

MMAA PRESIDENT'S 2026 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 !

Year 2025 is coming to an end. It has been a very active, fruitful and beneficial year for all our great master athletes of Malaysia!

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 2025 and also in the past 41 years since MMAA was formed.

In 2025, MMAA has successfully organised :

1. 37th Malaysian International Open Masters Athletics Championships in Kangar, Perlis the northern state in Peninsular Malaysia, from 23rd to 25th May 2025, at the Stadium Tuanku Syed Putra. Participants from 10 foreign countries participated in this championships. Since Kangar, Perlis is far from Kuala Lumpur, many master athletes find it difficult to travel far to participate. The idea of holding the championships in Kangar, was because of the good track

available there. It was very difficult to find good track for athletics meet in the Klang Valley and in many other states nearby.

2. KBS Masters Games 2025 – Masters Athletics Championships were organized on 25th and 26th of October 2025, at the Stadium UPM, Serdang. All participants were presented with very nice and attractive Bag, T shirt, Cap, Hand Towel, Pouch etc by the Ministry of Youth and Sports Malaysia.

3. Participation in the 23rd Asia Masters Athletics Championships (23rd AMAC) in Chennai, Tamilnadu, India from 5th – 9th November 2025. 56 master athletes participated in this championships.

Our master athletes won 15 Gold medals, 5 Silver medals and 3 Bronze medals in the 23rd AMAC in Chennai. Congratulations to all medal winner and to all master athletes who competed in the championships.

Dear master athletes, your participation and commitments were great and serve as good inspiration for younger generation.

KBS Masters Games 2025, was organized by the Jabatan Belia dan Sukan Negara (JBSN), Ministry of Youth and Sports Malaysia, for the 2nd time from 24th to 26th October 2025. It is indeed a great honor for all master athletes because of the recognition of the potential of master athletes.

Next year, AMA will be organizing AMA Marathon for the first time in China according to different age categories. Further details will be announced to all members. We hope many master athletes from Malaysia will be taking part in the inaugural event.

Dear friends, master athletes who are nearing 70 years or 80 years or 90 years, don't feel sad or worried because of the age. Think positive – we have lived this far and have experienced so much (happiness, sadness, achievements etc etc) in life. Go on to have more wonderful experiences. Now is the time to take things positively, forget the words “negative, sad, worry”.

“Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle.” – Christian D. Larson

It's not too late to learn, experience, do new things that we had no time to do when we were young and vibrant. Now we have all the time to ourselves. Don't always think and feel for others especially your children, grand children. We have given them sufficient care and resources so far. They know how to take care of themselves. As far as possible try to be **independent** and try not to be dependent on others. If you think positively, ageing is beautiful, full of wisdom. Don't feel sorry for yourself. When you keep learning and be active at 20 or at 80, then you are still young, alert and happy!

“Believe you can and you're halfway there.” – Theodore Roosevelt.

“It always seems impossible until it's done.” – Nelson Mandela.

“Challenges are what make life interesting. Overcoming them is what makes life meaningful.” – Joshua Marine.

“You are never too old to set another goal or to dream a new dream.” – C.S. Lewis

I always believe, making others happy make us happy. Don't look at the negative side of people, look at their good side and appreciate it. This not only make others happy

but it makes us happy as well. Feel gratitude for every little good things happening around us. Enjoy every moment!

MMAA, always trying to organize activities to keep our master athletes active, happy and healthy. As previous years next year, we have planned 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 be happy always.

“Happiness will be ours when we make others happy – Not in finding fault in others and criticizing others. If can, help others when they are in distress and make them happy . If cannot help, the least we can do is NOT to disturb and cause stress to them”

“Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful.” – Albert Schweitzer.

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 December 2025