



E-NEWS



10 km Championship

Well done to all the QMA runners in the 10 km Championship on 21st June at West End. Here are some of them: Kyoko, Jodie, Anne, Susan, Miwa and Adam. (Not in pic: Chris Davis, Jane, Jonathon, Danni and new member Irene Every)

Cross Country Relays

Congratulations to Mitch Williams, Chris Davis and Adam Taylor - silver medallists in the 3 x 3km Masters 30-49 cross country relay on 20th June at [QLD Athletic Assoc](#) cross country relay champs. Well done guys!



Annual General Meetings



Members are advised that the 2026 QMA AGM will be held on the 8th August at 11.30am.

Venue: Upper Mt Gravatt Progress Hall

1873 Logan Rd, Upper Mt Gravatt QLD 4122

Note: limited off street parking is available, however street parking is also available down Carson Lane. A light lunch will be provided for those attending.

If unable to attend the meeting in person, please connect via the Microsoft Teams link below:

Meeting link: [QMA Annual General Meeting | Microsoft Teams | Meetup-Join](#)

Nominations for the Management Committee positions close on 9th July.

At this stage, there are still general committee positions with no nominations. Please note, that all general committee members are required to also take on a functional role within QMA - for instance the roles of Grants Officer and Volunteer Coordinator are currently vacant.

[QMA Nomination Form](#) and on the [website](#).

Please forward to the QMA Secretary at secretary@qldmastersathletics.org.au. Or if you have any questions.

Please consider joining the team that is helping to drive QMA to new heights (and speeds, lengths!) We welcome all input, and can cater your roll to suit time availability.

Gold Coast Region AGM

Date and time: Sunday 12th July 2026 at 9.30am (Straight after training)

Location: Gold Coast Performance Centre at Runaway Bay

Stay and have your say. Or take up a committee position and help strengthen this region.



Toowoomba Region



Their AGM and some coaching took place on June 21st. Welcome to the new and returning committee members as listed below.

Chairperson: Wayne Chesher

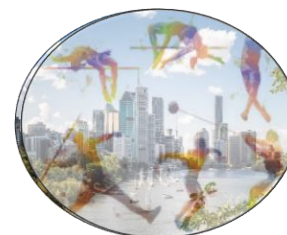
Vice-chairperson: Rachel McNaughton

Secretary Dale McNaughton

Treasurer: Dayle Needham

Committee: Sean Needham, Tony Skinner, Elisa Mawn (new)

Annual General Meetings



Brisbane Region

Their AGM took place on June 27th. Welcome to the new and returning committee members as listed below.

Chairperson: Peter Jenkins
 Vice Chair: Vacant
 Secretary: Jodie Schubert
 Treasurer: To be confirmed

Supporting Roles: (Optional committee members)
 Competition Director: Nick Macmillan
 Program Manager: Tamara Paterson
 Equipment Manager (Track/Field): Peter Jenkins
 Volunteer Coordinator: Vacant
 Clubhouse Manager: Tamara Paterson



AMA Short Course Cross Country Championships

The event is held with the Australian Athletics Cross Country Championships on Saturday, 22nd August at Victoria Park, Ballarat Victoria.

On Sunday 23rd August there will be Team Relays in the following age groups - 40+, 50+ & 60+. A team consists of 2 male and 2 female athletes.

- Entries for the individual events are open and can be made through the [AMA -EML Sports Entry Portal](#). The entry fee for individual events is \$65.

Entries for the Team Relays are to be made directly through the [Australian Athletics Entry Portal](#).

Information about the event and links to the entry portals (including rules and regulations) are available [HERE](#).



Empowering Coaches through Education
 AUSTRALIAN TRACK AND FIELD COACHES ASSOCIATION
 VICTORIAN BRANCH

Sunday Seminar via Zoom 12th July 2026, 5pm AEST



Topic: Shoe Technology

Presenter: Jason Agosta (Podiatrist)

- Associations: Tennis Australia, Essendon AFL, Storm ARL, Australian Ballet, Australian Athletics, Victorian Athletics
- Lecturer La Trobe University
- Educator in the area of footwear and effects on lower limbs
- Involved with shoe design
- Host of health and sports science segments for ch9, ABC Radio and Triple R 'Run like you stole something
- Represented Australia at World Cross Country Championships

Shoe Technology

The Australian Track and Field Coaches Association (ATFCA) are convening a seminar on shoe technology. See attached flyer below.

We all know that shoes, nowadays, can make a huge difference in training and performance. If you are interested, this is a not to miss seminar.

Registrations to John Crane jkcrane@optusnet.com.au. (Please register so that the ATFCA have an idea of how many people will be online.)

ZOOM link

<https://us06web.zoom.us/j/88191816947?pwd=WlXlWZyWoYxMTAlaGJyX1lMplu6ljt.1>

Meeting ID: 881 9181 6947

Passcode: ATFCA

Join instructions (Trouble joining. Please contact John Crane as above.)

https://us06web.zoom.us/join/88191816947/invitations?signature=4CzfiFBQujaAmMQt3H_MDgh8LhM0peG_owi6aTv53YU



South East Queensland Winter Competition Series 2026

Gold Coast Region Time Trials

The Gold Coast are running a series of time trials at the Performance Centre, Runaway Bay, as preparation for the upcoming competition in South Korea on:

- Saturday 19 July
- Saturday 26 July
- Saturday 2 August

Key details:

- Athletes will pay \$10.00 per meet and may compete in any or all four events.
- Races will be mixed gender and seeded, except for selected pacers to support athletes preparing for the World Championships.

The program for each of the three meets will be:

- 8:30 am – 100m
- 9:00 am – 400m
- 9:15 am – 200m
- 9:35 am – 800m

[Enter here for the 19th July](#) or see [website](#) for details.

There will also be practical education for athletes covering race modelling, competition-specific warm-ups versus general preparation, recovery between events, race preparation and developing an effective race narrative.

Brisbane Sunday Competition Pole Vault

Please note that due to the numbers competing in pole vault this winter that for the next two Sunday competitions (26th July and 16th August), you will need to enter online before 6pm on the Friday before the event. It is anticipated that there will be two groups of jumpers. One starting at 9am and one starting at 12 noon. See the [website](#) for current information.

For Sunday 26th July – entries close Friday 24th at 6pm – [Click here to enter](#).

GOLD COAST MASTERS ATHLETICS COMPETITION



19 JULY

26TH JULY

2ND AUGUST



STARTING AT
8.30AM

EVENTS

100m

400m

200m

800m



*Run Strong. Compete Together.
Achieve More.*

Christmas in July Throws

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

There is no Sunday training on 26th July but come along, cheer for our throwers and, help at an event or two.



Oceania Throws Pentathlon Challenge

Once again, the Oceania Throws Pentathlon Challenge is being held throughout the Oceania region.

Throwers from New Zealand, Australia and Pacific Islands can compete by sending the results of a verified competition completed between 1st September – 17th October.

If any competitor competes in more than ONE Centre's Oceania Throws Pentathlon Challenge, the performance recorded at their HOME Centre will be the one used when compiling the results, re: finishing order per age group.

There is NO cost to enter this event, and all results will be in a digital format only.

Fiona Harvey (Otago Masters) has taken over the compiling of the results.

Please send all results to Fiona ([CLICK HERE](#))

All results will be e-mailed to those who supply e-mail addresses and will be posted on Oceania Master Athletics website.

Click here for [RESULTS SHEETS \(PDF\)](#) & [SUMMARY RESULTS SHEET \(Excel Spreadsheet\)](#).

For full details see [Oceania Masters website](#).

Oceania 2027 in Christchurch – New Zealand

[Check here for more information](#).

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



Masters Development Coaching Course



18 and 19 July



10-5pm



QSAC (State Athletics Facility)

[Click here to register now](#)

Whether you're a Masters athlete, current coach, or simply interested in coaching, the Development Coaching Course is open to everyone - no coaching experience or prerequisites required. Complete the online learning component before attending, then join two practical, interactive days to build your coaching knowledge, improve your own understanding of athletics, and learn how to better support athletes across all event groups. Coaching is one of the best ways to deepen your own understanding of the sport while giving back to the athletics community. On successful completion, you'll gain an Australian Athletics coaching accreditation, access to coach insurance and ongoing professional development opportunities, plus connect with like-minded coaches in a supportive learning environment.




MASTERS DEVELOPMENT COACHING COURSE

 Saturday 18 and Sunday 19 July 2026
 10:00am – 5:00pm *subject to minor changes
 QSAC (State Athletics Facility)

Join the Australian Athletics **Development Coaching Course** to sharpen your technical skills and learn how to coach. Women attend FREE (admin \$7.24) via the Play Our Way grant, men's registration is \$100 and will be invoiced post event (may be reduced based on numbers). Registration link found on the QMA facebook page.

To learn more, email nicolai.morris@athletics.org.au.



Participation for women is free of charge (apart from a small administrative fee of \$7.24.), supported by the Play Our Way grant, aimed at increasing the number of women and girls in coaching. Men's registration will be invoiced after the event for \$100 (please note usual cost is \$360). *Please note, if you are running late due to the QMA training or competition/AGM or need to leave early you are still welcome and able to participate and complete the coaching course.

Winter Training @ QSAC

Sunday winter training & coaching in field events and hurdles is continuing at QSAC, 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. Please note that the calendar has been updated since it was first published so please check the website for the latest version.

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 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 most Sundays 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.

Please note that training on Sunday 12th July will take place on the main track. This sadly means that there is no hammer practise allowed.

There is no Sunday training on 26th July but come along, cheer for our throwers and, help at an event or two.

Some competitions have now been added to this program to keep us fresh and help our athletes heading to Korea. [Check the Brisbane page on the website for details.](#)

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](#).

Full details here.



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.



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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
August					1 2026 UniSC Winter T&F Carnival & Sunday   Mackay T&F Carnival	2 Mackay T&F Carnival  Townsville Running Festival Gold Coast Track Event 
3	4	5	6	7	8 QMA AGM 	9 Tablelands Pentathlon (Tolga) 
10	11	12	13	14	15 Cairns Twilight Carnival 	16 SEQ Winter Training (PV Comp) 
17	18	19	20	21	22 Outback Sunset Carnival (Longreach) 	23 Outback Sunset Carnival (Longreach) 
24	25	26	27	28	29	30 Rainforest Rush (Mossman) 
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.

Oceania 2027 in Christchurch – New Zealand

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

[Check here for more information.](#)



National



AMA Short Course Cross Country Championships

Saturday, 22nd August at Victoria Park, Ballarat Victoria./ Sunday will be team relays.

Information about the event and links to the entry portals (including rules and regulations) are available [HERE](#).

State



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

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](#).

Athletics North Queensland

The ANQ season is underway.

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



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

Gold Coast

Gold Coast Region Time Trials

[Enter here for the 19th July](#) or see [website](#) for details.

Sunshine Coast Events

Deaf Games UniSC Minimeet

[Checkout the Program](#)

[Click here to nominate](#)

- Open to QMA members

Entries close:9:00am, 7th July. *NO* late entries will be accepted, so get in early!

UniSC Members: \$6;

UniSC Non-Members: \$12



2026 UniSC Athletics Winter Track & Field Carnival

The 2026 UniSC Athletics Winter Track and Field Carnival is being held on the weekend of 1st and 2nd August at the Sunshine Coast University Athletics Track.

[Full details are here.](#)

There are 10-year age groups for masters athletes.

Nominations Close: Wednesday 29th July – 9am *NO LATE nominations accepted

Weight Throw Reminder: UniSC Athletics does not supply Weight Throw implements. Please bring your own implement.





2026 National Coaching Conference



9-11 October



All Day



University of Queensland

[Click here to register now](#)

2026 NATIONAL COACHING CONFERENCE

Your Best Performance Starts Here

Learn to train smarter, move better, and perform at your best. Take your athletics to the next level with practical insights into training, recovery, technique, and performance from Australia's leading coaches and practitioners.

UNIVERSITY OF QLD, BRISBANE 9-11 OCTOBER, 2026

Why You Should Attend

- ✓ Hear from Olympic coaches and world leading experts
- ✓ Leave with strategies you can apply immediately
- ✓ Learn injury prevention and technical skills
- ✓ Hear from experts in health and performance
- ✓ Bring Four, Pay for Three. Share the experience & save with our team registration offer.

Register today via athletics.com.au/2026-national-coaching-conference
@athcoachaustralia

2026 PROGRAM SNAPSHOT

FRI 9 OCT

WOMEN IN COACHING & LEADERSHIP DAY
*Open to all coaches & athletes

- Keynote presentation with **Joanna Hayes**
- Beyond Athletics: What other sports are teaching us about coaching with Katrina Powell
- Strength and conditioning workshop with **Steph Mundy**
- Practical presentations and hands-on workshops focused on leadership and wellbeing
- The Role of Coach Wellbeing in Performance and Sustainability with **Matti Clements** (GM of AIS)

SAT 10 OCT

NATIONAL COACHING CONFERENCE DAY 1

- Keynote presentation with **Joanna Hayes**
- Intrapersonal Skills Session with PhD researcher **Lauren Robinson**
- Multiple Event group practicals with world class coaches across all athletics events
- Coach Influence on Athlete Development Panel ft. **Nicola Olyslagers**, with more speakers to come
- Jury Duty: Integrity case studies with **Briar Sefo & Mariah Ririnui**
- Conference dinner and networking opportunity

SUN 11 OCT

NATIONAL COACHING CONFERENCE DAY 2

- Psychology with **Cliff Mallett**
- S&C and Physiology with **Angus Ross**
- Neurological Impairments with **Andrew Dawes**
- Rehab & Injury Prevention split with **Mike Barber & David Watts** and Bone Health with **Kevin Craigie**
- Health split inc. Nutrition session with **Bryce Anderson & Jess Rothwell** and The Female Athlete with **Vic Kahn**
- On-field practicals, including plyometrics, medicine ball training, injury prevention, warm-ups & more
- The Future of Coaching with **Bill Davoren**

If you're passionate about continuing to improve as a masters athlete, the 2026 Australian Athletics National Coaching Conference is for you. While the conference is built around coaching, the practical knowledge shared is equally relevant for athletes wanting to train smarter, stay healthier, and continue improving their performance.

Gain practical coaching and performance insights from world-leading coaches and experts to help refine your technique, improve training quality, prevent injury, and maximise performance at every stage of your athletics journey. Whether your goal is to compete internationally or simply enjoy the sport for longer, you'll leave with practical strategies you can implement straight away.

Know three others who'd love to attend? Register together and take advantage of our Buy 3, Get 1 Free. Simply scroll through ticket options and select "Four Coach Saver" group registration discount.