



E-NEWS

Happy New Year!



Welcome to 2026

There are lots of athletic events this year. January sees the Pentathlon, and 3000m Walk / Run Championships. February has our State Champs, the AMA National Combined Event Champs in Brisbane, and March has the AMA Nationals in Canberra.

Plus, the World Championships in August/September in Daegu, just across the water in Korea.

Use the following link, select calendar and the event or area to see what is on

<https://www.qldmastersathletics.org.au/>

Thanks Little Athletics Queensland

On the 14th of December, LAQ ran a 400m handicap event at their Relay Championships to show everyone that athletics is not just for the young. Thank-you to those QMA members who took part.

Hopefully some of the parents will take inspiration and come to some masters meets in the future. Don't forget to tell your friends how much you enjoy athletics!



Combined Events

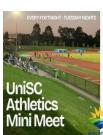
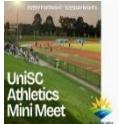
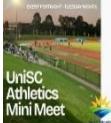
On the 20th and 21st of December, the QMA State Combined Event Champs were held at QSAC in sweltering heat. We had a record number of decathletes (15), including 6 women, and 4 heptathletes. Many thanks to the officials and volunteers, ably led by Wilma Perkins, for their cheerful hard work over two long hot days.



Special congratulations to Dash Newington who set a new W40 Decathlon World Record (6366 points) and Lee-Anne Nelson with a W50 National Record (5745 points) in her first decathlon.

QMA is once again hosting the AMA National Combined Event Champs on 14th and 15th February. Entries are open until 1 February on the AMA website. You must enter online by that date.

Register

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
January						
5	6	7	8	9	10	11
12	13 	14	15 *Entries for 3000m walk/run close (No late entries) *Entries for QMA Outdoor Pentathlon close	16	17 QMA 3000m Walk/Run 	18 Toowoomba Meet 
19	20	21	22 Late entries for QMA Outdoor Pentathlon close (+\$30 late entry fee)	23	24 QMA Outdoor Pentathlon 	25 Gold Coast Meet 
26	27 	28 Entries close for AMA Champs in Canberra (March 6-9, 2026)	29	30	31 Brisbane Meet 	1 Toowoomba Meet   Entries close for AMA Combined Event Champs (No late entries)
2	3	4	5 *Entries close for QMA Throws Pentathlon Champs *Entries close for QMA State Champs	6	7	8 Gold Coast Meet (15th) 
9	10  Field Events only	11	12 Late entries close for the QMA Throws Pentathlon Champs (+\$30 late entry fee) Late entries close for QMA State Champs (+\$40 late entry fee)	13	14 QMA Women's Throws Pentathlon Champs  AMA Combined Event Champs 	15 QMA Men's Throws Pentathlon Champs  AMA Combined Event Champs 
16	17	18	19	20	21 QMA State Champs 	22 QMA State Champs 
23	24	25	26	27	28	

What's Happening in Queensland and Beyond

World Masters Athletics



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

National



AMA National Championships 6-9 March 2026, Canberra. Click picture to find out more.



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 3,000m Walk/Run Champs - 17th January,
QMA Pentathlon Champs - 24th January,
QMA State Champs February 21-22, 2026.

Draft program on website. Click emblem to view and for more info. Entries will open in the week commencing 5th January and will close 5th Feb.

Brisbane Region

Next comps:- 17th January, 24th January, 31st January, 14th February, 28th February



We need your help! Brisbane is still short of helpers. If you want to keep competing, please help us out. -Come early, or leave late or between events, or at your event. A Volunteer Sign-On Sheet will be at the sign-up table on the day of competition. We hope that all competitors will put up their hands to assist during the season.



Gold Coast Region

Next comps:- 25th January, 15th February



Toowoomba Region



Next comps:- Sunday 18th January, Sunday 1st February
Look up and *like* the Toowoomba Master Athletics page on Facebook for more information.



Sunshine Coast

Sunshine Coast University Mini Meets every second week that Masters can enter– next one 13th January

Uniforms

Orders for Nationals will be received mid-February. Next order will close in the first week of February. Click uniform picture to follow link to shop.

Please send any questions (including about sizing, opportunities to try on etc) to the Uniform Coordinator at uniforms@qldmastersathletics.org.au



That's it for this month!

QMA MANAGEMENT TEAM