



## MESSAGE

### DATUK SERI (DR) V. PULAINTHIRAN PATRON MMAA

First I would like to take this opportunity to thank the Malaysian Masters Athletic Association (MMAA) management for appointing me as the Patron of MMAA. It is a great honour for me as a former national athlete to be part of the Malaysian master athletes' family. I am amazed to see how the master athletes who are 35 years and above show a very high spirit in this masters' athletics championships. Their performances at this age is great, this goes to show that all sports fans in Malaysia should pay attention and show some interest towards the master athletes performances at national, Asian and International levels.

Malaysian generally still feel that masters athletics is for only old and retired people and not important at all. They must come and witness the masters' athletics championships, the way these master athletes compete with each other, the way they show the sporting spirits – it can be an excellent motivation for the younger generation. MMAA with their motto "*Motivation before Participation*" are organising many activities to showcase the master athletes as good examples for the younger athletes.

Since I have left the international athletics arena 30 years ago, there have been a lot of changes and master athletics has become popular not only in Malaysia but also worldwide. I am glad to be back and be associated with masters athletics. As a former athlete I can understand the interest and the needs of athletes. As Patron of MMAA, I would try my best to motivate all Malaysian master athletes and help them to achieve better performance at Asian and International levels.

I wish the MMAA Management to do better in the future and excel in all their endeavours.

Thank you.

Datuk Seri (Dr) V. Pulainthiran  
Patron MMAA