

[View in browser](#)



New dates confirmed for Kansai World Masters Games

The postponed Kansai World Masters Games will now take place on **13 - 29th May 2022.**

We'd like to express our thanks for your patience and understanding throughout this difficult rescheduling process. We now turn our efforts to delivering an unforgettable Masters experience in 2022.

We'll continue to provide updates on the Games via our channels.



Asia-Pacific Masters Games postponed to 2023

Following discussions between the IMGA and the Asia-Pacific Masters Games Organising Committee, we can confirm that the 2022 Jeollabuk-Do APMG has been rescheduled to spring 2023.

Exact dates are yet to be confirmed.

We'll update you as soon as we have new dates.



Worth thinking about...

"To uncover your true potential you must first find your own limits and then you have to have the courage to blow past them."

- Picabo Street
Olympic Alpine Skier



Throwback to... Innsbruck 2020

This month marked one year since the 2020 Innsbruck Winter World Masters Games.

10 unforgettable days of competition, friendship and camaraderie made for an event we'll never forget.

[VIEW HIGHLIGHTS](#)

Nutrition for Masters athletes

Athletes nutritional needs become more specialised with age.

Check out these simple nutrition and hydration adjustments that'll help you continue to perform at your best.



[LEARN MORE](#)



Meet the race walking record holder with 22 gold medals

75-year-old Thomas Kok has won 22 gold medals since his first Masters competition in 1986.

Now a Malaysia Book of Records (MBR) holder, the inspirational race walker shows no signs of slowing down any time soon.

[READ MORE >](#)



International Masters Games Association
Maison du Sport International
Avenue de Rhodanie 54
1007 Lausanne
Switzerland

You received this email as a member of the IMGA Masters community
[You can unsubscribe here](#)

© 2019 International Masters Games Association