ASSOCIAÇÃO NACIONAL
DE ATLETISMO VETERANO
PORTUGUESE NATIONAL ASSOCIATION OF VETERAN ATHLETICS

PROCESSO DE ELEIÇÕES 2012
ELECTION OF OFFICE HOLDERS 2012

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SÓCIO Nº 646
MEMBER NO. 646
MESSAGE OF APPLICATION

Having been an assiduous athlete for around three decades, and shortly afterwards becoming involved in several sports associations, I soon realized that dedication and rendering public service greatly enhanced my worth as a human being. Being able to contribute to sporting performance, public health and leisure among athletes is something that has always given me great personal satisfaction. As a veteran athlete, I have kept the competitive flame alive, but I have now come to appreciate even more such aspects as the conviviality and the opportunity to forge international relationships. It is therefore with this personal motivation and an unconditional love for the sport of Athletics that I accepted the challenge to stand in the election for the governing bodies of the Portuguese National Association of Veteran Athletics.

These principles, which have guided me throughout my life, combined with my capacity for constructive criticism and the unconditional support of other members, further strengthened my whole-hearted conviction that if we all joined forces and worked together, we could not only do more but do it better too. Despite being aware that the current climate, both at national and international levels, is not as favourable as it could be, I am fully convinced that the strong determination and the ability to work and help one another which have been manifested by the team, whom I am privileged to present in this suffrage, will be enough to attract even more members who think like we do and would like to dedicate some of their time and skills to defend the dignity of Veteran Athletics.

Running for the ANAV board is a matter of pride and the complex-free assumption of the leadership of the largest Association in the Portuguese Athletics Federation. With the dedication and effort of this team, we intend to return honour and glory to all those who continue to believe that Veteran Athletics should be a dynamic force of fundamental importance to the sport.

We are counting on your support in this challenge.

By Alexandre Monteiro
REASONS FOR “RUNNING”

As is commonly known, in November, the Portuguese National Association of Veteran Athletics (ANAV) will be holding elections. To date, only one list has announced its candidacy. This situation, together with the elections for the Portuguese Athletics Federation (FPA), where some of the current Board are running for office, has led to a situation of an "empty Board", which could foreseeably be prejudicial to the interests of Veteran Athletics.

As is also well known and, regardless of the individual or collective responsibility, the number of complaints and grievances has increased considerably, and many members have publicly expressed their dissatisfaction, in a more or less correct manner, and with more or less clarity. But it seems to us that, with a common denominator – the desire to improve and contribute to a change in Portuguese Masters Athletics – we could see an increase in the number of participants in the Veterans’ age groups, which in turn will bring a new and much-needed boost to the sport.

We expect that the influx of new participants in the Veterans’ age groups will bring a set of capable members, who are willing and eager to contribute to this "new wave" and, with it, the development of many more and better activities, restoring respect and deserved recognition to Veteran Athletics. We believe that conditions are now favourable for us to join forces and implement a credible and responsible alternative that will lead to a "new attitude" for the next four years.

In this sense, after making various personal contacts, and hearing many of the key players, we gathered a group of people together who have been asked to analyse the current situation, to suggest potential solutions and ideas, and to join us in defining a strategy for ANAV for the years 2013/2016 so that we can instil an even deeper love of the sport in all our members. We believe that these are more than sufficient grounds to justify our joint effort.
ACTION PLAN

In order to better understand ANAV’s main weaknesses, we sent out an e-mail survey to some 500 members. Additionally, we discussed the matter in person with more than four dozen members, either through interviews or through informal conversations, and concluded that the key aspects to be improved at ANAV are:

- Few or insufficient number of activities;
- Insufficient knowledge of the activities organised and of ANAV itself;
- Failure to promote the image of Masters Athletics and the results achieved by the athletes;
- Lack of members’ involvement in ANAV activities;
- Apathy of the members of the outgoing Board.

Thereafter we discussed potential solutions and defined priorities but always oriented towards improving the quality of the events to be promoted and organized and dignifying Veteran Athletics, seeking to create a "new wave-new attitude" for the benefit of Masters Athletics. Once this was done, we set out our ideas in the form of an Action Plan for this candidacy, to be executed during the 2013/2016 term of office.

We aim to establish partnerships that will enable the implementation of the following activities:

- Regional Track & Field Championships (North, Centre and South);
- Regional Cross Country Championships (North, Centre and South);
- Regional Road Running Championships (North, Centre and South);
- National Indoor Championship;
- National Track & Field Championship;
- National Cross Country Championship;
- National Road Running Championship;
- National Track & Field Circuit (indoors and outdoors);
- National Cross Country and Road Circuit;
- Annual Gala of Sporting Merit.
• **Dissemination** of activities organised or undertaken by ANAV athletes through:
  o FPA Website, the FPA’s Athletíssima magazine and FPA TV;
  o The creation of an organizational website, or the revamping of the current one, with individual e-mail accounts, in order to provide a privileged point of contact with affiliated athletes;
  o The creation of contact lists of regional associations and clubs so that they can keep future master athletes informed and up-to-date.

• Promotion of the master athletes’ **image** and their results through:
  o The establishment of protocols with parishes and municipalities in order to help promote the sport through the master athletes of recognised merit and sporting worth;
  o The establishment of links on pages relating to the Features sections of the *Atletismo* and *Spiridon* magazines;
  o The sending of specialized articles to local newspapers in the area of residence of some of the most notable master athletes;
  o The establishment of links on pages relating to the sport.

• Create **incentives** for membership and participation in ANAV activities, such as:
  o Master Card – An athlete’s card offering discounts in participating shops such as sports shops, supermarkets, petrol stations, physiotherapy clinics and more;
  o Unique athlete bib number to be issued at the beginning of the season and which guarantees special discounts on entries to non-ANAV sports events throughout Portugal;
  o Allocation of volunteer positions, allowing any member or his or her direct family to assist directly in the organization of ANAV activities;
  o Fundraising campaigns and member involvement, with benefits directly related to their contributions to ANAV’s activities;
GOVERNING BODIES

Following the presentation of the main actions that we shall be seeking to develop in conjunction with some of the elements of the current Board in order to ensure that their knowledge and experience are passed on for the benefit of ANAV, and which depending on the endorsement, support and motivation received from our fellow ANAV members may become even better and greater in number, the list of members who will be officially connected with this process of change from the outset is shown below.

I. General Assembly

President: António Fernando Fortunato* (Member nr. 34)
Secretary: José António Rodrigues Neto (Member nr. 724)
Secretary: Henrique Jesus Meira (Member nr. 813)

II. Governing Board

President: António Alexandre Duarte Monteiro (Member nr. 646)
Vice-President: José Augusto de A. G. das Neves (Member nr. 812)
Vice-President: Armando António Monteiro (Member nr. 731)
Secretary: Ricardo Manuel Ramalho Lemos (Member nr. 390)
Treasurer: José Evangelista Piçarra (Member nr. 144)
Member: Luís Filipe Oliveira (Member nr. 490)
Member: Maria Luísa Maia de Almeida Monteiro (Member nr. 647)
Substitute Member: Rui Pedro Lage Fernandes Santiago (Member nr. 385)

III. Supervisory Board

President: Vitor José Sousa Cabrita (Member nr. 387)
Secretary: Nuno Brás Viegas Sebastião (Member nr. 480)
Secretary: Fiona McQueen Gonçalves (Member nr. 679)
FUNCTIONAL AREAS

- Statutes and Regulations
- Affiliations and personal records
- Accounts
- Equipment and transports
- Communication and image
  - Site: http://atletismo.portugues.vet
  - Medical (examinations & insurance)
- Archive and admin
  - E-mail: anav@atletismo.org

NEW WAVE
new ATTITUDE

- Competitions Regulations
- International Competitions
- National Competitions
- Regional Competitions
- Projects & Partnerships
- Protocol
- Competition Results