



# QMA E-NEWS

NOVEMBER 2024

## WRAP-UP ON PANPACS AND RELAY DAY

Well done to those who competed and officiated at PanPacs, and thank to you Bruce and those who helped out at the QMA tent over the weekend

Well done on our 2nd place (vs a very large and strong IDAC team) at QA relays. Special thanks to Tamara Paterson and Karen Lakin for all their work in organising the teams. It was great to see the team spirit and people jumping in to all sorts of events (several age groups down, or events they had never done before) to ensure our teams could compete



Relay day was a bit wet!



And a bit hectic!



But very successful for runners and 'fielders'.



New item in the shop!

## QMA COMBINED EVENTS CHAMPIONSHIPS

The QMA Decathlon and Heptathlon Championships will be held over the weekend of 14<sup>th</sup> and 15<sup>th</sup> December 2024.

This year for the first time, both events will be open to both males and females.

On-line entries for QMA members open Monday 25<sup>th</sup> November and close Thursday 12<sup>th</sup> December. Entry fee of \$31 includes ground fees for the two days and Championship fee of \$7.

No entries on the day. Members of interstate and overseas Masters organisations are welcome to compete- Please contact Wilma ([wilmaperkins@me.com](mailto:wilmaperkins@me.com)) to register your intention.

**NOTE:** There is a big program of events over the two days for members not competing in the combined events. Visitors welcome to participate in these.

## MEMBERSHIP

About half the QMA members from last year have not yet renewed their membership for the current year. If you are one of them, we would love to see you back competing. And if you aren't able to compete at present, we would love to see you volunteering, training to be an official or just cheering on your mates.

Remember – you can't compete in Championships or set records if you are not a financial member.

[RENEW HERE](#)

## CONGRATULATIONS

To all the amazing athletes who have set new records so far this season – there have been 26 new records so far!

The list of the new records will be posted on the QMA website soon.

**BREAKING NEWS:** A QMA record which has stood for 30 years was broken at the QA 5000m Champs last night (23<sup>rd</sup> November)

## UNIFORM NEWS

The closing date for the next uniform order will be Monday 2<sup>nd</sup> December.

Karen advises that members who placed orders in the last round should receive them around mid December.

There will be a further opportunity to order uniforms in the new year so members have them in time for the Nationals in Adelaide at Easter.

**Announcement:** the Uniform Shop has a new item – very stylish visors – see pic above..

Check out all the garments available here: [QMA ON-LINE SHOP](#)

## UPCOMING EVENTS

### QMA Brisbane – next competition days

Saturday 14<sup>th</sup> December ] Program includes Combined Events Championships

Sunday 15<sup>th</sup> December ] (Decathlon and Heptathlon)

Saturday 21<sup>st</sup> December There's a MILE and 100 YARDS on the program today.

Check the website for programs and the links for members and visitors to enter on line.

**End of Year Celebration!** This will be held around the QMA Clubhouse following Competition on the 21<sup>st</sup> December.

### TOM GOULD HANDICAP – scheduled for 15<sup>th</sup> February 2025.

**REMINDER:** To qualify to enter, you MUST compete in 2 x 200m events and 2 x 300m events before the end of January.

These can be at any competition. Watch the website for further details.

**QMA Gold Coast** – no competition scheduled due to ongoing delays with resurfacing the track at Runaway Bay.

## IMPORTANT DATES FOR 2025

18 January Womens Throws Pentathlon Champs

25 January Mens Throws Pentathlon Champs

1 February Pentathlon and 3000m Championships (men and women)

15 February Memorial Day – Tom Gould Handicap

22 and 23 February AMA Combined Events Championships

**5 and 6 April** QMA Championships

**Easter 18 – 21 April** AMA Championships in Adelaide

30 May to 1 June Barrier Reef Masters Games in Cairns

*That's all for this edition.*

*Run, walk, jump or throw - or do them all - try a pentathlon, heptathlon or decathlon!*

*Nick Macmillan*

*QMA President*