



E-NEWS

Member Survey

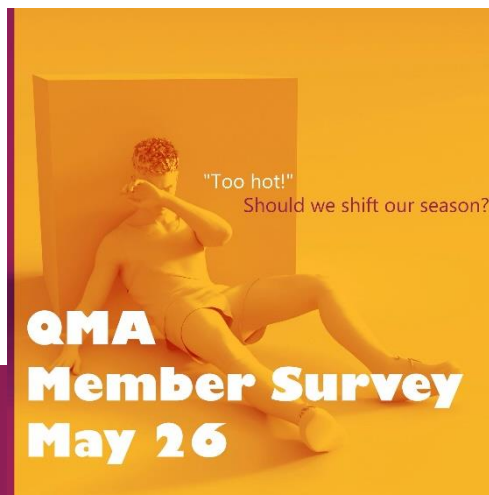
Help us to help you and shape our future! The 2026 Member Survey has been emailed to everyone. There is also a link on our website. The survey closes on 29th May.

Please pass [the link](#) onto anyone you think may help us become the best that we can!

Thanks to those that have already completed the survey.

The random prize draw includes

- \$150 Rebel Sports gift card
- \$100 Westfield gift card
- \$60 Westfield gift card
- \$30 Coffee club voucher x 3



AMA Winter Throws 2026



The AMA Winter Throws Championships will be held at the Domain Athletics Centre in Hobart, Tasmania from the 6th – 8th of June, 2026.

- **Saturday - Individual events:** hammer, shot put, discus, javelin, weight throw, and single arm weight throw.
- **Sunday - AMA Heavy Weight Pentathlon Championships and 56lb and 100lb weights.**
- **Monday - Throws Pentathlon and super weight.**

[Entries close on Sunday 24th May](#) – no late entries accepted.



South East Queensland Winter Competition Series 2026

For those looking to test their form before Worlds in Daegu, or anyone who just wants a chance to compete, QMA presents the South East Queensland Winter Series for 2026.

Track

QMA Gold Coast is hosting 3 track meets at the Gold Coast Performance Centre, Runaway Bay:

19th July 26th July 2nd August Times and events to be confirmed soon.

Jumps and Throws

We're in the process of finalising dates with QSAC to host a couple of jumps and throws meets - dates and events to be confirmed soon.

Winter Training @ QSAC

Sunday winter training & coaching in field events and hurdles started on the 17th May 2026 at QSAC, and will continue most Sundays from 8 am till 11 am through winter. Please check the program on the website for the events and times that coaches will be present.

This is open to everyone, not just QMA members - come along and have a try. Only \$6.00 track fee, QMA pays the coaches. [Check the Brisbane competition page on the website for details.](#)

Coaches:

Matt Symonds - Throws - Shot Put, Javelin, Discus and Hammer Throw

Dave McKean - Pole Vault

Dan O'Sullivan - High Jump

Harry Giles - Hurdles

Marty Stolberg - Long and Triple Jump

General training is also on every Sunday regardless of what is being coached, so if you just want to have a try or have some practice come along. Cost is \$6.00 per morning.



Sprints training and conditioning also continues through the winter at their usual times of **Saturday and Wednesday mornings** at 7am at QSAC. Contact John Wight email oj.rbwight@gmail.com for more information or to be added to their mailing list. These sessions usually involve warm up exercises/short jog around the track, followed by such activities as interval training and starts training. Participants always do warm down of stretches and exercise. Track Fee is \$6 - card only on Wednesdays, and cash only on Saturday. There is usually a coffee and chat after each session.

Zoom Coaching

We are looking at putting together a Zoom Coaching Clinic so that we can reach everyone in the state. If you would like to contribute or have any ideas, we would love to hear from you. The session would last between one and two hours with a short presentation and then questions and answers. Please contact Heather Lamb heatherlamb42@gmail.com for further information or to register your interest.

Police and Emergency Services (AP&ES) Games

The upcoming Australasian Police and Emergency Services (AP&ES) Games will be held on the Gold Coast from 10–17 October 2026. One of our members, Kelly Gurski, is involved, and is seeking volunteers for the Track and Field competition, on 14 and 15 October 2026 at the Gold Coast Performance Centre.

This is a fantastic chance for QMA to contribute to an event that celebrates camaraderie, fitness, and the incredible work of our police, emergency services, and related organisations. QMA's support as volunteers would be invaluable in ensuring the smooth running of the competition.

Volunteers will receive free parking, lunch, and snacks.

If QMA members are interested in volunteering or competing, they can visit the official website at www.apandesgames.com.au (there are buttons at the top of the home page to register or volunteer) or contact the organisers directly at APESGames_GC26@police.qld.gov.au or Kelly directly.

Additionally, if any QMA members meet the eligibility criteria, they are warmly invited to participate in the Games as a competitor. The AP&ES Games are open to employees, volunteers, and retired members of the following services:

National/State/Territory Police Services
 National/State/Territory Fire Services
 National/State/Territory Ambulance Services
 National/State/Territory Corrective Services
 State Emergency Services
 Customs Services
 Border Force
 Protective Services
 Crime Commission Services
 Aviation Security/Air Marshalls
 Marine Rescue Authorities
 Royal Flying Doctor Services
 Royal Life Saving Society Organisations
 Coast Guard Services
 State/Territory/National Search & Rescue Services

GC 26
 AP&ES GAMES - GOLD COAST, QLD

Athletics Volunteers needed!

Gold Coast Performance Centre
 14-15 October 2026
www.apandesgames.com.au
APESGames_GC26@police.qld.gov.au

Military Police Services
 Military Fire Services
 Military Ambulance Services
 Forest & Ski Patrol/Forest Responder Services
 Sheriff's Office
 Environment & Parks Services
 Other Emergency Services

QMA Out of Stadia

Full details of all events [here](#)

QMA Half Marathon Challenge 2026

Run one, two (or more if you are keen) half marathons anywhere in Australia between 1 April and 31 October 2026. The event must be held on a certified course, with electronic (chip) timing. Then enter your [results here](#).



10 km Road Championship

Will be held on 21 June in conjunction with the BRRC event. Registration opens 1st May.

QA Racewalking

[Queensland Road Race Walks Championships - Queensland Athletics](#) will be held Sunday July 12th at Brisbane International Cycle Park, Murarrie Recreation Reserve. Program starts at 7 am and includes Half Marathon Open Men, Open Women, Masters Men (30-59).

QMA Short Course Road Walks Championship will be held Sunday July 19th at Logan River Parklands, Beenleigh. This event will be held in conjunction with QRWC Postal Challenge meet. Program starts at 8am and includes QMA Masters Men 10km, QMA Masters Men 5km (M60+ option), QMA Masters Women 5km.

See the [QLD Racewalking Club Calendar](#) for all events.

2026 AMA Postal Half Marathon Racewalking Championship

This is a postal event. You will need to enter the Queensland Road Race Championships and then submit your results. [Full details and entry](#) are on the AMA website.



Uniforms

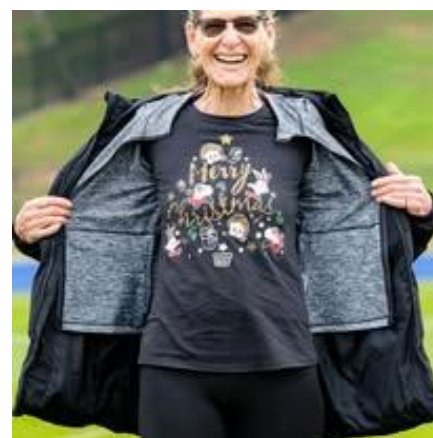
The dates of when a **Queensland** uniform order will be placed are on the [website](#). The shop is currently open and will close on the **31st May**. Please send any questions (including about sizing, opportunities to try on etc) to the Uniform Coordinator at uniforms@qldmastersathletics.org.au.



Australian Masters Athletics also have an order closing on **26th May** if you need an [Australian Uniform](#), delivery expected from 20th July to 1st August.

Save these Dates

Christmas in July Throws is coming on 25th and 26th July, 2026. Entries will open next week and close 12th July. No late entries. Watch the [website for more information](#).





















QMA AGM – 8th August 2026 – Help shape our future. Nomination and voting forms will be emailed within the next four weeks.








Oceania 2027 in Christchurch –















[Check here for more information.](#)

Running from Wednesday 21st to Sunday 31st January 2027.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>May</p>				<p>1</p> <p>QMA 10km Road Championship - Registration Opens</p> 	<p>2</p> <p>NQ Games</p> 	<p>3</p> <p>NQ Games</p> 
<p>4</p> <p>QMA Short Course XC Championships - Registration Closes</p> 					<p>9</p> <p>QMA Short Course XC Championships</p> 	
<p>11</p>						<p>17</p> <p>SEQ Winter Training starts</p> 
<p>18</p> <p>Oceania Region championships</p> 	<p>19</p> <p>Oceania Region championships</p> 	<p>20</p> <p>Oceania Region championships</p> 	<p>21</p> <p>Oceania Region championships</p> 	<p>22</p> <p>Oceania Region championships</p> 	<p>23</p> <p>Oceania Region championships</p> 	<p>24</p> <p>Entries close for AMA Winter Throws 2026</p> 
<p>25</p>				<p>29</p> <p>QMA Survey Closes</p> 	<p>30</p> <p>Mulgrave Relay Day</p>   <p>Bowen Track & Field Carnival</p>	<p>31</p> <p>Mulgrave Relay Day</p>   <p>Bowen Track & Field Carnival</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
June						
1	2	3	4	5	6 AMA Winter Throws 2026 	7 AMA Winter Throws 2026 
8 AMA Winter Throws 2026 	9	10	11	12	13 Festival of Athletics (Townsville) 	14 SEQ Winter Training  Festival of Athletics (Townsville)
15	16	17	18	19	20	21 QMA 10km Road Race Championships 
22	23	24	25	26	27	28 SEQ Winter Training  Throws Pentathlon (Mt Isa)
29	30					

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
July		1	2	3	4	5 SEQ Winter Training 
6	7	8	9	10	11 Emerald Track & Field 	12 QA Road Race Championships 
13	14	15 Entries close for Coral Coast Carnival 	16	17	18 Airlie Beach Marathon Festival 	19 Gold Coast Track Event   QMA Short Course Road Walks Championships
20	21	22	23	24	25 Christmas in July Throws   Coral Coast Carnival	26 Gold Coast Track Event   Christmas in July Throws Coral Coast Carnival 
27	28	29 Challenge Games (Townsville) 	30 Challenge Games (Townsville) 	31		

What's Happening in Queensland and Beyond

World Masters Athletics



WMA is in Daegu in Korea this year from August 22 to– September 3, 2026.

National

QMA (and AMA) Marathon Championships will be held with the Gold Coast Marathon in July 2026 – Entries are open. Numbers for this event are limited so please enter early. Click picture for full information.



State



QMA Out of Stadia [Full details of all events here](#)

10 km Road Championship

Will be held on 21 June in conjunction with the BRRC event.

Registration opens 1st May.

Postal Half Marathon Challenge

This format will be held again this year to allow athletes from across the state to participate.

Run one, two (or more if you are keen) half marathons anywhere in Australia between 1 April and 31 October 2026. The event must be held on a certified course, with electronic (chip) timing. Then send your results to the coordinator.

Several highly coveted small trophies will be awarded at the end of the Challenge.

Register now – check the [QMA website for further details](#).

Short Course Cross Country

will be held with the QA event at Limestone Park, Ipswich, on Saturday 9th May. Entries close Monday 4th May.

[Check the QA website for details and to enter.](#)

Athletics North Queensland

The ANQ season is underway.

[Check out their calendar for events.](#)



Burdekin Sugar Rush – 26th April 2026, Ayr



Mulgrave Throws Pentathlon and Weight Pentathlon- 30th May 2026, Mulgrave

Mulgrave Relay Day – 31st May 2026, Mulgrave

Bowen Track & Field Carnival – 30th – 31st May 2026, Bowen



Festival of Athletics – 13th -14th June 2026, Townsville

ANQ Championships- 25th -27th September 2026, Townsville



Brisbane Region

Brisbane will have their Sunday training again this season.

Check out the [website for full details.](#)



That's it for this month!

QMA MANAGEMENT TEAM