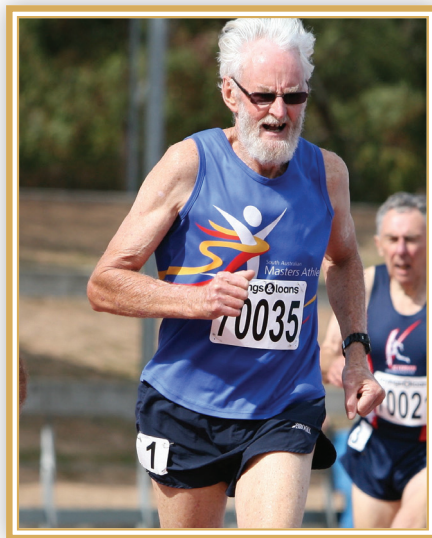




South Australian Masters Athletics

# HALL OF FAME



# Frank Rogers

Life Member of SAMA



## Inductee No 5: Frank Rogers



# BIOGRAPHY

Frank joined the Postmaster-General's Department (PMG) in 1953 and after five years of training qualified as a PMG Technician, with his first major job at Balaklava. He continued working for the PMG throughout the Yorke and Eyre Peninsula areas.

In 1963 Frank moved to Darwin for the reconstruction of the Darwin Telephone Trunk Switching network, (a result of the World War II bombing of Darwin 20 years earlier). In 1964 he returned to South Australia, working at Nuriootpa, where he was in charge of the conversion of the Barossa area for automatic trunk switching. He also worked across the Nullarbor upgrading the existing open wire system. Frank returned to Darwin with the PMG in 1967 with his new wife, Jill.

In 1974 Cyclone Tracy hit Darwin and while Jill and his young family were evacuated, Frank remained behind to help rebuild the city. Frank was also the Senior Technical Officer in charge of upgrading the Radio Australia Transmitter on Cox Peninsula in the early 1970s. In 1979 Frank relocated to Adelaide, working in Telstra House as a Principal Technical Officer in Network, Design & Construction until his retirement on 10 August 1992 (his 57th birthday).

Frank, like many others, was a late starter in athletics with his first running experience at the masters age of 40 while living in Darwin, and then when he moved to Adelaide in 1979, he found himself involved in the "Fun Run" craze. Initially, a keen training group attached to the old Institute for Fitness at North Adelaide started him on the marathon obsession. He was a member of Adelaide Harriers for a few years and of the newly formed SA Road Runners Club.

In the years from 1980 until 1990 Frank competed in 19 marathons as well as many half-marathons and shorter fun runs almost every weekend. His best performance for the marathon was 2:52 in the Melbourne Marathon in 1982 but perhaps his most significant result was to run a "sub-3" (2:58) in the difficult Pichi Richi Marathon in 1990 where he finished fifth overall.

## MASTERS COMPETITION

Frank's involvement with the Vets did not start until 1987 when he started competing at the "Vets Host Days" as well as in Veteran's events at the old Olympic Sportsfield in Kensington. Also, in 1987 he had his first try at the World Veteran Championships by competing in the marathon in Melbourne. After following this up with the marathon in Eugene in 1989, Frank decided distance events combined with the stresses of overseas travel was not a clever idea if he wished to continue with this level of competition. He joined a Masters training group coached by the late Collin Cooper with the aim of concentrating on 800 and 1500m events.

This provided a new incentive and throughout the 1990's he competed in many of the World Championships - Melbourne, Eugene, Turku, Buffalo, Durban, Gateshead and Brisbane. His best result was to finish fifth in the final of the 800m and seventh in the final of the 1500m in Durban, South Africa in 1997. He also had various wins and placing's in Oceania Championships in Norfolk Island, Rarotonga and New Zealand.

Frank was also a regular in the Bay Sheffield, placing third in the 2007 800m. From about 1990 he had competed in most of the Australian Masters Athletics Championships and with some relief, found that as he moved up through the age groups it became a little easier to win events or get a place.

During his membership, Frank set nine SAMA records from 1500m to the half marathon. In the National Championships Frank won three gold, six silver and ten bronze medals. In the Oceania Championships he won four gold, four silver and five bronze medals. At Australian Masters Games he won eight golds.



## Inductee No 5: Frank Rogers



### **MASTERS ADMINISTRATION - SAMA**

While Frank loved his running it was in administration and organisation that he excelled. During the 90's Frank became heavily involved in the organisational activities of SAMA and in 1995 took action, with other members to start regular competition programs suited to all levels of competitors. He was a significant player in the transformation of SAMA from its low point to renewed strength.

During the 1980's and 1990's SAMA gradually lost members, many from disillusionment with the decline in Club activity, or dissatisfaction with competition in ASA Inter-Club events. The ASA events had qualifying standards beyond many members' abilities, and there was the possibility of a 20-year-old running a 56 second 400 metres against a Vets 62 to 72 seconds or slower. By the late 1990's, Club membership had dropped to well under 100.

Frank joined the SAMA committee in 1996 and remained there until 2002. The Club underwent a metamorphosis during the period of 1996-1998. Frank and Glynn Boyce were primarily responsible for this change. They were the main force organising the first activities for years which catered specifically for Club members. By the summer of 2001 ASA no longer had Interclub events on Wednesdays and therefore a larger program was adopted including all field events except pole vault and heavy weights. ASA Wednesday Interclub was replaced with their Social Athletics - an attempt to bring more "fun runners" etc. into the fold. Frank Rogers was the prime mover for SAMA and ran the program for several years before its demise.

As part of the change process Frank took over as the Editor of the Club Newsletter in July 1997 and continued with this until June 2005, producing a quality and informative publication.

However, Frank's main contribution to SAMA occurred without any title or fanfare. He was always there at just about everything the Club did. Frank did programming, handicapping, preparation of entry sheets etc. and he took the gear in winter. For many years he essentially ran summer competition and the runs in winter. He stood down as run coordinator in mid-2002 and John Hore was able to develop our computer systems based on Frank's manual systems.

- He was a major player in all Club Championships at least to 2006
- He was heavily involved in the North Adelaide training group at least from 1998 to at least 2004
- He was a regular at working bees on the SAMA Clubrooms.
- He was Secretary for the 2002 Nationals in Adelaide and heavily involved in the program.
- He was a regular helper at the Two Jetties Fun Run.
- He was a major official at the 1999, 2005 and 2007 Australian Masters Games non-stadia events
- He was a regular helper at the City Bay Run
- He was a major official at the World Police and Fire Games

In 2002 he was awarded Life Membership of SAMA and also was selected as the AMA Administrator/Official of the year for 2006. Frank continued to help at Club events until his health started to fail.

### **MASTERS ADMINISTRATION - AMA**

Frank was involved at the National level as the AMA Travel Director from 1997 to 1999 and was particularly involved with the travel arrangements for the Australian competitors travelling to the Durban and Gateshead World Championships.

Frank passed away in December 2011.



# Inductee No 5: Frank Rogers



## RECORDS SET

Record level	Event	Age Group	Performance	Date	Location
SAMA Record	1500m	M70	5:54.98	20/1/2003	Christchurch
		M70	5:54.5	2/8/2008	Townsville
SAMA Record	3000m	M70	12:52	13/11/2005	Adelaide
SAMA Record	5km Road	M60	21:27	16/4/1998	Adelaide
		M65	21:11	8/6/2002	Adelaide
		M70	22:24	13/5/2006	Adelaide
SAMA Record	10km Road	M50	36:17	8/6/1987	Adelaide
SAMA Record	Half Marathon	M50	79:19	1986	
SAMA Record	8km Cross Country	M50	3:50.27	1/10/1989	Christchurch
		M70	36:41	17/1/2006	Christchurch

## MEDAL PLACINGS

Australian Masters Athletics (AMA), Oceania Championships (OMA), Australian Masters Games (AMG)

Competition	Event	Age Group	Placing	Performance	Date	Location
AMA Champs	5000m	M55	Silver	18:28	1991	Canberra
AMA Champs	4x100m Relay	M55	Bronze		1994	Sydney
AMA Champs	800m	M60	Gold	2:28.6	1998	Brisbane
	1500m		Bronze	5:26.7		
	2000m Steeple		Bronze	8:24.9		
AMA Champs	5000m	M60	Bronze	20:42	2000	Hobart
AMA Champs	1500m	M65	Bronze	5:50.3	2002	Adelaide
	8km C. Country		Gold	38:44		
AMA Champs	800m	M65	Silver	2:46.5	2003	Perth
	1500m		Silver	6:00.4		
	8km C. Country		Silver	38:06		
AMA Champs	10000m	M65	Bronze	45:41	2004	Melbourne
	8km C. Country		Bronze	37:23		
AMA Champs	800m	M70	Gold	2:56.0	2008	Sydney
	1500m		Silver	6:06.4		
	5000m		Silver	22:59		
AMA Champs	800m	M70	Bronze	2:55.4	2009	Adelaide
	1500m		Bronze	5:58.12		
	5000m		Bronze	22:52		



# Inductee No 5: Frank Rogers



## MEDAL PLACINGS *Continued*

Australian Masters Athletics (AMA), Oceania Championships (OMA), Australian Masters Games (AMG)

Competition	Event	Age Group	Placing	Performance	Date	Location
OMA Champs	800m	M55	Silver	2:31.6	1992	Norfolk Island
	1500m		Silver	5:00.5		
OMA Champs	800m	M65	Silver	2:48.2	2004	Cook Islands
	1500m		Gold	5:50.6		
	5000m		Gold	22:16		
	8km C. Country		Gold	40:09		
OMA Champs	800m	M70	Silver	2:51.4	2006	Christchurch
	1500m		Gold	5:55.0		
	5000m		Bronze	21:55		
	8km C. Country		Bronze	36:41		
OMA Champs	800m	M70	Bronze	2:57.5	2008	Townsville
	5000m		Bronze	22:45		
	Half Marathon		Bronze	1:48:09		
Australian Masters Games	5000m	M60	Gold	21:35	1999	Adelaide
	8km C. Country		Gold	37:55		
Australian Masters Games	800m	M70	Gold	2:52.09	2005	Adelaide
	1500m		Gold	6:22.43		
	5000m		Gold	22:01.41		
	8km C. Country		Gold	38:26		
Australian Masters Games	1500m	M70	Gold	6:04.74	2007	Adelaide
	5000m		Gold	21:59.22		
	8km C. Country		Gold	42:57		





## Inductee No 5: Frank Rogers



### PERSONAL QUALITIES OF THE NOMINEE

Frank was the quintessential “quiet achiever” - whenever something needed doing to support SAMA members and/or SAMA competition - Frank was there. He did serve on the SAMA Committee for seven years and the AMA Board for 3 years and was Newsletter Editor for nine years, but it was the unsung work that Frank put in constantly that defined his massive contribution to the club. Frank was a pretty shy guy who loved his red wine and hardware stores. He was a great handyman and his carpentry skills benefitted the club frequently.

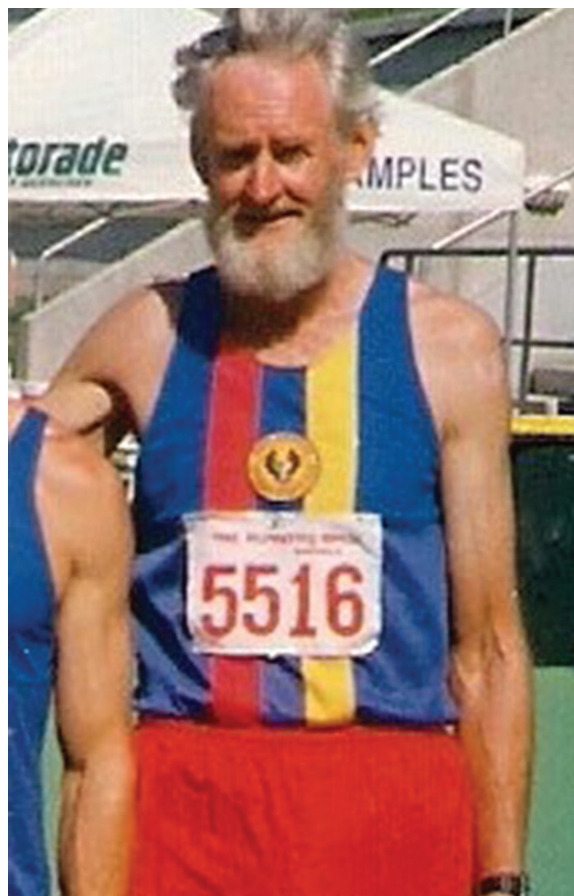
Without Frank's input in the late 90's and early 2000's it is difficult to understand how our club would have survived and prospered as it did. Frank just got on and did what was needed.

He loved his running and was always out for the morning runs on our weekends away. Though he rarely succeeded at the WMA Championships, he was a great supporter of them, as he was of the AMA events. Heading the twice weekly early morning training runs, he encouraged participation and maximum effort and then was happy to relax over a coffee post training.

Frank is still missed and his legacy lives on in many of the practices that SAMA still uses, he is a worthy inductee into the SAMA Hall of Fame.



1990s



1992

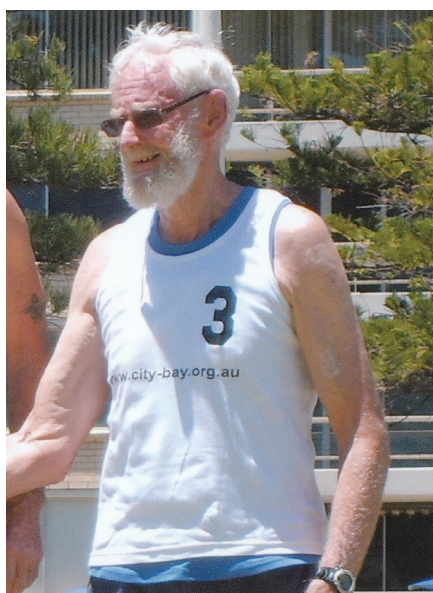




## Inductee No 5: Frank Rogers



2006



2007



2008



2009



Frank & Jill 2005



2011