



E-NEWS

4th October 2026 (Athletics)

**Trust Aoraki Athletics Track, Timaru,
South Island New Zealand**

Exclusive Masters Community Offer

- Extended early bird rate until 31 August 2026
- Entry Fee: NZD \$55 per person + sports fees
- Promo Code: AUSTRALIA

Registration

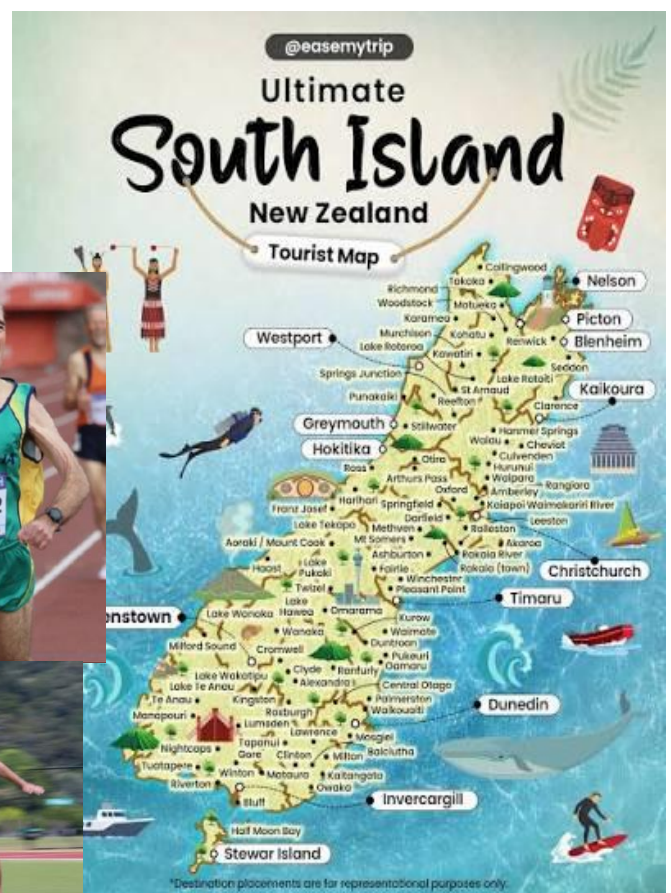
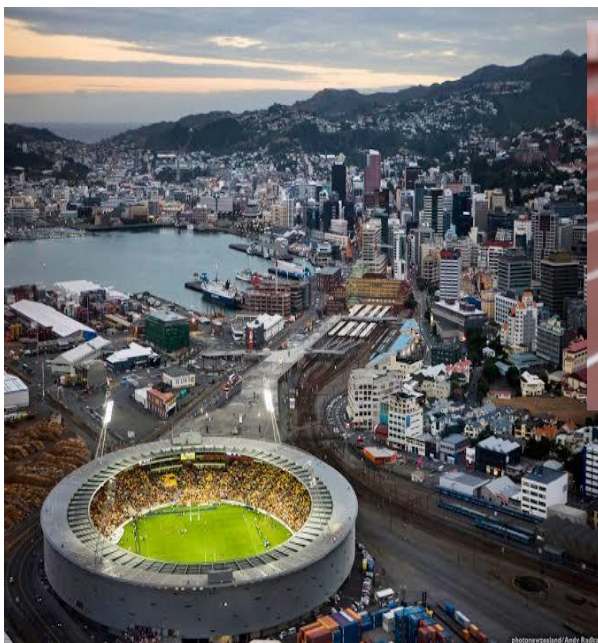
Entries close 30th September 2026

To help your athletes prepare, Event Director Simon Carter is hosting several general information sessions this August. Open to all sports, these sessions will cover event details (including Athletics) and travel/accommodation options with our Travel Expert. See dates and details on our [website](#)

Discount for QMA Members

Contact

simon@carterconsultants.co.nz



Sunshine Coast Winter Carnival

Several of our athletes competed at the Sunshine Coast Winter Carnival on the 1st and 2nd August. There were a lot of smiles and medals.

Sadly, the University track has suffered this week due to vandalism. Hopefully it will be restored and fully functional again soon.





Records are now updated on the website to the 30th of March 2026.

[Check them out.](#)



New website coming

Behind the scenes during the winter, several people have been working diligently to update our website. It is a very different new look. It will be up and running soon.

Don't forget to check it out.



Brisbane Season 26/27

The dates for Brisbane Season 26/27 are being finalised and will be on the [website](#) soon. Put them in your diaries so that you don't miss out.

Annual General Meetings

Meet out newly Elected QMA Committee



President – Nick Macmillan

Vice President – David Reed

Secretary – Rob Lasker

Treasurer – Jim Quabba

Committee Members (3)

Tina Eilola - Functional role to be discussed with President.

Brenda Gannon - Functional Role: Grants Officer

Tamara Paterson - Functional Role: Awards & Member Recognition Officer

Meeting Gold Coast Region Committee

Chairperson - Christopher Brack

Vice-Chair - Lee- Anne Nelson

Secretary - Karen Lakin

Treasurer - Karen Lakin

Head Coach - Christopher Brack

Committee Member - Grahem Scully

Gold Coast Representative - Christopher Brack

Records - Paul Chaplin



There are still roles to fill for Brisbane Region and State committee, and our other Regions would always accept a helping hand. Please contact one of the above people or email secretary@qldmastersathletics.org.au if you would like some more information.

What is our QMA Committee working on?

The Member Survey has given us many good ideas to promote and improve the masters athletics experience, so we want to tell you about what's going on - and what is still to be done.

QMA PROMOTION	
Flyers for members to use at their gyms, workplace, supermarkets	Flyers being drafted and will be reviewed.
Cross promotion with fitness centres	One of the working group members has met with Jetts and has in-principle interest for cross promotion efforts with QMA
Develop strategies for promotion with Crossfit, Hyrox, Paladin, Park Run	Still to be worked out, but on the radar.
Promotion at LAQ and QA events	Still to be worked out, but on the radar.
New website, new logo and flow through to medal design and merchandise	New website is approaching completion, the rest is being worked on, but we need to consider consistent branding.
ATHLETE EXPERIENCE	
Improve starting system for track events in Brisbane	New starts system chosen, hope to have it up and running early in the new season.
Supply of digital and physical welcome packs for new members	Still to be worked out, but on the radar.
Non-monetary recognition (shirts, vouchers, certificates) to encourage more volunteers	Still to be worked out, but on the radar.
Develop training/induction materials for new/relief volunteers.	Still to be worked out, but on the radar.
Investigate water stations as used at QA/Little A's; Research misting systems and shade options.	In progress, firm decisions to follow.

Christmas in July Throws

Well done to all those who threw at the events for Christmas in July Throws. People came from all over Queensland and Interstate to enjoy the company and competition.

For those that did not take part, this 2-day competition includes single events for javelin, discus, shotput, hammer, weight throw, super weight, 50lb and 100lb weight throws plus a throws pentathlon, and a heavy weight pentathlon. If you take part in everything, it is a possible 78 competition throws across the weekend. Adding in warm-ups, means a challenging weekend for our throwers. Monday was definitely a rest day!

This year the super weight, 50lb, 100lb, and heavy weight pentathlon were State Championship events. Well done to our new State Champs!

Thank-you to all those that took time out of their weekend to help our throwers by officiating and helping at events. Your assistant is greatly appreciated. It was great to so many of our running, jumping and committee members giving time to make this event successful. Maybe the throwers can return the favour by helping on the track during the season.

Most of the photos below were taken by Jodie Harlow. Don't forget to check them all out on Facebook.





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.

All results will be e-mailed to those who supply e-mail addresses and will be posted on Oceania Master Athletics website. For full details see [Oceania Masters website](#).

Brisbane Region is organising meet that you will be able to use to send in your results on 19th September. Check the website for full details as they become available.

Training @ QSAC

Winter training is in its last month. It 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](#).

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.



Sprints training and conditioning also continues most mornings 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.

There are several QMA Pole vaulters who also access the facilities at this time. They would also welcome any jumpers. However, there is no coach, just helpful advice.

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

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

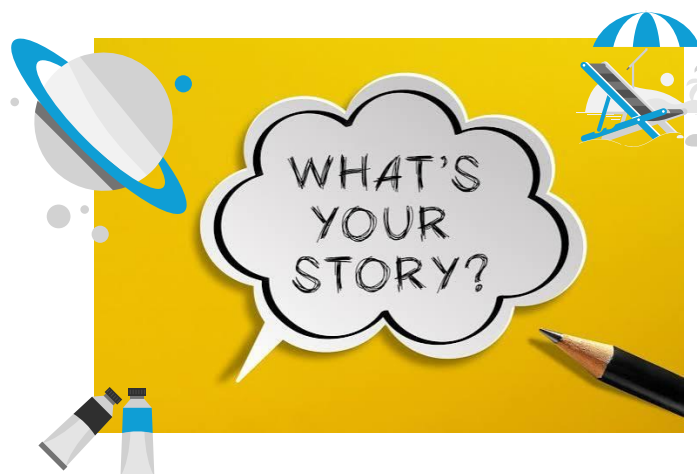
2026 AMA Postal Half Marathon Racewalking Championship

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.

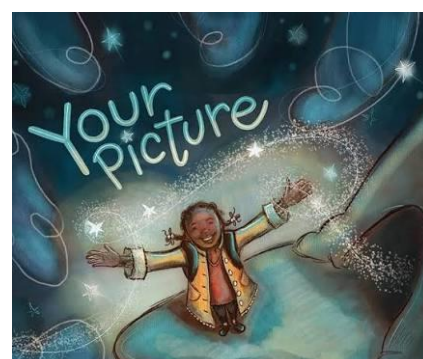


Your newsletter needs contributions

We would love here from people that are doing ordinary or extraordinary activities. A few photos of members or some writing. Even an ad about something related would be great to include in the newsletter. Please send them via email to secretary@qldmastersathletics.org.au.



Your
Life



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						

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
September		2	3	4	5	6
7	8	9	10	11	12	13 Whitsunday Trial Festival 
14	15	16	17	18	19 Postal Oceania Throws Challenge - Brisbane 	20 Throws Pentathlon – Mt Isa 
21	22	23	24	25 ANQ Championships 	26 ANQ Championships 	27 ANQ Championships 
28	29	30				

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

Some photos of our ANQ Masters –
Please send me some more!

