



QMA E-NEWS

OCTOBER 2024

WRAP-UP OF AMA WINTER THROWS

We have completed our 3 years hosting the AMA Winter Throws. Again, it was “winter” in name only as a record 80 competitors threw in hot sunny, conditions. We had some great comments about the friendly and fun atmosphere, and some excellent results.

Many meet records were broken, and new Queensland records were set by Nicole Lutyen, Leanne Hilton, Tyson Elisaia (x2) and Don Quinn (x2). Congratulations to all who took part.

These events can only happen with the support of our volunteers, and many thanks to the following people, who include non-throwers, throwers who juggled competing and officiating, and people who gave up 2 or 3 days of the long weekend-you all made the event a success:

Helen Arnot, Tamara Paterson, Miranda Ramsden, Bruce Bodsworth, Jim Quabba, Craig Elliott, Garry Donaldson, Darin Coombs, Mark McLean, Ray Jones, Jean Hampson, Allan Cameron, Ross Brims, Vince Di Dato, Dieter Lacko, Rob Lasker, Bruce O'Connor, Joe Begley, Beatriz Rodrigues, Irene Davey, John Wight, Tom Harrison, Kevin Davis, Grant Davis, Ellena Cubban, Marj Burley, Gabi Watts, Roslyn Kirwin, Trish DAbera, Heather Lamb, Maria Cimino, Gavin Murray, Peter Kolb, Jayne Hardy, Lesley Duncan, Samantha Hay, Mills Lafferty, Anthony Barraclough. Special thanks to Jesse Whyte for the daily results, Jo Harlow for the photography, Kevin Ryall for the results book, Cathy and James Milne for the delivery of much needed refreshments.

Full results are on the QMA website, and many photos on the QMA Facebook page.

QA RELAY CHAMPS 16/17 NOVEMBER 2024

Over the past few years, QMA has fielded multiple teams in the QA relay championships with great success. All members are invited to nominate to be in one or more teams.

Click [HERE](#) for more information and to register or contact Tamara at mastersqldrelay@gmail.com. Nominations must be in by 31st October.

MEMBERSHIP

If you have not yet done so, please renew your membership ASAP. You must be financial to enter the Relay Champs as above, and after 31st October, you will need to enter as a visitor at QMA Brisbane competitions. [RENEW HERE](#)



QMA President at Throws Champs.



Making measuring throws easier! Thanks to our NSWMA visitor.



Many throwers!

UNIFORM NEWS

QMA is in the process of ordering a stock of the most commonly ordered QMA uniform items, for members to try on and/or buy.

We hope this will help members with choosing the correct size, and with urgent requirements. Keep an eye on the QMA Facebook page for more details.

The next orders will be closing on **25th October**.

For details and to order, go to the [QMA ON-LINE SHOP](#)

UPCOMING EVENTS

QMA Brisbane – next competition days

Saturday 19th October at the SAF

Sunday 27th October at the SAF

Check the website for programs and the links for members and visitors to enter on line.

Sunday training (8am) in field events will continue at QSAC through summer (subject to facility availability).

Members who are interested in monthly Sunday coaching to continue through summer please contact coaching@qldmastersathletics.org.au.

IN NOVEMBER:

Friday 8th to Sunday 10th – the **PanPac Masters Games** will be held at the SAF (due to unavailability of tracks on the Gold Coast)

NOTE – PanPac Entries close Friday 18th October

Saturday 16th and Sunday 17th – **QA Relay Champs** (as above)

TOM GOULD HANDICAP – scheduled for 15th February 2025.

REMINDER: To qualify to enter, you **MUST** compete in 2 x 200m events and 2 x 300m events before the end of January.

These can be at any competition.

QMA HALF MARATHON CHALLENGE 2024

If you have run one or more, or many, half marathons anywhere in Australia between 1st April and 31st October 2024, you can enter.

REMINDER: please send all your results to outofstadia@qldmastersathletics.org.au

That's all for this edition.

Hope to see you all at a Brisbane competition soon.

Nick Macmillan
QMA President