verified and in some cases rankings may be warranted, but it is an enormous task and the BM committee proposes the establishment a **BM records and rankings subcommittee** under the chairmanship of our statistician, Daleen van Tonder.

Boland Masters colours



Clive Cupido in action,

We would like to recognise the performances of our athletes.

The committee proposes an application process for Boland Masters provincial colours for a specific season per age-group (30 years plus) and event. The BMAA standards are published on page 4 and 5 of this newsletter. It is aligned to the standards used for SAMA and include hand times, in addition to the electronic times that replaced hand timing lately .

The athlete must be an **ASA licence holder** with a registered Boland athletics club for at least one year during a particular season, as well as a **paid-up SAMA member** for that year. **The athlete must have** equalled or bettered the standards at least three times and participated in at least three meetings during the particular season, one of which must have been a Masters Championships.

The establishment of a **BMAA colours and awards**

subcommittee is proposed to evaluate applications and recommend the awarding of BMA colours and special awards for 2019, as well as earlier years during which recognition may have been missed.

We therefore encourage our members to apply for Boland Masters colours in a separate online application that will be emailed to you shortly.

Liaison and communication

Our biggest resource is our own athletes



On the podium during the 2019 Boland Masters Athletics Championships

The committee recognised the establishment of a **BMAA Facebook group** named Boland Masters Athletics Association, by one of our members, Maurice Fortuin and the committee requested him to administer the page on behalf of BMAA.

This will provide all BM members in the different ath-

letics clubs with a social media platform to share news and celebrate the participation and performances of BM athletes on a broader front.

We do, however, realised that we also need an internet presence to publish important information and we, therefore, also propose the establishment of a **BM publica-**

tion and marketing subcommittee, to assist us with this important function. A similar invitation to participate and contribute in this regard will be emailed to all members, shortly.

Finances

A provisional budget has been drafted by the treasurer.

It is proposed that a **BM finance subcommittee** be established to help with the opening of a bank account, budget, policy, and good financial governance.

In order to raise funds for BMA the committee plans to host a 10km night race in March 2020, with the permission of BA. We will appreciate your support in this regard as well.

The committee proposes that an annual compulsory membership fee of R100,00 be

included with the SAMA membership fee, currently R175,00 per year, in order to build funding for BMA activities.



Some of the BM medalists at the 2019 SAMA Championship

Boland Masters Athletics Association

Chairperson	Kevin Arendse	0731653218	Arendsekevin1908@gmail.com
Vice Chairperson	Peter Bruiners	072 889 8606	Bruiners.pieter@dcs.gov.za
Secretary	Rochelle Fisher	073 013 9457	Tempiesr@kwv.co.za
Treasurer	Annelie Smit	082 901 1710	anneliecsun@gmail.com
Cross country	Sakkie Mentoor	071 447 1186	Sakkiementoor04@gmail.com
Road running and race walking	Dawid Strauss	061 470 1919	Dawid021strauss@gmail.com
Track & field	Anthony Solomons	082 523 7014	Anthonymsolomons1970@gmail.com
Additional member	Nico Jansen	078 882 5299	Nico.jansen@pioneerfoods.co.za
Statistician (co-opted)	Daleen van Tonder	072 761 9378	bumvtonder@gmail.com
Facebook administrator	Maurice Fortuin		mauricefortuin30@gmail.com

Find us on the web: bolandathletics.co.za

Facebook: Boland Masters Athletics Association

Email: bolandmasters@gmail.com

The 2019 T&F season high lights



Christiaan von Durkheim at WMA indoors championship, Turin, 2019

BMAA have 44 paid up SAMA members for 2019.

We are very proud of our masters track and field athletes, who participated and excelled during the 2018-2019 season.

Well done to Christiaan von Durkheim, who competed in the M40 400m at the 2019 indoors WMA Championship in Torun, Poland, during March this year and to many of our athletes who participated in the Boland, SWD and WP Masters Championships.

In May 23 BM athletes participated in the 2019 SAMA championships in Oudtshoorn, namely,

Anthony Solomons, Maurice Fortuin, Denver Ruiters, Christo Jefhtas, Eugene van der Westhuizen, Charl Barnard, Jacques Cronje, Pietie Deetlefs, Pyp Deysel, Jonas Lungani, Albert Poole, Johan Smit, Clive Cupido, Isaac Opperman, Klaus Small, Nicolas Mentoor, Mthokozisi Mbahanya, Lithesia Mentoor, Cecelia Bowers, Carmilla Shaik, Ronel Griesel, Liandri Malan and Jacqueline Smit.

Three of the committee members also attended the SAMA AGM and supported the team, including BM Chairman Kevin Arendse, Peter, Bruiners and Dawid Strauss.

Between these athletes, many medals were brought back.

Two of our BM members were awarded SAMA colours this year and we congratulate Pietie Deetlefs and Ronelle Griesel, who made us tremendously proud.

Standards for Boland Masters T&F colours: Women

WOMEN	W30	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85
100m (H)	13,4	13,5	14,5	15,5	16,9	17,4	17,9	18,5	20,0	21,0		
(E)	13,64	13,84	14,74	15,74	17,14	17,64	18,14	18,74	20,24	21,24		
200m (H)	27,9	28,5	30,0	32,5	34,5	36,0	38,0	40,0	42,0	44,0		
(E)	28,14	28,74	30,24	32,74	34,74	36,24	38,24	40,24	42,24	44,24		
400m (H)	62,8	67,8	72,0	76,0	80,0	84,0	90,0	98,0	110,0			
(E)	62,94	67,94	72,14	76,14	80,14	84,14	90,14	98,14	110,14			
800m	2:39	2:44	2:50	3:00	3:10	3:20	3:30	3:50				
1 500m	5:16	5:30	5:50	6:15	6:30	6:45	7:10	7:50				
5 000m	19:44	21:30	22:00	22:30	24:30	26:00	27:30	29:30				
10 000m	41:25	44:00	46:00	47:30	50:00	53:00	57:00	60:00				
Short Hurdles	100mh	100mh	80mh	80mh	80mh	80mh	80mh	80mh				
(H)	17,1	19,0	14,5	16,0	18,0	18,5	19,0	19,7				
(E)	17,34	19,24	14,74	16,24	18,24	18,74	19,24	19,94				
Long Hurdles	400mh	400mh	400mh	400mh	400mh	400mh	300mh	300mh				
(H)	68,8	75,0	78,0	81,0	68,0	70,0	73,0	78,0				
(E)	68,94	75,14	78,14	81,14	68,24	70,24	73,24	78,24				
Steeplechase												
5km Walk	31:47	32:39	33,35	34,36	35,53	38,15	40,58	45,27	48,00	51,02		
10km Walk	64,45	66,18	68,07	70,18	76,36	79,45	85,31	92,14	100,14	106,33		
High Jump	1,33	1,32	1,25	1,20	1,12	1,08	1,02	0,98				
Long Jump	4,43	4,30	4,20	3,70	3,35	3,00	2,50	2,30				
Triple Jump	9,65	9,00	8,50	7,60	7,00	6,50	6,00					
Pole Vault												
Shot Put	8,03	8,75	8,60	8,10	7,40	7,00	6,45	6,00	5,60	5,00		
Discus Throw	29,82	29,50	25,50	24,00	22,00	18,00	16,00	15,00	14,00	13,00		
Javelin Throw	28,34	24,30	24,00	20,00	22,00	20,00	19,00	18,00	16,00	15,00		
Hammer Throw	25,00	24,00	23,00	21,00	19,00	18,50	18,00	17,00	14,00	13,00		

Standards for Boland Masters Road running colours: Women

Wom-en	W30	W35	W40	W45	W50	W55	W60	W65	W70
10km	38:41	39:51	41:14	42:45	44:30	46:38	49:16	52:20	56:10
15km	59:09	1:01:07	1:03:14	1:05:35	1:08:14	1:11:31	1:15:33	1:20:15	1:26:20
21km	1:26:01	1:27:58	1:30:02	1:34:11	1:38:15	1:42:10	1:48:46	1:55:31	2:03:35
42km	2:55:34	3:01:53	3:08:55	3:16:55	3:26:37	3:38:25	3:52:19	4:12:39	4:35:25

Standards for Boland Masters T&F colours: Men

MEN	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85
100m (H)	11,6	11,7	12,0	12,8	13,3	14,0	14,5	15,3	17,0	18,2	19,0	20,0
(E)	11,84	11,94	12,24	13,04	13,54	14,24	14,74	15,54	17,74	18,44	19,24	20,24
200m (H)	24,1	24,2	25,2	26,2	27,3	28,3	30,4	32,5	35,0	38,0	40,0	43,0
(E)	24,14	24,44	25,44	26,44	27,54	28,54	30,64	32,74	35,24	38,24	40,24	43,24
400m (H)	53,5	54,8	56,5	58,5	63,3	66,0	68,4	74,0	80,0	86,0	92,0	100,0
(E)	53,64	54,94	56,64	58,64	63,44	66,14	68,54	74,14	80,14	86,14	92,14	100,14
800m	2:02	2:06	2:14	2:22	2:26	2:35	2:50	2:54	3:05	4:00	4:50	
1 500m	4:26	4:30	4:43	5:00	5:12	5:30	5:57	6:20	6:50	7:27	8:00	
5 000m	17:12	17:15	18:00	18:45	19:00	20:00	22:30	23:30	27:00	29:00	31:00	
10 000m	35:03	36:00	38:30	39:00	42:00	43:00	47:30	51:30	56:30	61:30	67:00	
Short Hurdles	110mh	110mh	110mh	110mh	100mh	100mh	100mh	100mh	80mh	80mh	80mh	80mh
(H)	16,0	16,5	19,5	23,0	21,0	21,5	23,0	24,0	20,0	24,0	29,0	
(E)	16,24	16,74	19,74	23,24	21,24	21,74	23,24	24,24	20,24	24,24	29,24	
Long Hurdles	400mh	400mh	400mh	400mh	400mh	400mh	300mh	300mh	300m h	300m h78,0	300m h	300mh
(H)	58,5	62,0	67,0	71,0	70,4	70,9	60,0	64,0	70,0	78,24	86,0	
(E)	58,64	62,14	67,14	71,14	70,54	71,04	60,24	64,24	70,24	78,24	86,24	
Steeplechase	3000m	3000m	3000m	3000m	3000m	3000m	2000m	2000m	2000 m	2000 m	2000m	2000m
	10:49	10:50	11:20	13:00	13:30	14:30	9:30	10:30	12:00	13:00	14:00	14:30
5km Walk	26,04	26,50	27,42	28,42	29,50	31,06	32,32	34,10	36,04	38,15	40,50	
20km Walk	1:52:0	1:54:0	1:56:0	2:01:0	2:05:0	2:11:0	2:17:0	2:24:0	2:32:0	2:41:0	2:53:0	
High Jump	1,63	1,58	1,53	1,45	1,38	1,33	1,28	1,23	1,15	1,10	1,01	
Long Jump	5,97	5,70	5,25	4,95	4,60	4,30	4,00	3,75	3,25	3,00	2,70	
Triple Jump	12,38	12,00	11,00	10,50	10,00	9,20	8,50	8,00	7,00	6,00	5,00	
Pole Vault	4,31	3,25	3,15	3,00	2,80	2,60	2,40	2,20	2,00	1,75	1,50	
Shot Put	12,10	11,50	10,70	10,00	10,00	9,10	9,00	8,50	8,00	7,80	7,00	
Discus Throw	34,48	33,00	29,50	28,00	28,00	26,00	30,00	28,00	24,00	22,00	19,00	
Javelin Throw	50,84	43,50	40,00	37,50	30,00	27,00	27,50	26,00	24,00	20,00	16,00	
Hammer Throw	38,16	32,00	30,00	28,00	26,00	22,00	26,00	25,00	24,00	22,00	20,00	

Standards for Boland Masters Road running colours: Men

	M30	M35	M40	M45	M50	M55	M60	M65	M70
10km	34:26	35:48	36:55	38:09	39:31	41:14	43:18	45:39	48:13
15km	53:20	54:54	56:38	58:31	60:39	63:14	66:25	70:02	74:14
21km	1:16:50	1:19:01	1:21:28	1:24:13	1:27:18	1:31:02	1:35:35	1:40:49	1:46:05
42km	2:38:14	2:43:05	2:48:12	2:53:46	2:59:59	3:07:54	3:17:18	3:28:04	3:40:31