

QMA E-News – February 2025

The season is in full swing with States and Nationals not far away – see the website for dates and details [Qld Masters Athletics | Brisbane, Gold Coast, Sunshine Coast | QMA](#)

Oceania Masters Athletics Championships - 6 to 10 September at QSAC. Early bird entries will open on 14 March and the early bird rate will close on 11 May.

QMA Throws Pentathlon and Outdoor Pentathlon-congratulations to the athletes who competed in these events and those who achieved PBs and won medals. It was great to see some new faces trying the combined events!

AMA combined event champs. QMA is hosting the AMA combined event champs on 22 and 23 February. There are heptathlon and decathlon options for both men and women. This event also serves as the Oceania Masters Athletics combined event champs (there is a postal option for OMA athletes who can't make it to Brisbane). Entries close on **16 February**- please note you need to enter via the AMA website, not the QMA website.

Electronic Distance Measuring-the Brisbane region has acquired two EDMs at a very favourable cost from Gavin Murray from NSWMA. Gavin was kind enough to deliver them in person and train us on how to use them. This will make our throws competitions more efficient and we will also look at other events and venues where we can use them. They are essentially the same machines used by QA and LAQ so if you're interested in officiating and want to learn useful skills, this is a great way to do it. If you're interested in learning more please talk to John Milne or Nick Macmillan.

QSAC Meets - entries. With the heat, and to make it easier for our volunteers to put on a well run competition for you, we need to start on time and stay on time:

- if possible, please enter online (entries close 6 the Thursday before the meet)

- we are now taking payments at the track by card as well as cash

- entries close at 7:40am sharp for events that start up to 8:30am. For events after 8:30am entries close 40 minutes before the event. This is the minimum time our officials need to allocate lanes and heats for track events and finalise groups for field events. From the 1 March meet onwards entries for early (8:30 or before) events will not be processed after 7:40am

Volunteers -We have been short of officials recently, especially for the recent Throws Pentathlon and Pentathlon events. Many thanks to those who volunteered, including family members, athletes competing in other events and athletes who gave up competing to officiate. A reminder that a condition of membership is volunteering for at least one full event per season. If you haven't done so yet this season please enquire at the registration desk so we can all enjoy well run competitions.

ANQ News

The ANQ season is just about to kick off. The First major event is the Mackay carnival 3/4 May then the Great Barrier Reef Masters Games in Cairns 30May-1June. 6 attempts for field events at this one. If you've been to a meet up this way, masters only get 4 attempts. There will also be a throws pentathlon being run on Friday 30th from about midday, start time depending on numbers. Anyone who is attending

these events, we'd love a hand officiating/ volunteering. A call out will come soon from ANQ also for anyone looking to head to any of our events.

Gold Coast News

Unfortunately work is still continuing at Runaway Bay so no meets are currently scheduled. We'll update you as soon as we know more.

Sunday training is continuing – it's open to anyone and some Brisbane people come down. It's at 6:30 at Griffith University track – sprint and 400 groups. Enjoy a day on the GC afterwards!

Notable Performances

Congratulations to:

- Wilma Perkins and Dash Newington- in an exciting pole vault comp on ! February, Wilma broke an Australian age group record with 1.85m and Dash broke the Queensland record with a lifetime PB of 3.71m
- Nicolette Hargraves – good to see a few QMA athletes competing in the shield meets. Nicolette (W35) competed in the Norma Crocker Shield 800m and was 3rd in Heat 1 with a very fast 2.10.23
- Trevor O’Friel – Trevor (M47) competed in the QA open decathlon (including the 1.06m hurdles) and finished with 2748 points
- Eliana Seymour – on 15 February Eliana set a new National record in the W40 60m hurdles with 9.03.



Nicolette



Eliana

That's all for now – mor new next month including a rundown on Memorial Day 2025 results.

Nick Macmillan

QMA President