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Your Monthly Masters Update

The Coronavirus has severely affected the international sporting calendar, the Masters' being no exception.

We're working hard to ensure our events are as impacted as little as possible, so you can plan to compete in the sports you love.

While we continue to monitor the outbreak, we encourage you to follow our [Instagram](#) and [Facebook](#) channels for the latest news. Please also use the [International Masters Athletes Facebook Group](#) to communicate with fellow Masters from around the world, and [our website](#) to read the latest and greatest stories from the community.

WMG Kansai 2021 update:

Currently, the 2021 World Masters Games will continue as planned in Kansai, Japan. The Olympic Games have been rescheduled for July 2021 and we anticipate this will not disrupt the biggest event in the Masters calendar.

We will continue to work closely with the WMG organising committee to provide the best possible experience for every Masters athlete.

If you would like to learn more about Kansai 2021, please [explore the website](#).

[Click here](#) for information on the postponement of the 2020 Pan-American Masters Games.

Worth thinking about...

"Any fact facing us is not as important as our attitude toward it, for that determines our success or failure."

– Norman Vincent Peale



Send us your favourite Masters memory

Studies have shown that engaging with positive memories boosts serotonin levels and improves general well-being.

Help us spread positivity throughout the Masters community with your most cherished memory from being a

Master.

[JOIN THE CAMPAIGN >](#)

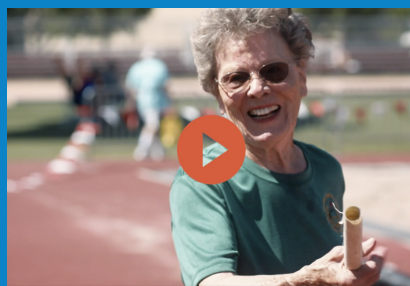
How to stay fit at home during Coronavirus

Self-isolation is helping manage the spread of the coronavirus, but is it helping our physical and mental health?

At this challenging time, it's important we protect our wellbeing by remaining active at home.



[STAY FIT AT HOME >](#)



Meet Flo: the 85-year-old breaking world records

Flo Meiler started to pole vault at 65. Now she is one of the most decorated senior athletes ever.

The Olympic Channel followed her as she was getting ready to set more world records at the National Senior Games.

[WATCH FLO >](#)

How Masters are coping with Coronavirus

From messages of support, to home workouts and challenges, our community have taken to social media to share their advice for staying safe, active and positive.

[READ MORE >](#)



Join our dedicated Facebook Group...

We wanted to provide a single, managed online space for Masters athletes to connect before, during and after events.

Join our dedicated Facebook group and connect with the rest of the community.

[JOIN NOW >](#)

Centenarian Sprinter Man Kaur received the Nari Shakti

Centenarian sprinter Man Kaur has

been conferred the prestigious Nari Shakti Puraskar for 2019 on March 8 for her exceptional contribution towards women empowerment.

[READ MORE >](#)



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