



QMA E-NEWS

October 2023

TOP PRIORITY

QMA 50TH Anniversary Lunch will be held on Saturday 21st October in the Track and Field Room in the QSAC building.

COME CELEBRATE WITH US!

All the details and to register are [HERE](#)

Please register by Monday 16th so catering can be organised.

MARK THE DATE: QA RELAY DAY

Everybody loves Relay Day!

This year it will be held over two days – 18th and 19th November.

Jessica and Tamara have again volunteered to coordinate QMA teams. The draft program is on the QA website [HERE](#)

Nomination for relay teams is now open.

Details and to nominate: [RELAY DAY](#)

MEMBERSHIP RENEWAL

Renewals were due on 1 October.

If you have not renewed your membership yet, please do so ASAP. If you do not renew by 31st October, you will be considered unfinancial. You will not be able to enter on-line for Brisbane competitions (but will need to compete as a visitor, entering on the day.)

See [Membership page](#) for further details.

SINGLET NUMBERS

Singlet numbers will no longer be issued to new QMA members. For current members who have singlet numbers, wearing them for local competition will be optional. Members competing in non-laned events (800m, 1500m, steeplechase and longer events) will be issued with re-usable hip numbers at the start. These **MUST** be returned at the finish line.

BRISBANE NEWS

Competition days for October:

Saturday 21st October. This morning's competition will include events that were held at the first competition 50 years ago.

Competition will be followed by Anniversary lunch – see above.

Sunday 29th October 2.30 – 5pm. Competition will be held on Sunday afternoon as many Saturdays are not available. Check the website for details

NOTE – Brisbane ground fees are now \$12 due to increased QSAC and First Aid costs.

GOLD COAST NEWS

Competition days for October:

Sunday 15th

Sunday 22nd

Sunday 29th

Note that ground fees for GC competitions is now \$15.

NORTH QUEENSLAND NEWS

The ANQ Championships were held over the weekend of 22 – 24 September.

There was a good representation of Masters members, especially in the Throws events.

A number of members travelled from the southern part of the state to compete.

Masters results are on the ANQ website [HERE](#).

UNIFORM NEWS

Our uniform coordinator from last year is not continuing. Karen Lakin from the Gold Coast Region has volunteered to take over. It would be great if she had an assistant from the Brisbane Region. Members going to the Nationals in Hobart next year will need QMA uniforms and it is hoped to have the on-line shop open for business soon, but we need to have coordinators in place. Please contact the QMA Secretary Lorraine if you can assist.

MEMBER SURVEY

The Management Committee are working to put together a member survey. Your input to this survey would be appreciated. Contact the Secretary.

That's about all for October.

- ***Renew your membership.***
- ***Come to the Anniversary lunch.***
- ***Come and compete in Brisbane or Gold Coast competitions.***
- ***Get your nomination in for Relay Day.***
- ***Plan ahead to attend National Championships in Hobart in March 2024.***
- ***Plan way ahead to go to Gothenburg for the World Masters Championships in August!***

Happy running/jumping/throwing/walking from the QMA Management Team.

Bruce Bodsworth QMA President

Lorraine Birtwell QMA Secretary