



# QMA E-NEWS



3 DECEMBER 2020

Some photos from  
the QA Relay Day



## TOP PRIORITY

### QMA BRISBANE COMPETITIONS

!!! This Coming Saturday (5<sup>th</sup> Dec) there are so far only 2 volunteers available. This is not enough to run a successful competition, especially with the three Memorial Events.

Any members who are not competing, and would like to assist, please call Wilma on 0409 889 759 ASAP. !!!

### Memorial Days

On Saturday 5<sup>th</sup> and Saturday 19<sup>th</sup> December there are six events dedicated to passed athletes. Awards will be presented to the best male and female age grade performances in each of these six events. Check website for details

### An Extra Competition on Wednesday Night 9<sup>th</sup> December

QMA Brisbane have been able to add another Wednesday night competition for athletes on 9<sup>th</sup> December. This should provide pleasant running/walking, throwing and jumping conditions for those attending. Details are on the website.

### QMA GOLD COAST COMPETITIONS

The next Gold Coast competitions will be held at runaway bay on Sundays 6<sup>th</sup> and 20<sup>th</sup> December. Program details on the website.

## MEMORIAL EVENTS

**Then on 20<sup>th</sup> February: 3 Special Prize Winning Handicap Events.**  
**Note – Member only events.**

### 1. Tom Gould 300m Handicap.

The 300m handicap is open to all members who have competed in the 200m and 300m events. But the important thing is to have competed in these events several times so that your start line handicap can be calculated to give all finalists a chance of winning. All those who make the final will be winners as the sponsor **Priceline Pharmacy is providing \$50 Rebel Sport vouchers to all finalists who cross the finish line.** Good support from athletes will see Priceline Pharmacy looking to double the voucher value in 2022.

Note: Tom Gould always stated that the 200m was not quite long enough but the 400m was too far thus 300m would be just about right. The event is dedicated to his memory.

## **2. Bernie Hogan 100m Handicap**

**Trophies** will be awarded to the winners of the Bernie Hogan 100m Handicap. Qualifying rounds will be held as needed with runners starting from previously determined handicap marks based on 100m times run during this summer season.

Note: Bernie was a world record 100m runner and world champion for many years. Bernie emphasised good running form with those he coached and many went on to achieve at world level.

## **3. Ted Vickers and Ruth Frith Javelin Handicap**

Athletes who have participated in javelin during the season are eligible for the javelin handicap event. Javelin performances during the season will determine each thrower's handicap.

Note: Ted was a competent thrower who participated in masters athletics as an equal even though he had an artificial leg. Ruth spent many years as a top AA official and only became a masters athlete in her later years. Ruth set world records in throws and was Australia's first W100+ athlete.

## **OTHER NEWS**

**QMA Website** [queenslandmastersathletics.org.au](http://queenslandmastersathletics.org.au)

How long since you have checked the website? Make sure you do and see what is there including updates on what is happening, results, coaching videos, maybe even a you tube video of yourself sprinting at a weekly meet. Make sure you check the Facebook page too.

### **QMA Newsletter - the Athletic Challenge MAKES A COMEBACK!**

It is several years since QMA published a quarterly newsletter. However that is about to change. Kevin Ryall has offered to take on this responsibility and has been busy interviewing and photographing athletes. If you have an interesting story about Masters athletics then I am sure Kevin would love to hear from you. The first issue is on its way to you now, and there will also be a link from the QMA website.

### **World Masters Rankings - Have you checked your performance ranking lately?**

All registered Australian Masters Athletes (yes that includes all of you QMA members) have free access to this site which contains details of virtually every performance worldwide in your Masters events - at club level, regional and world competitions. Try *mastersrankings.com* and check where you rank in the world - you might be pleasantly surprised!

## **CONGRATULATIONS ...**

...are definitely due to the QMA members who competed in the **QA Relay Championships** last Saturday. QMA once again topped the Club's points score in the Masters category. See top 5 clubs below. And a big thank you to Roslyn who coordinated the teams and sorted out last-minute changes on Saturday.

### **QA RELAY CHAMPIONSHIPS 28 November 2020 Combined Team Scores - Masters 30+ Division**

1 Queensland Masters Athletics QMA	195
2 Ashgrove Rangers ASR	108
3 Ipswich & District IPS	91
4 Bert Squad BER	51
5 Toowong Harriers TWH	36

## **FINALLY**

*Merry Christmas and best wishes to all members and their families for the coming festive season and holiday period. 2020 has been a shocker of a Year and we all probably have experiences we would rather forget. However 2021 promises to be a much better year so look forward with confidence, set your goals and get ready to achieve them - we have the AMA Track and Field champs in Canberra in March and a probable World Championship in Finland in July.*

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