

## **“Torsten Carlius Fair Play Award 2015”**

**Mattias Sunneborn, Sweden (M45) born 270970**



### **Swedish Masters Athletics**

Mattias Sunneborn has a positive image and hardly works for sportsmanship, fair play, tolerance and clean sports when he is coach, trainer, organizer, when he gives lectures on training, leading projects, and when he is active master athlete and compete in large and many small competitions.

Mattias is very popular not only in Sweden but throughout Europe. He is the great advertising name for Swedish Masters Athletics and has in recent years ensured Swedish Masters high positive attention in Swedish media (in newspapers and television), websites, facebook and so on.

He is the individual person in Sweden who more than anyone else has got leaders and people in general interested in Master Athletics and realized that it is an important and natural part in athletics.

Mattias Sunneborn has never been convicted of, or suspected of doping. On the contrary, he condemns the use of doping substances and propagates against doping. He is an important opponent against the use of drugs as athlete and coach/trainer, in media (newspapers, television), websites, facebook etc.

- Mattias Sunneborn practice sportsmanship and fair play in sports events always when he competes and also in other contexts.
- Mattias Sunneborn often gives lectures and has education about training where important elements are to inspire athletes and leaders in spirit of fair play, tolerance and ethics in sport.

-Something about how Mattias Sunneborn looks on Veteran Athletics:

***-To train, compete and socialize with old and new friends has really enriched my life in many positive ways.***

***-Athletics would be an attractive option the whole life for all who want to feel good and just want to play sports because it's so much fun.***

***-Athletics you can keep on with all the live, as well as leader, coach and active.***

-In an Open Letter in 2015 to the Swedish Athletic Association Mattias Sunneborn suggests:

***My suggestion is that the Swedish Athletics Association recommend that all arena competitions in Sweden arrange at least 1-2 clean Master Events for both woman and men (priority for relays).***

In 2015, this has led to a slight increase in the number of veterans events organized in Sweden.

- In November 2014 the organization Suicide Zeros started the campaign "jumpforsuicidezero" at the initiative of Mattias Sunneborn who himself as child lost his father to suicide. Mattias challenges the athletes and the general public to do a standing long jump, round up to the nearest hundred and donate the sum in Swedish crowns to Suicide Zeros for the organisation's continued important work.

Mattias hopes that the collection will help to reduce the number of suicides. Over the past two years, suicides have increased and suicide is the leading cause of death among young people. To draw attention to the problem the campaign hopefully will give more people the hope of life.

### **Facts about Mattias Sunneborn**

Mattias was as a senior in the world elite in length with gold at the European Championship indoor 1996, silver at the World Championship indoor 1995 and was eighth in the Olympic Games in Atlanta in 1996. His personal best in length are 820 indoor and 821 outdoor. He holds 25 Swedish Veteran Records in 15 events!

Mattias was European Best Veteran in 2013 and is multiple European Champion and World Champion for veterans. He is European Record Holder Indoors in M40 Long Jump (7:59), Indoor Pentathlon M40 (4387 points), Outdoors M40 Pentathlon (4397 points) and Outdoors M45 400 m (49.77). Both records in Pentathlon are World Records.