

COASTAL SOUTH REGION

NEWSLETTER - JULY/AUGUST 2010

CHANGES TO QMA ADMINISTRATION

At the QMA Annual General Meeting in June, several important changes were adopted to the way Masters Athletics will be administered throughout Queensland.

From 1st September, 2010 regional bodies will be established to administer activities in Metropolitan Brisbane, Coastal South and North Queensland regions, with future administrations to be formed in the remaining two regions (Coastal North and South Queensland)

Our Coastal South region will be administered by the committee chosen at the meeting of regional members held on 16th May at the Griffith track. This committee will be appointed as QMA Coastal South Regional Council, and will be responsible for all membership matters, competition and general Masters Athletics activity within the region.

The Brisbane competition at Nathan will continue unaffected but will be conducted by the Metropolitan Brisbane Regional Council.

A further change has been adopted that ensures that the membership fee members pay in future will, after deduction of a small QMA registration and administration fee of \$12, be forwarded to their regional administration for the benefit of providing services in their particular region.

This is a ground breaking move which will allow for improved facilities and increased activity in local areas.

The current Qld Masters Athletics Assn. Management committee, elected at this recent Annual General Meeting, will continue to be responsible for the overall State policy and administration, including the registration of Masters Athletes in Queensland. However this management committee will be replaced at the 2011 Annual General Meeting by a Qld Masters Assn Board, which will be representative of the entire state. Regional Councils will operate under the authority of the QMA Board

The Association's constitution is to be rewritten to reflect these and other changes required, with the new constitution to be presented to a Special General meeting of members for adoption early in 2011.

INDEPENDENT OR TEAM MEMBERSHIP ??

- ◆ The distinction applies only when competing.
- ◆ Currently there is one registered team in the Coastal South region, Gold Coast Masters Athletics, with approximately 55% of regional members choosing to be identified as members of the GCMA team.
- ◆ The formation of a team is a simple way of a common locality or like minded group competing as a unit, without the formality of establishing an incorporated club. Guidelines for new team formation are available from the regional secretary. Teams are not permitted to charge a separate "membership" fee.
- ◆ Members who choose to join a team are then also identified as members of the region in which the team is registered.
- ◆ Membership fees are identical for independent and team members.
- ◆ It is envisaged that teams will have representation on regional administrative councils.

HOW DO THE CHANGES AFFECT COASTAL SOUTH MEMBERS?

Membership

- ◆ Membership will be administered through the Coastal South Regional Council.
- ◆ Membership enquiries should be directed to the regional secretary.
- ◆ The Privacy and other adopted policies of Qld Masters Athletics Assn Inc. will apply to regional administrations.
- ◆ Standard membership fees will continue to be set by QMA.

Competition

- ◆ Competition within the region will be the responsibility of the regional administration.
- ◆ Inter-regional competition will continue.
- ◆ The main competition centre for the region will remain at the Griffith Uni located track at Southport
- ◆ Plans for increased opportunities for competition are already under way (details in this newsletter).
- ◆ The regional administration will be active in seeking the allocation of championship events (including State Championships) to be held in our region.

LOCAL MONTHLY COMPETITION COMMENCES 22ND AUGUST

Programme Details Inside

Support the Introduction of regular competition at the Griffith Uni Track

BY PARTICIPATING

If you are unable to compete

please come along and assist

OPEN TO ALL QMA MEMBERS

POINTS ARE ON OFFER FOR BOTH COMPETING
and
VOLUNTEERING ASSISTANCE
in

THE BENCHMARK SERIES
Significant prizes at end of Season

START EARNING POINTS FROM 22nd AUG



Congratulations to Jaime Laurente, Coastal South Regional Member

M50 Silver Medallist in the QMA Marathon Championship conducted in conjunction with the Recent Gold Coast Marathon

OCEANIA MASTERS ATHLETICS CHAMPIONSHIPS - TAHITI

Six Coastal South members attended the recent Oceania Masters Championships in Tahiti. Patrick and Maxine Sela, Maurice and Christiane Dauphinnet, Paul Chaplain and Ian Mann.

Despite the sometimes oppressive heat, the five of us who competed managed to cope with the conditions. Our hosts, the Tahitians looked after us very well, providing transport to the venues and to the dinner. They also organised a day trip to the island of Moorea on our rest day.

The athletics track was a 6 lane (7 in the straight) two tone blue mondo surface which was virtually newly laid. The setting was at the foot of the volcanic peaks which dominate the island of Tahiti Nui.

The competition followed a colourful opening ceremony, featuring traditional Tahitian dance, joined later by several of the guests who created their own version of Tahitian dance, which seemed to be a combination of "The Twist" and an Apache waltz.

All of the Coastal South contingent brought home Gold Medals, led by Maurice with 6, Patrick and Christiane with 3 each, Paul with 1 and Ian with 1 gold as well as 1 silver. A total of 14 gold and 1 silver.

PAN PACIFIC MASTERS GAMES

The athletics component of the Pan Pacific Masters Games will be held at the Gold Coast (Griffith Uni track) from 6th to 9th November, 2010.

Entries are now open. Details are on the website mastersgames.com.au Brochures are also available at the club-rooms at Griffith Uni, or by contacting Ian Mann.

UPCOMING EVENTS

ANQ T&F Championships, Townsville (including Masters events)	1st-3rd Oct, 2010
AMA National Championships Brisbane	21st-24th Apr, 2011
QMA State T&F Championships & Aust Decath, Heptath Champs Townsville	June 2011 (Queen's B'day W/E)
World Masters Athletics C'ships Sacramento, California	July 2011

BENCHMARK COMPETITION SERIES

Sponsored by Coastal South Region and conducted in conjunction with designated competition

The benchmark series is a competition series with points awarded for participation and personal improvement, with **significant prizes** and will be conducted over the 2010/2011 T&F Season. **Open to all QMA registered members. There is no entry fee.**

- Participants nominate 3 events. These must be events that participants competed in last season.
- A **performance benchmark** will be set at **3% less than the best age graded performance achieved in the event last season.**
- **Participation points** will be awarded (usually 3 points), for taking part in each Gold Coast competition, irrespective of whether you compete in your nominated event, which may or may not be on the programme.
- **Additional Performance points** may be earned for the best 5 performance in your nominated events during the 2010/2011 season. These best 5 performances may be recorded at any QMA Gold Coast, QMA Brisbane, State or National Championship, or other specified competition during the season. Note that participation points are restricted to designated competition in the Coastal South region.
- **Performance points** will be awarded on the basis of 1 point for attaining the benchmark percentage, 2 points for a performance up to 3% over benchmark, 3 points for 3-6% over benchmark, and 5 points for a performance in excess of 6% over the benchmark.
- **Nominated events** may be changed during the series but will only attract performance points after the change is notified to the Coastal South competition committee in writing
- **Volunteer Assistance** will also attract 4 points. Competitors who provide sufficient assistance in addition to participation in the competition will be allocated 4 points instead of the 3 participation points.
- **New Members** who have not previously recorded age graded performance percentages will be allocated one by and at the sole discretion of the competition committee.
- Only one nominated event per entrant (naturally the highest scoring), will be considered for prizes or awards

Heavy Weight Pentathlon

Heavy Weight Throw Pentathlon held on June 13th, organised by Helen Searle and sponsored by Marsden Trophies.

The point score table courtesy of Bob Banens

Results

M40	D Haworth	4595pts
M50	G Prasad	1631pts
M55	G Chapman	2663pts
M60	J Stammers	3289pts



M65	D Quinn	3489pts
M75	B McMullen	3295pts

W40	D Beikoff	1594pts
W45	K McClintock	2495pts
W50	D Cliff	1823pts
W55	S Barber	2152pts
W65	R Rudov	3752pts
W70	H Searle	3771pts
	G White	2038pts
	E Jenkins	1995pts
W100	R Frith	9290pts



**AUSTRALIAN MASTERS ATHLETICS
2011 CHAMPIONSHIPS
BRISBANE**

GOLD COAST VENUE COMMITTEE and effective from 1st Sept, 2010 QMA -COASTAL SOUTH REGIONAL COUNCIL

Elected at the meeting of Coastal South Regional members
16th May, 2010

Chairperson (chosen by committee members)	Janette Turner
Deputy Chairperson	Bill McMullen
Secretary	Ian Mann
Finance Officer	Anne-Marie Lawlor
Track Competition, Training and Activities	Wayne Cousins
Throws Competition, Training and Activities	Fred Turner
	Bill McMullen
	Jim Stammers
Race Walk Competition, Training and Activities	Patrick Sela
Marketing and Promotions	Janette Turner
Equipment Officer	Ray Rose
Members Services and Information	Paul Chaplain

Postal Address: PO Box 205
Griffith University
Qld 4222

Email: gcmastersathletics@bigpond.com

Telephone: Secretary (Ian Mann) 5533 9991

Note: The Regional Council will be elected at an annual meeting of Regional members

Coastal South Competition Programme

Griffith Uni, Southport

SUNDAY AUGUST 22 (3 participation points available)

8.00am QMA Trans Tasman Throws Pentathlon
(Separate Entry Form Required) - Entries close 16th August
Individual throws events are eligible for performance bonus points in benchmark series.

Other Events

7.45am 5000m Run and Race Walk
8.30 Long Jump M&W
8.35 800 Metres M&W
9.00 60 Metres M&W
9.40 100 Metres M&W
10.30 400 Metres M&W

SUNDAY SEPTEMBER 19 (3 participation points)

7.45am 3000m Run and Race Walk
8.00 Hammer Throw M&W
8.30 100 Metres M&W
9.00 200 Metres M&W
9.15 Discus M&W
9.30 1500m Run and Race Walk
9.30 Triple Jump M&W
10.00 300 Metres M&W

SUNDAY OCTOBER 31 (3 participation points)

7.30am 5000m Run and Race Walk
8.00 Javelin M&W
8.20 60 Metres M&W
8.45 100 Metres M&W
9.00 Shot Put M&W
9.15 Long Jump M&W
9.30 800 Metres M&W
10.00 High Jump M&W
10.00 200 Metres M&W
10.00 Weight Throw M&W

Sunshine Coast Programme

SUNDAY 8TH AUGUST

U.S.C.A.C Winter Carnival

SATURDAY 21ST AUGUST

2.00pm 60m	3.00pm 200m	3.40pm Discus
2.15pm 100m	3.15pm Shot Put	4.00pm 1500m
2.30pm Long/Triple Jump	3.30pm 400m	

SATURDAY 4TH SEPTEMBER

2.00pm 60m	3.00pm 300m	3.40pm Javelin
2.15pm 150m	3.15pm Long/Triple Jump	
2.30pm Shot Put	3.30pm 1000m	

SUNDAY 12TH SEPTEMBER

Gympie Spring Carnival

SATURDAY 18TH SEPTEMBER

2.00pm 60m	3.00pm 300m	3.40pm Shot Put
2.15pm 200m	3.15pm Discus	4.00pm 800m
2.30pm Long/Triple Jump		

Ground Fees Members \$5 Non Members \$7

Contacts Trevor Dryden 0407 775 853
Rob White 0447 699 397

SUNDAY NOVEMBER 28 (3 participation points)

7.30am 3000m Run and Race Walk
8.00 Hammer M&W
8.15 60 Metres M&W
8.45 100 Metres M&W
9.15 Triple Jump M&W
9.15 Discus M&W
9.15 1500m Run and Race Walk
9.40 400 Metres M&W

SUNDAY DECEMBER 12

HEATHER DOHERTY INTER-REGIONAL SHIELD

(5 participation points – 7 volunteer assistance points)

Programme to be advised

PLEASE NOTE:

Track events will be hand timed and rounded up to tenth of a second, apart from the competition on December 12th (Inter-Regional Shield) which will have electronic timing.

Brisbane Competition SAF–Nathan

SEPTEMBER 18 SATURDAY

7.00am	5000 Metres	Run & Walk	M&W
7.50	Sprint Hurdles	M&W	
8.00	Javelin Throw - Women	J.Runway	2
8.00	Discus Throw - Men	D.Circle	1
8.00	High Jump	M&W	H.J. 1
8.10	800 Metres	M&W	
8.30	60 Metres	M&W	
8.50	100 Metres	M&W	
9.00	Discus Throw - Women	D.Circle	1
9.00	Shot Put - Men	S.Circle	1
9.20	1500 Metres	M&W	
9.30	Pole Vault	M&W	P.V. 2
9.30	Long Jump	M&W	LJ.
9.40	200 Metres	M&W	
10.00	Shot Put	Women	S.Circle 1
10.00	Javelin Throw	Men	J.Runway 2
10.20	4 x 100m Relay	M&W	
10.45	Triple Jump	M&W	T.J.
10.50	400 Metres	M&W	

SEPTEMBER 25 SATURDAY S.A.F.

7.00am	3000 Metres:	Run & Walk
8.00	300m/400m	Hurdles
8.00	Long/Triple Jumps -	M&W
8.00	Hammer Throw - Women	H.Cage
8.00	Discus Throw - Men	D.Circle 2
8.20	60 Metres	
8.40	100 Metres	
9.00	Hammer Throw - Men	H.Cage
9.00	Discus Throw - Women	D.Circle 2
9.10	4 x 1500m Relay	
9.30	High Jump	H.J. 1
9.30	Pole Vault	PV.
9.45	4 x 200m Relay	
10.00	Weight Throw - Men	H.Cage
10.00	Weight Throw - Women	D.Circle 2
10.30	400 Metres	

Oceania Masters Athletics Championships

Tahiti

