



The Masters' Voice

On behalf of Masters Athletes in Track and Field, we hereby present our collective voices as one to salute and applaud the great work of the Toruń LOC. We sincerely thank and congratulate them for hosting an exceptional 2019 World Masters Athletics Championships Indoor in the City of Toruń, Poland and for reaffirming **The Toruń Standard**.

We extend our thanks and appreciation for showing athletes such incredible respect and professionalism during these Championships. It was without doubt the best ever and an event wherein the preparations and executions exceeded our expectations in so many areas.

As athletes we appreciate the immense work that goes on behind the scenes and for us not to acknowledge this would be a great injustice.

We are Ambassadors for Masters athletics. Providing us with high quality Championships will further empower thousands of ambassadorial Masters Athletes worldwide. They will acknowledge, endorse and promote the exceptional organisation of Championships as demonstrated repeatedly by the Toruń LOC. These acknowledgements will also be extended by Masters Athletes to future hosts cities that meet and or surpass **The Toruń Standard**.



The Masters' Voice Mantra

"Making A Statement That Ensures Residual Success"

Part of our legacy as Masters Athletes is to make a statement that will positively inspire and empower present and future generations. This in turn will ensure residual benefits of success for them.

Our statement to our children, ourselves and to the world is that we can all strive to achieve success regardless of age and in spite of our many challenges. Giving up should not be an option for in doing so we forego the future blessings that life has to offer and therein we create our own finishing line. By implementing this ethos throughout our lives we will continue *"Making A Statement That Ensures Residual Success"*.

Masters athletes are positive role models who strive to internalise and personalise respect, discipline, patience, humility, dedication, confidence, self-esteem, teamwork and leadership to name a few. All of these and more are transferable principles and skills that we can pay forward to our children. By implementing these attributes we are not only practicing what we preach, we also provide them with powerful and inspirational gifts of empowerment.

The Masters' Voice of Expectations

The Masters Voice Mantra also encapsulates a winning formula for the hosting of all future Masters Track and Field Championships and thereby ensure that the expectations of Masters Athletes are met.

- 1) *"Making A Statement..."* Where future Championships are concerned means raising the bar and delivering a world class event and experience. This is a powerful statement that shows incredible respect and appreciation from host cities for the athletes expectations and honours the months and years of sacrifices, injuries, training and expenditure that they have and continue to endure.
- 2) *"...That Ensures Residual Success"*. This means future host cities can be inspired and motivated to continue raising the bar by learning from the success of previous Championships. There will always be room for improvements. However, if future Championships are able to meet and or surpass ***The Toruń Standard*** and this continues for years to come, this will further *...Ensure Residual Success*.



The Masters' Voice of Appreciation

We the Masters Athletes of Track and Field hereby applaud, salute and celebrate the exceptionally high standards of the 2019 WMAFI in Toruń. As a collective voice we thank you for:

- 1) The ingenious implementation of the live streaming direct to YouTube for prompt reviewing,
- 2) The introductions of each athlete by name and their country via the giant screens,
- 3) The multiple camera angles capturing the different views of the performances,
- 4) The exceptional broadcast quality and timely coverage of multiple events,
- 5) The rounds, heats, finals and lane draws available online for all events,
- 6) The opportunity for family and friends worldwide to follow online,
- 7) The results systematically displayed on the giant screens,
- 8) The constant supply of water in the warmup area,
- 9) The real time and slow motion action replays,
- 10) The accessibility to the results online,
- 11) The IAAF Coaching Seminars,
- 12) The close geographical location of events thereby:
 - a. Allowing athletes in several events to not rush to and from different event locations,
 - b. Eliminating the inconvenience of time and dealing with the traffic and stress,
 - c. Enabling spectators and athletes to conveniently watch and support,
- 13) The calm and expert officiating perfectly balanced with warmth, precision and no nonsense,
- 14) Raising the bar by setting ***The Toruń Standard*** for other hosts cities to also follow,
- 15) The ever present Medical Team and their range of equipment and supplies,
- 16) Enthusiastic commentators with vibrant energy and personalities,
- 17) The impeccable selection and kind attitudes of the volunteers,
- 18) The excellent and wide range of high quality photography,
- 19) The free public transportation throughout the city,
- 20) The easy access to free WiFi and the password,
- 21) The excellent stadium and great facilities,

The Masters' Voice of Suggestions

We the Masters Athletes of Track and Field, as Ambassadors seeking to provide our observations from the grassroots, hereby present the following suggestions for review, consideration and hopeful implementation:

- 1) An online registration/confirmation app activated on arrival in the country of competition would:
 - a. Eliminate athletes from panicking and rushing to reach the venue if delayed,
 - b. Reduce time spent in line waiting to be registered and confirmed,
 - c. Provide the volunteers with assistance from athletes,
- 2) Positioning a camera level with the finishing line to capture the climax of each race,
- 3) A visible accessible alarm for anyone to initiate for immediate medical attention,
- 4) Credible exposure for all events unlike the long jump pit in the warm up area,
- 5) Officials capable of monitoring the technically accurate release of shot puts,
- 6) Accessibility to ice and plastic bags for athletes to self-treat their injuries,
- 7) The possible inclusion of an English speaking commentator/interpreter,
- 8) Positioning of markers at every 1K for the half marathon and for the 10K and not just at every 5K,
- 9) Avoid water stations on sharp turns that cause difficult negotiations and failure to grab water,
- 10) Cameras to continue showing athletes finishing after winner has passed the finishing line,
- 11) Inset the winner or cut to them after the race for full enjoyment of the entire race,
- 12) Removing heats and going straight to finals and changing closing ceremony times can significantly:
 - a. Reduce the experience that athletes have trained so hard and travelled for,
 - b. Offset the eating timelines necessary for refuelling the body,
 - c. Cause viewers worldwide to miss scheduled events,
 - d. Disrupt the warm up routine for athletes,
- 13) Increased efficiency on the official airport transportation would be welcomed,



The Masters' Voice

THANK YOU

for

"Making A Statement That Ensures Residual Success"

