

MMAA PRESIDENT'S 2025 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 !

The year 2024 is drawing to an end. A very hectic and fruitful year indeed! MMAA celebrated the 40th Anniversary this year . We organized MMAA 40th Anniversary Dinner at PJ Hilton Hotel, officiated by **YB Hannah Yeoh**, Minister of Youth and Sports Malaysia. We honored all those who have contributed for the success for MMAA in the past 40 years. The medal winners in the 22nd AMAC in the Philippines and senior Technical Officials were honored and recognized during the dinner.

Thank you to all master athletes for your support, participation, cooperation, and commitment to all masters activities organised by the Malaysian Masters Athletics Association (MMAA) in 2024 and also in the past 40 years.

In 2024, MMAA has successfully organised :

1. 40th Anniversary Dinner in May 2024
2. 36th Malaysian International Open Masters Athletics Championships in October 2024 – 18 countries and over 900 participated in this championships
3. KBS Masters Games 2024 – Masters Athletics Championships in November 2024
4. MMAA General Meeting in August 2024

Your participation and commitments were great and serve as good inspiration for younger generation.

Congratulations to our master athlete **JULIANA GUMPIL** for having inducted in the 2024 WMA Gallery of Champions. She has performed excellently at Asian level championships and has won a Bronze medal in the 2024 WMA Championships .

KBS Masters Games 2024, initiated and organized by the Ministry of Youth and Sports Malaysia, is the 1st time in Malaysia. Although this games has become very popular internationally, for the first time our government initiated this games. It is indeed a great honor for all master athletes because of the recognition of the potential of master athletes. The inaugural games received a good response with masters athletics attracting the most number of participants compared to 11 other sports. The National Sports Council is very happy with MMAA for cooperating and organising this event successfully.

Next year, the 23rd AMA Championships will be held. We hope and encourage our master athletes to perform better than the year 2023 in the Philippines.

Dear friends, aging is a beautiful phenomenon. Don't feel sad or worry over getting older. Always keep doing what you like and keep learning new things. Anyone who stops learning new things and stop doing what they like to do then he/she gets old. When you keep learning at 20 or at 80, then you are still young, alert and happy!

MMAA always focus in organizing activities that can make master athletes active, vibrant, physically, mentally and intellectually alert. We also wish all master athletes who participate, to learn new things from other friends and the surroundings.

Enjoy every moment, look for the good side of the people, understand the positive side of everything and always appreciate small little things around us. This will make others happy and make us peaceful, not stressed up. The life has to go on. Life is too short – so enjoy every moment by looking at the positive side and feel gratitude for every little good things happening around us. Nurture the good habit of forgetting and forgiving others. This gives a vet peaceful and joyful moment for us.

For next year, we have planned many interesting and beneficial programs for our master athletes. We hope all master athletes will join us in all our activities to gain new experiences 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**

24th December 2024