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## September's Masters news



### Worth thinking about...

"Just play. Have fun. Enjoy the game."

– Michael Jordan



### Throwback to... Lignano 2011

This month marked 9 years since the 2011 Lignano European Masters Games. Exceeding all expectations, this great event set a benchmark for future host cities.

Head to our website to reminisce on the best bits of this historic event.

[VIEW HIGHLIGHTS >](#)

### Discover Kansai: Special Activity Plans

Experience the best of what Kansai has to offer with the 2021 World Masters Games Special Activity Plans.

Created by the community and organised by theme, these plans include the best must-see local attractions in the Kansai region.

[VIEW PLANS](#)



### Mastering the athletics ageing process

Some of Britain's top Masters athletes explain how they're able to maintain good performances and avoid injuries as they get older.

Take a look as they discuss the notion of age, training, recovery, injury management and more.

[LEARN MORE >](#)

## Doug Knowles, 92, walks his age for charity

The World Masters Games gold medallist used his passion for running to give back to those in need at this difficult time.

His chosen charities have seen donations come flooding in as a result of his incredible efforts.

[READ MORE >](#)



## What's your favourite Masters memory?

Whether it's achieving a personal best or forming a new friendship, we want you to send us your most cherished Masters memories.

The best memories will be shared on our online channels to spread some positivity through the Masters community.

[SHARE YOUR MEMORY >](#)

## Join our dedicated Facebook Group...

This is our 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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