



**CANADIAN MASTERS
ATHLETICS
VÉTÉRANS CANADIENS
EN ATHLÉTISME**

Canadian Masters Athletics Newsflash

Canadian Masters Athletics (CMA) provides competition opportunities in all branches of athletics: sprints, middle distance, road races, cross country, relays, jumps, throws, racewalks.

CMA represents athletes age 35+ and offers opportunities for members of all abilities to participate in provincial, national and international athletic events.

Our aim is to develop a positive culture of fitness, friendship and fun in an encouraging, inclusive, respectful and safe environment. Our motto 'You're never too old....only too young' helps to encourage athletes to make that personal commitment to invest in themselves for lifelong health, friendship and emotional wellbeing. Together, we are a national community of likeminded friends.

Looking ahead for 2024:

April – November: CMA road race series. A 5k, 10k, half marathon , marathon, cross country and race walk competition for Canadian National Champion in which we award age group championship medals. These races will hosted by different races across Canada (TBA)

February, Montreal QC: CMA Indoor Athletics Championship. Run, Jump Throws competition in which provincial, national and world records are often broken.

August, Laval QC: CMA Outdoor Athletics Championship. Run, Jump Throws competition in which provincial, national and world records are often broken.

August 13-25, Gothenburg Sweden: World Masters Outdoor Athletics Championships. CMA will be sending a large group of Canadian athletes to compete on the world stage. See: <https://www.2024wmac.com/>

We also look forward to competing in *2025 at the World Masters Indoor Athletics Championships (TBA)* and in *2026 in Daegu Korea at the World Masters Outdoor Athletics Championships*.

Looking back at 2023:

We had a busy year meeting new members and saying Hi to old friends at lots of events geared towards all ages and abilities! You're never too old, only too young!

2023

February: Indoor Track & Field Championships, Toronto ON

March: Indoor World Masters Track & Field Championships, Torun, Poland (International)

May: Tartan Marathon, Tamarack Race Weekend, Ottawa ON

June: Under Armor CRS 10K Road Race, Toronto, ON

August: Outdoor Track & Field, Langley, BC

September: Bytown 5K Road Race Walk, Ottawa, ON

October: Royal Victoria Half Marathon, Victoria, BC

November: Road2Hope 5K, Hamilton, ON

November: Canadian Masters Cross Country Championships, Ottawa, ON

November: North American Track and Field Championships, Mexico, (International)