



QMA E-NEWS

JANUARY 2025

WELCOME TO 2025!

So much competition to look forward to this year! We have a big program planned for QMA Brisbane. This is in the lead-up to the QMA Championships on 5 and 6 April, National Championships in Adelaide at Easter, World Indoor Championships in Florida in March, the 2025 Oceania Masters Athletics Championships in early September and the Oceania Masters Cup in Tonga in October! And if you want a trip to the far north – Barrier Reef Masters Games at the end of May.



TOM GOULD 300m HANDICAP REMINDER

If you want to compete in this exciting annual event to be held on 15th February, you **MUST** qualify by running 2 x 200m events AND 2 x 300m events this season, before the end of January. Details on how to enter coming soon.



AMA COMBINED EVENTS CHAMPIONSHIPS

Brisbane will host this event over the weekend of 22-23 February. For the first time for this National event, both male and female athletes will be able to enter both the Decathlon and Heptathlon. Entries close 16th February. Check the website for details. Not competing? Please volunteer to assist with running this event!



UNIFORM NEWS

The closing date for the next round of orders is 31 January. If you need a uniform to compete at the nationals, get your order in ASAP to ensure receiving it in time.

NOTE: This is the last year that the white background uniform is OK at Nationals. See [ON LINE SHOP](#) to order.

VOLUNTEER OPPORTUNITY

Our wonderful Meet Manager Operator Jesse is keen to train some members to use Meet Manager to take over when he is not available.

If you would like to put your computer skills to use to keep Brisbane competitions running smoothly, please contact Stan (stanperkins@me.com) or Irene (registrar@qldmastersathletics.org.au)

RACE WALK ACCREDITATION COURSE

For Race Walk coaches who wish to upgrade their knowledge and qualifications, see further information on page 3 of this e-news.

BRISBANE REGION NEWS

Upcoming Events:

18th January Women's Throws Pentathlon Championships – please enter on-line by Thursday 16th.
For those not competing in the Pentathlon, there will be all the regular events on the program.

25th January Men's Throws Pentathlon Championships – please enter on-line by Thursday 23rd.
For those not competing in the Pentathlon, there will be all the regular events on the program.

1st February QMA 3,000m run/walk championships and QMA Pentathlon Championships

15th February Memorial Day including Tom Gould 300m handicap, Bernie Hogan 100m handicap, Ted Vickers javelin handicap (men) and Ruth Frith javelin handicap (women).

GOLD COAST REGION NEWS

Unfortunately the Runaway Bay track is still under renovation and competition is unlikely to resume until April.

TOOWOOMBA REGION NEWS

The newly formed QMA Toowoomba Region will be running some competitions soon – watch the website for details.

NORTH QUEENSLAND NEWS

There are no upcoming events in North Queensland, but entries are open for the Barrier Reef Masters Games in May.

PRESIDENT'S MESSAGE

Welcome back for 2025! The first half of the summer season was action packed with AMA Winter Throws, PanPacs, a strong QMA showing at the QA State Relays, and the Combined Event Champs. Congratulations to all those who broke records and set PBs.

With the school events finished, we have a very busy program in Brisbane through to States, Nationals and Oceania Champs in September – plenty of opportunities to compete. And there are a couple of new throwing events in the works. Don't forget the Wednesday evening meet in March.

We also welcome the enthusiastic group leading the new Toowoomba Region, and look forward to more exciting events now they are up and running.

Special thanks to all who have volunteered and helped out at events. We depend on our volunteers to continue to offer quality and affordable competition-please consider getting involved with the upcoming events so we can continue to grow Master's Athletics in Queensland.

Happy training and competition for 2025.

Nick Macmillan
QMA President

Level 3 Race Walking Specific Accreditation Course

February 9th 2025 (8:30am to 4:00pm)

Location: Brisbane QSAC to be confirmed

Elevate your coaching expertise in walks with our **Level 3 Performance Coach Course**.

This comprehensive one-day workshop is designed to deepen your understanding of training methodologies specific to race walking.

You'll learn to develop long-term training programs that support junior athletes in progressing from national to international competition.

Hosted by one of Australia's leading Walks coaches, Mark Donahoo.

Key topics include:

- Training methodologies for developing walkers
- Developing long-term training plans with a multi-year approach
- Managing loading effectively
- Physical preparation, including prehabilitation and strength training

Take the next step in your coaching journey and join us for an insightful day of learning and development.

Attendance at this course contributes to your Level 3 Performance Development Coach accreditation.

Please note that the QRWC will be able to reimburse club members for any fees.

REGISTER HERE (Note – Registration closes Saturday 18th January)

[Race Walking - Performance Coach Masterclass - Athletics Australia](#)

Prior to the course getting under way on the Sunday morning Mark will be happy to run a training session with walkers and their coach to over some drills and style techniques.

Please let me know if you are interested in being part of this clinic peter.bennett@live.com