



Your Monthly Masters Update

Masters, we hope this newsletter finds you well.

We're continuing to monitor the COVID-19 outbreak in relation to our events.

At present, plans to host the World Masters Games next May continue as normal. Please follow our [Instagram](#) and [Facebook](#) channels for timely updates.

Included in this month's Masters newsletter:

- 104-year-old Man Kaur shows how to [#stayactive during lockdown](#) as she preps for Kansai 2021
- Interview with [Chris Holloman](#) - an inspiring decathlete who used Masters Sport as a means for recovery
- Update on the [2022 Asia-Pacific Masters Games](#) in Korea
- Your amazing [Masters Memories wall!](#)
- Innsbruck 2020 [boost for local economy](#)

A small request...

If you've attended a Masters Games before, we'd be grateful for your online review.

Online reviews help the IMGA become more discoverable and reach more people. We'd love your help encouraging more adults to try Masters sport.

If you have a minute to spare, please review your Masters Games experience on [Google](#) or [Facebook](#).

Worth thinking about...

"Never say never because limits, like fears, are often just an illusion."
– Michael Jordan

104-year-old Man Kaur trains for WMG Kansai 2021 during lockdown

We're all stuck at home right now because of the coronavirus, but recently our team received wonderful news from India.

Man Kaur, a 104 year old athlete, is taking part in Kansai 2021's [#stayactive](#) campaign from her Punjabi University



campus residence balcony.

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How Masters sport helped Chris recover

Decathlete Chris Holloman describes the last 20 years of his life as a "rollercoaster ride."

With the help of Masters sport, Chris has overcome many hardships. Now the 46-year-old has his sights set on the 2021 World Masters Games in Japan.

[READ CHRIS' STORY >](#)

Korea 2022 preparations begin

Preparations are underway in Korea to host the 2022 Asia-Pacific Masters Games in Jeollabuk-do.

The inaugural meeting of the Organising Committee took place under strict lockdown procedures.



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Thanks for sharing your Masters memories!

We were overwhelmed with your responses to our Masters Memories campaign.

Take a look at all the amazing memories the community has made over the years with the Masters Games.

[SEE MEMORIES >](#)

Innsbruck 2020 provides €6.8m boost to local economy

Four months after the end of the Winter World Masters Games, researchers from the Institute of Sports Science at Innsbruck University have presented the results of a study carried out on the effect of the WWMG 2020 on the local economy in Tyrol.



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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 ›](#)



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