



Mary Abrey, Liz Neubauer, Liz Downs, Miriam Cudmore, Donna Palmer, Sarah Chinner, Louise Scarman and Ann Jefferies.

## ASA State Relay Day

**16 December 2023**

**On Saturday, 16 December, SAMA entered seven track, three throws and one jumps team in the Athletics SA (ASA) State Relay Day at the SA Athletics Track.**

The six women's and five men's teams were organised with the aim of being competitive in the days respective Over 35 and Over 50 age categories as well as challenging existing SAMA age bracket track relay records or establishing new records where none existed. The day was a huge success both statistically and for enjoyment. Relays certainly lift individual performances.

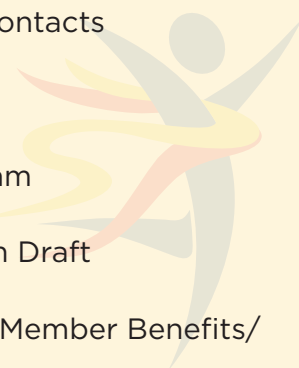
*Continued on page 7 ►*



Men's O50 4 x 100m L-R: Mike Vowles, Hans van Bavel, Bill Dickenson and Dean Mortimer.

# Contents

- |           |   |           |  |
|-----------|---|-----------|--|
| <b>3</b>  | A note from the President   | <b>15</b> | Featured article -<br><b>SAMA Sprint Timing</b><br><i>By John Hore</i> |
| <b>4</b>  | SAMA News   | <b>17</b> | AMA Award Nominees   |
| <b>5</b>  | Registrar Notes   | <b>20</b> | SAMA Records   |
| <b>6</b>  | Social News   | <b>22</b> | Birthday List/Contacts   |
| <b>7</b>  | ASA State Relay Day   | <b>23</b> | Coming Events  |
| <b>9</b>  | Bay Sheffield   | <b>25</b> | Summer Program   |
| <b>11</b> | SAMA Hall of Fame<br><b>Inductee No 7: John Hore</b>                              | <b>26</b> | Winter Program Draft   |
| <b>13</b> | Featured article -<br><b>Round and Round in Circles</b><br><i>By George White</i> | <b>27</b> | Club Uniforms/Member Benefits/<br>Contact Us                           |



## COMING EVENTS

### **SAMA Men T&F Pentathlon State Championships**

Wednesday 21 Feb

•

### **SAMA Women T&F Pentathlon State Championships**

Wednesday 28 Feb

•

### **SAMA Throws Pentathlon & 10,000m Run and 10,000m Walk State Championships**

Sunday 3 March

•

### **SAMA Steeplechase State Championships**

Wednesday 6 March

•

### **ASA State Championships**

Saturday 9 March to Monday 11 March

•

### **SAMA T&F Championships**

Wednesday 13 March &  
Wednesday 20 March



*Paul and Brooke Logan*



# A NOTE FROM THE PRESIDENT



## **The half-waypoint of SAMA's summer track & field program wound up on 20 December with a special Christmas meet at the Harriers track.**

It was pleasing to see the large turnout which, in addition to SAMA members, included many partners and family members, all involving themselves in the novelty events.

December also included opportunities for SAMA members to compete in two major competitions, the Athletics SA State Relay Championships held in mid-December and the Masters 800m Handicap race at the Bay Sheffield Carnival on 27 December. It was pleasing to note the high number of members participating in the two events and, gauging their enjoyment levels on the two days, it augers well for future increased involvement. Reports on both events are located elsewhere in this newsletter.

The second night of resumption of the summer program in January saw five teams compete in a 4x100m relay race. Two further age group records were set by the men's and women's 75-79 teams. Another race is planned for the 6th of March and will give athletes entered for the Nationals



*Des Clark handing over to John Hore*

in Hobart a chance to discuss running legs for the 4x100's as well as practice critical baton changes.

State Championship events are now upon us with the hurdles, pentathlon (both track & field and throws) due this month and the steeplechase and two days of the track and field events in mid to late March, all leading up to the Nationals being held from 29 March to 1 April.

There will be no specific entry fee for the SAMA hurdles, the t&f pentathlon, and the steeplechase. Athletes are to pay a stadium entry fee at-the-gate (as standard) for competition on those evenings.

A competition entry fee of \$10.00 will be levied, per entrant, for the Sunday 3 March, 10k run, 10k walk and the throws pentathlon (for both men and women). Similarly, a competition entry fee of \$10.00 will be levied for each of the two days of the T&F Championships (17th & 20th of March).

Athletes will not pay at-the-gate. Part of the \$10.00 entry fee will be reimbursed to the Office for Recreation Sport & Racing (ORSR) for entry to the stadium.

At the stage of writing this article (early February) 485 entries have been received for Hobart of which 23 are SAMA members. It is hoped that some additional members will enter by the closing date for entries of 29 February.

The evening of Sunday the 31st of March will host the AMA Awards function in Hobart. The SAMA committee has nominated several members for consideration for athletic, administrative, and officiating awards.

The forthcoming winter program is currently in draft format and should be posted on the website soon. It is proposed to commence on Saturday 4th of May and wind-up at Park 20 (the Pétanque Club) on the 31st of August.



*Viddy Jermacans*



## SAMA Hall of Fame

At last years AGM, six of our previous and current members were inducted into the recently established SAMA Hall of Fame, bringing the total to eight members.

Some of these inductees will not be well known to many of you but if you take the time to visit the website you will see just how deserving they all are.

We will be highlighting one of these new inductees in each newsletter - this issue is inductee number 7, John Hore.

Read a precis of his achievements on pages 10 and 11 or go to [www.samastersathletics.org.au/hall-of-fame/](http://www.samastersathletics.org.au/hall-of-fame/) for his full biography.

Each year we ask members to consider nominating a past or present member for inclusion in our Hall of Fame. The criteria for nomination are available on the SAMA web site or alternatively enquire with George White.



## SAMA History

The SAMA history document has been updated to cater for the addition of the Hall of Fame and includes information and data up to the end of 2023. There are 2 versions available for download from the website- one at 8.68MB or a more compressed version at 4.53MB. Go to: <https://www.samastersathletics.org.au/about-us/#history>.



## Volunteers Needed!

Every Wednesday a group of members come out just to officiate and help, however, this number is dwindling and we find ourselves in need of extra volunteers. If you have time during the evening please speak to Viddy or George to see how you can contribute to making our meets run smoothly.

## World Masters Athletics Rankings Website

Australian Masters Athletics (AMA) has extended its agreement with World Masters Rankings so that all members of State Masters Clubs affiliated to AMA will get full access to the Rankings site at no additional charge until 30 June 2024.

Results from weekly SAMA competitions have been submitted to the World Masters Rankings website - <https://www.mastersrankings.com/>

New SAMA members will need to register and set up their account with a password as follows:

- Go to <https://www.mastersrankings.com/login/>
- Go to the Register section
- Use the Email address associated with your SAMA membership
- Create a new Password for your account
- Enter your details
- Click on Register button



*Some of our marvellous helpers!*





## SAMA Membership Benefits

The SAMA membership year coincides with that of Athletics SA (1 October - 30 September). SAMA Membership types and fees are unchanged from those that were applicable for the 2022/23 membership year.

Thank you to the 160 members who have registered so far for the 2023/24 membership year, and **a warm welcome to our new members.**

Only financial members are eligible to win prizes, awards and trophies, and to enter Athletics Championships (including SAMA, ASA, AMA, OMA and WMA events). Membership also provides personal accident insurance cover whilst participating in any athletics events. Details of the policy are available at <https://www.samastersathletics.org.au/sama-governance/#documents>.

All financial SAMA members also have access to the World Masters Rankings tables at no additional charge, by virtue of an arrangement funded by Australian Masters Athletics (currently extended to 30 June 2024). For further information see <https://www.samastersathletics.org.au/membership/#services>.

## Recommending New Members Incentive

An existing financial member who provides a referral that results in a new member\* registering by 31 August each year will benefit from the following incentive:

*Their next SAMA membership renewal will be discounted by \$5 for every new member referred during the preceding membership year, or **by \$10 if the new member is aged 40yrs or less.***

\*A new member is defined as someone who has not been a competing member of SAMA for the past 5 years. To be eligible for the Recommending New Members Incentive, the name of the referring member must be specified during registration of the new member.

## Competing with Athletics SA in 2023/24

Those members participating in the Athletics SA competitions in the 2023/24 summer season, need to be aware of the different ASA membership options available.

SAMA is a full member club with Athletics SA (ASA), so that our members who are financial for the 2023-24 membership year also have Basic membership of Athletics SA included as part of the SAMA registration fee, which allows participation in all ASA competitions with payment of applicable entry fees.

For an extra annual fee, individuals may choose to upgrade their ASA membership to Gold in order to reduce the cost per day/event when competing in ASA competitions and championships. **Those who have chosen to compete for SA Masters as their primary club should contact the Registrar to initiate an upgrade if required.**

Further information is available on the SAMA Website at [https://www.samastersathletics.org.au/programs/#asa\\_season](https://www.samastersathletics.org.au/programs/#asa_season).



## Welcome to new/returning members

Roger **Bennett**  
Chris **Bollen**  
Anthony **Hortle**  
Matthew **Staunton**  
Stephen **Thurston**

## Membership Enquiries

If you have any membership questions please contact the Registrar, David Bates, email: [registrar@samastersathletics.org.au](mailto:registrar@samastersathletics.org.au)

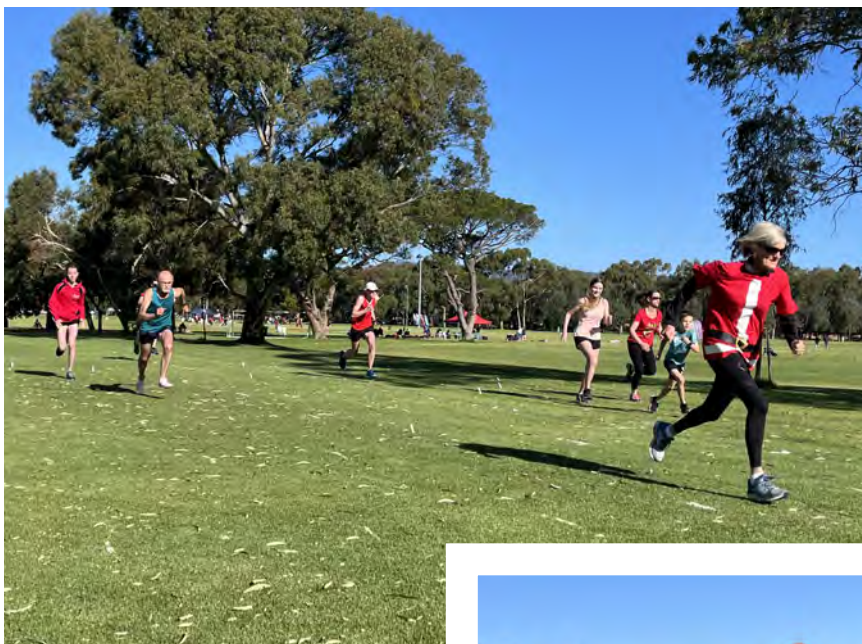
*David Bates*





## Christmas Fun Night at Adelaide Harriers, 20 December 2023

On a cool evening last December, an intrepid group of SAMA members took part in some fun events at the Adelaide Harriers clubrooms on South Terrace. The favourite events, as always, were the wrong handed turbo throw and water balloon challenge, - sorry no pics as too busy having fun!





# ASA STATE RELAY DAY



## ► Continued from front page

The atmosphere preceding each track relay was quite tense as was watching the running of the races.

The men's 4x800m team set the standard for the day with all four runners performing strongly to break the SAMA M50 age record (previously set in 2018) by only .54 of a second.

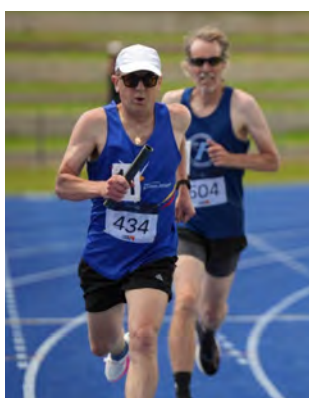
The W50 4x200m team also set a new time of 2.11.56 breaking the previous record set in the ASA relays the year before.



► O50 4 x 100m Ann to Donna



O50 4 x 200m - Sarah to Rosie



O50 4 x 800m Paul Lainio



O50 4 x 100m Mike to Dean



O50 4 x 200m - Louise, Rosie, Donna & Sarah C



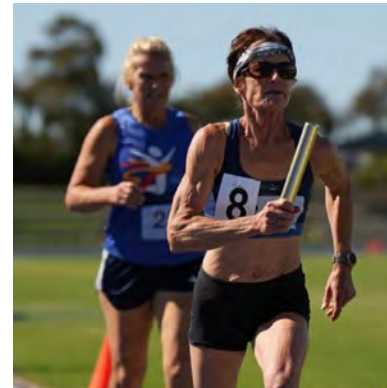
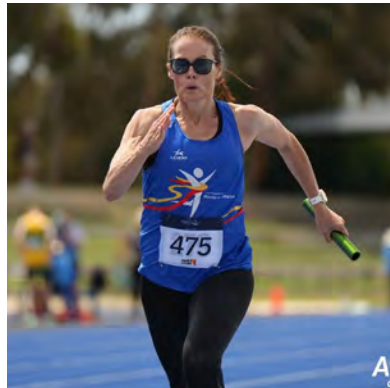
O50 Throws - Donna, Sarah B & Ann



O50 Throws - Donna



O35 Throws - Glenn, Paul & Howard





- The W50 4x400m, the W65 4x100m, the M65 4x100m and M65 4x200m relay teams all established records in their respective age groups.

Six of the seven teams claimed gold medals whilst the W65 4x100m team (which was competing in the O/50 age category with the SAMA W50 Team) claimed a silver medal as runners up.

Unfortunately, due to a communication breakdown with ASA, the two men's O/50 throws teams were classed in the O/35 age category. The M70 team (O/50) of Glenn Bowyer, Paul Hook and

Howard Avery collected 1,095 points to be beaten by only 11 points by a much younger team for the gold medal.

The women's throws and jumps relay teams each won their respective age divisions.

Twenty-four individual athletes represented SAMA on the day laying a strong base for increased representation in forthcoming years.

**Viddy Jermacans**

**Race Convener**

## Track Relay Results

W50 4x100m	W65 4x100m	W50 4x200m	W50 4x400m
<b>1.00.87 - Gold</b>	<b>1.21.89 - Silver</b>	<b>2.11.56 - Gold</b>	<b>5.39.13 - Gold</b>
Louise Scarman	Liz Downs	Louis Scarman	Sharon Johnson
Sarah Chinner	Miriam Cudmore	Sarah Chinner	Sabine Orchard-Simonides
Ann Jefferies	Liz Neubauer	Rosie Carruthers	Rosie Carruthers
Donna Palmer	Mary Abrey	Donna Palmer	Sarah Chinner

M50 4x800m	M65 4x100m	M65 4x200m
<b>10.04.96 - Gold</b>	<b>1.04.06 - Gold</b>	<b>2.16.89 - Gold</b>
Gino Geracitano	Hans Van Bavel	Hans Van Bavel
Paul Logan	Bill Dickenson	Bill Dickenson
Tim Storer	Mike Vowles	Mike Vowles
Paul Lainio	Dean Mortimer	Dean Mortimer



## Throws Relay Results

Women's O/35	Men's O/35	Men's O/35
<b>1,107 Points - Gold</b>	<b>1,095 Points - Silver</b>	<b>759 Points - 4th</b>
Ann Jefferies      Javelin	Glenn Bowyer      Javelin	Tim Storer      Javelin
Donna Palmer      Shot Put	Paul Hook      Shot Put	Viddy Jermacans      Shot Put
Sarah Bail      Discus	Howard Avery      Discus	Dean Mortimer      Discus

## Jumps Relay Results

Women's O/50 - Gold
Liz Downs      Long Jump
Ann Jefferies      Triple Jump
Donna Palmer      High Jump





# BAY SHEFFIELD 800m



28 December 2023 - Colley Reserve, Glenelg

## Exurbia Masters 800m Handicap



Thirteen SAMA members lined up in the Exurbia Masters 800m Handicap race at Colley Reserve on 27 December.

The back marker, Gino Geracitano, was to run the full 800m whilst Ros Lowe was at the front with 500m to complete.

The setting for the race was exciting with all runners introduced by the race caller by name and age. Standing out on the track it was quite easy to hear crowd members exclaiming in amazement as respective ages were read out.

The race itself resulted in an exciting finish with Dean Mortimer and Lisa O'Keeffe breaking clear of the pack with about 200m metres to run and then sprinting shoulder to shoulder around the final bend and the length of the home straight. Dean prevailed by .93 of a second at the finish with Gino overtaking

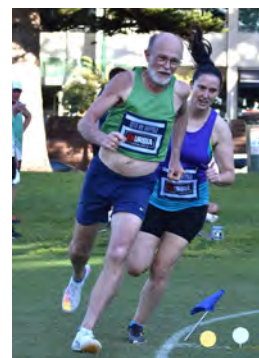


*Some of the SAMA competitors ready to go!*

Sharon Johnson in the last 20 metres to take third position.

Dean's win was his second in this race having won it in 2020, running 600m in a time of 2.25.62. His time of 2.15.92 in this race, running 670m, was an exceptional effort!

Many thanks to Darren Johnson for Exurbia's ongoing sponsorship of this race with gift vouchers given to the three placegetters as well as for all other runners.



*The race to the finish line...*



# BAY SHEFFIELD 800m



28 December 2023 - Colley Reserve, Glenelg

## ► Exurbia Masters 800m Handicap

Name	H'Cap	Result
Dean Mortimer	670m	2.15.92
Lisa O'Keefe	615m	2.16.85
Gino Geracitano	800m	2.24.33
Sharon Johnson	630m	2.25.54
Sabine Orchard-Simonides	540m	2.28.82
Sarah Chinner	720m	2.31.49
Mike Vowles	525m	2.32.58
Marlene Norton Baker	570m	2.33.04
John Hore	525m	2.34.28
Greg Barry	785m	2.38.16
Tim Storer	780m	2.42.27
Ros Lowe	500m	2.43.50
Viddy Jermacans	510m	3.05.51



On the podium: 1st Dean Mortimer, 2nd Lisa O'Keefe, 3rd Gino Geracitano. Also pictured is Exurbia's Darren Johnson, the race sponsor.



Congratulations to Matt Staunton on breaking the SAMA M50 Weight Throw record with his 16.49m, bettering the previous record by 1.19m. For those who don't know, the weight he throws is 11.34kg (25lb)!





## Inductee No. 7: John Hore

At the age of 17 John entered into a 5-year cadetship with the Electricity Trust of South Australia (ETSA). Job placement was combined with day/night lectures at the SA Institute of Technology (SAIT) (which amalgamated with the SA College of Advanced Education in 1991 to form the University of SA).

During his employment with ETSA and ElectraNet (with the former's privatization in the 90's) John, as a Senior Technical Officer, was at the forefront of technology in the development of applied electronics, an advanced branch of engineering which deals with the application of existing or known scientific knowledge in electronics, instrumentation, measurements and control for any process, practical calibration of instruments and embedded systems.

Soon after joining SAMA in 1999 John started developing a computerised event management system to replace the existing manual system that

had for some time placed great demands on the club's officials and volunteers.

John used his IT expertise to apply relatively inexpensive consumer electronics technology and the computer software he developed is significant, not just for preparing start lists for races throughout the year, but because it allows the production of handicaps for every person in every race (and to refine the handicap algorithm when necessary).

Most recently John developed a computer program for recording and updating participation and performance points for the 'Achievers Award' (for both Winter & Summer competitions).

Growing up, tennis was John's summer sport but hockey was his love and he soon developed his skills in this sport to quite a high level. Two knee reconstructions later he turned to athletics.

John joined the SAMA committee in 2001 and first became an Office Bearer, as Vice President, in 2005/06. He continued in this position until 2008/09. He then took on the role of President over a four-year period from 2009/10 until 2012/13. On vacating this position, he continued in SAMA's administration as a committee member for a number of years.

In 2009 and 2016 John was a member of the Local Organising Committee (LOC) for each of these two highly successful national Australian Masters Athletics Championships held in Adelaide.

Full details of John's achievements can be found in his biography at [www.samastersathletics.org.au/hall-of-fame/](http://www.samastersathletics.org.au/hall-of-fame/).





## John Hore

Since becoming a member in 1999, John has put into practice skills attained in the field of applied electronics to develop a computerised event management system for SAMA which replaced the existing manual system.

The computer software he developed prepares start lists for races throughout the year and allows the production of handicaps for every person in every race. Results produced give competitors a breakdown of how they performed relative to their expected result and also individual age graded percentages.

In recent years John has applied technology to refine the timing of races and lower SAMA's dependence on officials/volunteers. Connection of the start gun to automatically trigger the clock and the timing system, in coordination with the video, is now done by wireless communication. Precise finish line times are now captured for accuracy to 1/100th of a second which ensures that data can be produced to claim SAMA and national records.

John joined the SAMA committee in 2001 and undertook executive positions as Vice President (2005 to 2009) and as President (2009 to 2013). He was then a committee member for several years.

In 2011 SAMA was honoured by SAMA with Life Membership for his "exceptional service to the club over a period of at least ten years".

In 2007 John was recognised by AMA with the 2007 Administrator/Official of the Year Award.

John has contributed 24 years and countless hours of voluntary work to SAMA. His highly developed administrative and technical skills have been invaluable to the club and this, together with his typically self-effacing and unassuming manner, makes him a warranted inductee to the SAMA Hall of Fame.

007

INDUCTEE NUMBER



SAMA PRESIDENT

16 June 2023

DATE



# Round and Round in Circles

~ and ~

## Why are World Records so Elusive for us?

By George White

**Before I go into the second part of the topic of this article – have you ever wondered why we run/walk anti-clockwise on our tracks?**

Track competition largely started in the northern hemisphere and there are many arguments for running anti-clockwise. However, running anti-clockwise was not always so! Races at the 1896, 1900 and 1904 Olympics were run in a clockwise direction, potentially due to modern Olympics founder Pierre de Coubertin taking his cues from the standards at England's tracks at the time. Indeed, runners at Oxford and Cambridge continued running clockwise until the late 1940s (Robert Redford ran clockwise in "The Way We Were" which was set in the 1930's). The Olympic standard changed however, for the 1908 Games after athletes showed up and claimed they were at a disadvantage after training the reverse way

back home. The international standard of anti-clockwise running was adopted, and it's been that way ever since.

There are today many reasons why we run anticlockwise! When running in an anticlockwise direction, we only turn left. There are physiological reasons for this being an advantage. Our bodies are slightly heavier on the left side because of the location of the heart, so when running anticlockwise, the body tends to incline ever so slightly towards the left, making control easier and potentially increasing speed.

The heart again features in the equation because the superior vena cava, the body's principal vein, carries deoxygenated blood from left to right. Centrifugal force generated by running anticlockwise is thought to facilitate the blood flow by increasing cardiac suction in the vein, which in turn helps the athlete. Running clockwise, may impede this suction and reduce the reach of oxygenated blood to other organs of the body, thereby tiring the runner more quickly. This could also be why merry-go-rounds, roller coasters and other carnival rides operate anti-clockwise.

About 90% of the world's population have right-side dominance and right-handed people tend to have more highly developed hand and leg muscles on their right-hand side than the left. This gives them an advantage when running around a track anti-clockwise, because it allows for their more powerful leg to remain on the outside, facilitating the turns.



## Round and Round in Circles ~ and ~ Why are World Records so Elusive for us?

*Continued*

- ▶ This dominance causes a natural preference for people to curve to their left rather than going against it. While running around a track, you will have to take a longer stride from the leg outside and generally it is easier for the stronger, dominant leg to do this. (So left-handed people are at a disadvantage.)

Seen from the spectator's vantage point, there is something to be said for anticlockwise-ness as well. When we read (in most languages), our eyes move from left to right. So for most people, the natural way to see things is from left to right. Rosa Rugani (University of Trento, Italy) says animals and humans may instinctively count from the left because the right hemisphere of the brain – which processes the left field of vision – is dominant in visual tasks. This suggests counting from the left may be instinctive rather than culturally learned. Also, have you thought about scenery when travelling on a train or bus? To me it always seems easier to watch when looking out the right-hand side with the scenery travelling from left to right!

Now the Romans always seem to have a part to play in what happens today (e.g. the Roman Chariots and the gauge of railway lines). Legend has it that the chariot races in Rome's Circus Maximus stadium in the sixth century BC were traditionally clockwise. This was before an unlucky chariot racer accidentally hit emperor Nero with his whip. The charioteer was executed, and all the subsequent races in Rome were run in the opposite direction.



And if the Romans were involved so must the Greeks be. In 700 BC the ancient Hippodrome had tournaments that run in anti-clockwise directions. Scholars of the time discovered that horses have stronger right hind legs. This, they said, helps horses cover great distances in a short amount of time. With this knowledge, ancient

Greek infantry and cavalry commanders executed encircling tactics in an anti-clockwise direction, if possible.

Closer to modern times stairways in temple towers (and the Eiffel Tower) have only left turns for going up. But what about medieval castles you say! Medieval architects built staircases to wrap around in a clockwise direction to disadvantage any enemies who might climb them. Since most soldiers wielded swords in their right hands, this meant that their swings would be inhibited by the inner wall, and they would have to round each curve before striking - fully exposing themselves in the process. Just as the clockwise spiral hindered attackers, so, too, did it favour the castle's defenders. As they descended, they could swing their swords in arcs that matched the curve of the outer wall and use the inner wall as a partial shield. And, because the outer wall runs along the wider edge of the stairs, there was also more room for defenders to swing. So, if you are planning to storm a medieval castle, you should try to recruit as many left-handed soldiers as possible.

Then of course there is psychological reason for anti-clockwise running. People like to "race against the clock"!

Now to the crucial point. You have the inherent ability, the time, you train enough and effectively, and our tracks are as good as anywhere but world records largely elude us. Here is your excuse – it is because we follow tradition and run anticlockwise - we truly are running against the clock. In the northern hemisphere because of the effect of the Earth's rotation (the Coriolis Effect), an athlete running anti-clockwise will have a slight advantage, resulting in a faster time, whereas in the Southern Hemisphere, this effect is reversed. Is it just a coincidence that none of the current world track records have been set south of the Equator? Without it being a requirement, throwers (discus, hammer and shot) also tend to turn in an anticlockwise direction, so even they are disadvantaged in the southern hemisphere.

**Fact or fiction – you decide, but at least you have an excuse! ■**



# SAMA Sprint Timing

*By John Hore*

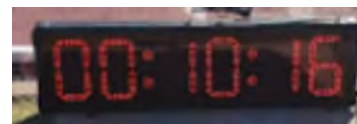
## How does SAMA time sprint events to get the required timing accuracy?

SAMA's method of recording sprint events is explained below.

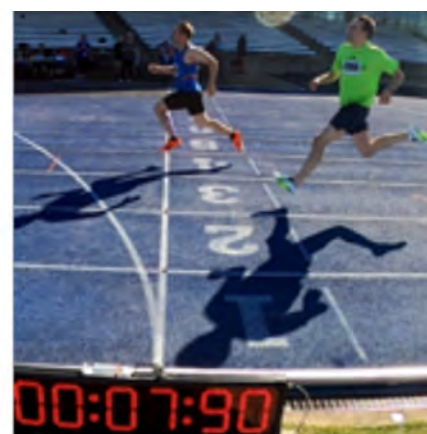
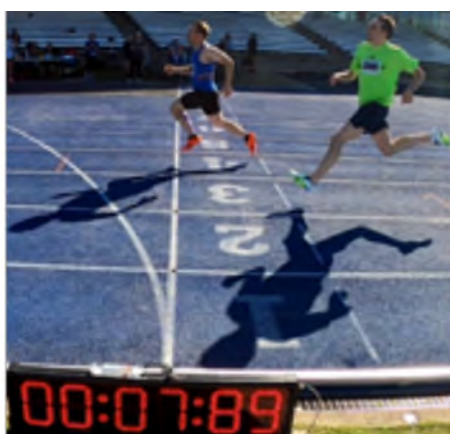
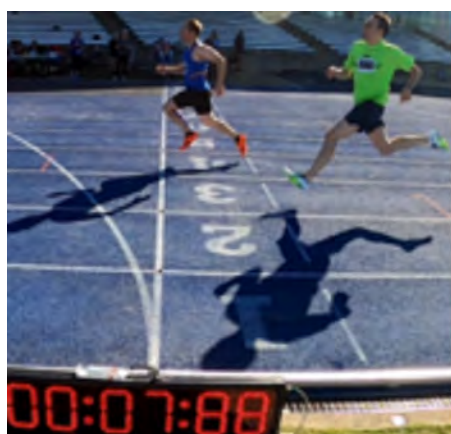
- 1) The large timing clock is set to 'stopwatch' mode to display times with a 1/100th of a second display.
- 2) A GoPro video camera is set to record videos at 120 frames per second and in a wide-angle mode.
- 3) The camera is aligned with the finish line so that the camera can view the clock in the foreground and the competitors running over the finish line at the background.

The camera records a video which is started before the start of the first sprint heat and will run continuously for all heats in that event.

- 4) The clock is started when the gun trigger is pressed. The competitors will hear the electronic bang sound at the start line. At the same time, a wireless signal from the start line equipment is sent to the finish line equipment. This starts the clock.
- 5) The video then captures competitors passing over the finish line. Accurate time for each competitor is recorded by reviewing each video frame. The GoPro camera is set to record at 120 frames per second. This review takes place on a computer at home in the evening.



*In 'Stopwatch' mode, this display is 10.16 seconds*



## SAMA Sprint Timing *Continued*

- ▶ 6) Hand times are used as a back-up in case of equipment malfunction. If hand times are used, a note on the web results will be displayed, and results for that heat will not be forwarded to the world ranking tables.

### Calibration of SAMA's recording method.

Australian Masters Athletics have accepted our method for recording sprint times including for Australian records on the basis that the times have been validated using an acceptable calibration method. This involves comparison of the recorded clock display with the video and audio displays on suitable video editing software. The time recorded on the sound wave image of the 'bang' sound and the finish line video time can confirm that the system is accurate.

### How do others electronically time sprint events?

Electronic sprint timing at athletic competition is usually managed using a photo-finish system. This system uses a wired electronic starting gun, speakers, very high-speed camera, video software and an integrated database. To operate this equipment, trained and experienced operators are necessary.

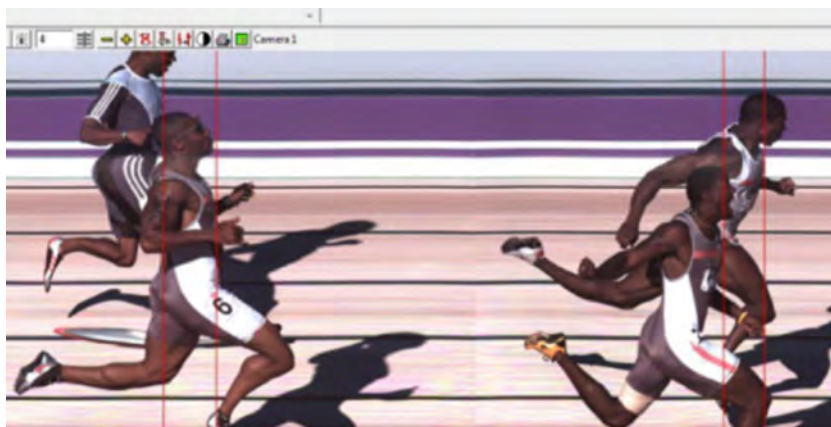


### Why does SAMA use a different method of recording to Athletics SA and other state Masters groups?

At present, SAMA does not have access to personnel who would be willing to set up and operate ASA's photo-finish system at our summer track events. There was a short period in the past when SAMA paid somebody to operate their equipment.

When using SAMA's equipment, there is minimal effort to record the sprint heats once the equipment is set up, but the results cannot be viewed until the evening after the event. If requested, hand times can be viewed by competitors after their race, but with an understanding that their videoed time displayed on the web results will normally be slower than the hand times. The hand time also provides a backup in case of a rare system failure.

Our method of timing allows us to accurately record sprint times using our own limited resources, but there may be an opportunity in the future to again use ASA's photo finish timing equipment if a suitable person to operate their equipment is available. ■





# AMA AWARD NOMINATIONS



**2023 was another successful year when multiple state and Australian records were broken and medals were won.**

We have put forward 7 members for AMA awards in 10 categories with the winners to be announced during the social function at the AMA National Championships, Hobart, in March.

*John Hore*  
**Awards Officer**



## Sprints Award

### Miriam Cudmore

In 2023 Miriam set three W85 Australian records over distances ranging from 60m to 200m. She achieved three golds in sprints at the 2023 AMA T&F Championships in Sydney. Her 200m time was the second best in the world during 2023.



## Throws Award

### Ann Jefferies

Ann set multiple state records in all 5 throws disciplines this year. She achieved four golds and two silvers at the 2023 AMA T&F Championships in Sydney. Ann was ranked number one in Australia for all throws disciplines during 2023, and number four in the World for the Throws Pentathlon. She achieved 4 golds in the ASA State Championships in the O50 division.

## Middle Distance Award

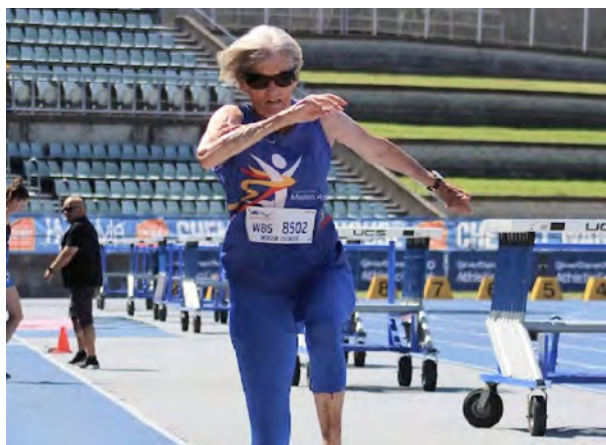
### Sarah Chinner

Sarah is ranked as number 1 in Australia for 800 metres and number 6 in the World in the women's O60 category.

Sarah consistently performs with a world age graded percentage value of around 90% for the 800m event. She is currently ranked number 1 in Australia in the Mile and 400m women's over 60 category.

In 2023 she has broken an Australian Championship record in the 800 metres and several SAMA records.





## Jumps Award

### Miriam Cudmore

This year Miriam set W85 Australian records for Triple Jump and Long Jump (on two occasions). She achieved two golds in the triple and long jump at the 2023 AMA T&F Championships in Sydney, with performances that ranked her second best in the world during 2023.



## Walks Award

### Kim Mottrom

This year Kim set three State M35 walk records on the track and one best State performance in the Marathon walk (3:54:01 on 12/2/2023). At national level he placed 1st in the AMA 20km Walk Championship and achieved two golds in 10K and 20K at the 2023 ASA Road Walk Championships.



## Administration Award

### Viddy Jermacans

Viddy organised the Bob Clarke Challenge, the 800m Race at the Bay Sheffield and collaborated with George on the new Walkers Challenge. He is currently President, Sponsorship/Promotions Officer, Social Organiser and Summer Competition Coordinator.



## Official Award

### Lisa Attenborough

During 2023, Lisa enforced the standards that govern conduct on the track, the field and for out-of-stadia competitions both at state and national level. Her extensive knowledge of the technical rules and regulations, and her high levels of energy and enthusiasm make her a worthy nominee.





## **Most Outstanding Male Athlete Award**

### **Kim Mottrom**

Throughout 2023 Kim was a regular walks competitor at club level and at Athletics SA events achieving age grade percentages exceeding 85% on multiple occasions, and in this year set three State M35 walk records on the track and one best State performance in the Marathon walk (3:54:01 on 12/2/2023). At national level he was placed 1st in the AMA 20km Walk Championships, and achieved two golds at the 2023 Athletics SA Road Walk Championships at 20km and 10km. His 3000m and 5000m times on the track were the second best in the world during 2023.



## **Most Outstanding Female Athlete Award**

### **Miriam Cudmore**

Throughout 2023 Miriam was a regular competitor in Jumps, Sprints & Throws at club level achieving age grade percentages exceeding 75% on multiple occasions, and in this year set W85 Australian records for Triple Jump, Long Jump (on two occasions), 60m, 100m, 200m and Javelin.

At national level she achieved six golds at the 2023 AMA T&F Championships in Sydney (Triple and Long Jumps), with performances that ranked her in the top three in the world during 2023.



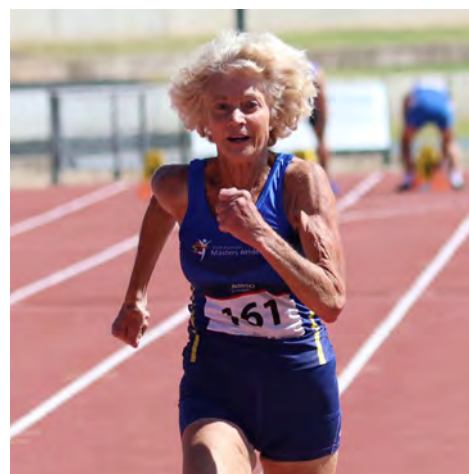
## **Outstanding Individual Performance Award**

### **Anne Lang**

Anne's outstanding individual performances took place in March 2023 in the AMA T&F Championships in Sydney.

In the Over 80's women's category, Anne broke the Australian record in the 400 metres. Within these Championships, she also broke the Australian Championship record for the 800 metres.

Anne's performances have achieved a world ranking of 2 for the 800 metres and 4 for the 400 metres. Along with track events, she also has high rankings in most of the throw categories for her age group.



# NEW CLUB RECORDS



Prepared by Ros Lowe

Name	Age Group	Event	Result	Date	Venue
Dean Mortimer	M65	Triple Jump	8.92	13/12/23	SAMA Stadium
Louise Scarman	W50	4x200m	2.11.56	16/12/23	ASA Stadium
Sarah Chinner	W50	4x200m	2.11.56	16/12/23	ASA Stadium
Rosie Carruthers	W50	4x200m	2.11.56	16/12/23	ASA Stadium
Donna Palmer	W50	4x200m	2.11.56	16/12/23	ASA Stadium
Sharon Johnson	W50	4x400m	5.39.13	16/12/23	ASA Stadium
Sabine Orchard-Simonides	W50	4x400m	5.39.13	16/12/23	ASA Stadium
Rosie Carruthers	W50	4x400m	5.39.13	16/12/23	ASA Stadium
Sarah Chinner	W50	4x400m	5.39.13	16/12/23	ASA Stadium
Liz Downs	W65	4x100m	1.21.89	16/12/23	ASA Stadium
Miriam Cudmore	W65	4x100m	1.21.89	16/12/23	ASA Stadium
Liz Neubauer	W65	4x100m	1.21.89	16/12/23	ASA Stadium
Mary Abrey	W65	4x100m	1.21.89	16/12/23	ASA Stadium
Gino Geracitano	M50	4x800m	10.04.96	16/12/23	ASA Stadium
Paul Logan	M50	4x800m	10.04.96	16/12/23	ASA Stadium
Tim Storer	M50	4x800m	10.04.96	16/12/23	ASA Stadium
Paul Lainio	M50	4x800m	10.04.96	16/12/23	ASA Stadium
Hans Van Bavel	M65	4x100m	1.04.06	16/12/23	ASA Stadium
Bill Dickenson	M65	4x100m	1.04.06	16/12/23	ASA Stadium
Mike Vowles	M65	4x100m	1.04.06	16/12/23	ASA Stadium
Dean Mortimer	M65	4x100m	1.04.06	16/12/23	ASA Stadium
Hans Van Bavel	M65	4x200m	2.16.89	16/12/23	ASA Stadium
Bill Dickenson	M65	4x200m	2.16.89	16/12/23	ASA Stadium
Mike Vowles	M65	4x200m	2.16.89	16/12/23	ASA Stadium
Dean Mortimer	M65	4x200m	2.16.89	16/12/23	ASA Stadium
Ros Lowe	W75	Mile (track)	9.13	10/01/24	SAMA Stadium
Dean Mortimer	M65	Pentathlon	2740	14/01/24	ASA Stadium
Ros Lowe	W75	3000m	17.40	17/01/24	SAMA Stadium



# NEW CLUB RECORDS *Continued*



Prepared by Ros Lowe

Name	Age Group	Event	Result	Date	Venue
Wayne Willis	M50	Shot	14.04	17/01/24	SAMA Stadium
Sarah Chinner	W60	800m	2.36.95	20/01/24	ASA Stadium
Ros Lowe	W75	1000m	5.27	24/01/24	SAMA Stadium
Matthew Staunton	M50	Weight Throw	16.49	17/01/24	SAMA Stadium
Mary Abrey	W70	4x100m	85.42	17/01/24	SAMA Stadium
Liz Neubauer	W70	4x100m	85.42	17/01/24	SAMA Stadium
Sandra McCue	W70	4x100m	85.42	17/01/24	SAMA Stadium
Valmai Padget	W70	4x100m	85.42	17/01/24	SAMA Stadium
Mike Vowles	M75	4x100m	85.60	17/01/24	SAMA Stadium
Viddy Jermacans	M75	4x100m	85.60	17/01/24	SAMA Stadium
Des Clark	M75	4x100m	85.60	17/01/24	SAMA Stadium
John Hore	M75	4x100m	85.60	17/01/24	SAMA Stadium

**Attack your week with the Monday Morning Mile!**  
Get up. Get out. Get going.

**Every Monday**  
♦ 6:00am ♦ 7:00am ♦ 8:00am

**Location: Park 10**  
Takes place on the "Uni Loop", a gravel track starting on War Memorial Drive, North Adelaide and winding around Park 10.

< Register for free today

## SOUTH AUSTRALIAN Championships

**Join ASA as the state's best athletes compete for the title of 2023/24 State Track & Field Champions in the U13, U14, U15, U16, U17, U18, U20, Open, O35, O50 & Para age groups.**

**Event Dates:** Saturday 9th - Monday 11th March 2024

**Entries Close:** 26th February, 2024

**Late Entries Close:** (incurring a \$20.00 late fee) - 28th February, 2024

**Age Categories**  
Your age category is determined by your age as at December 31st 2024.

**Rules**  
Please ensure you've checked the rules & specifications webpage for all the up-to-date information and technical regulations.



# SAMA BIRTHDAY LIST

## February and March

Happy Birthday

Gaetano <b>Aiello</b>		Allan <b>Mayfield</b>	<b>75</b>	Sam <b>Gerhardy</b>	
John <b>Baranoff</b>		Liz <b>Neubauer</b>		Melissa <b>Grantham</b>	
David <b>Bates</b>		David <b>Padget</b>		Aaron <b>Gray</b>	
Marg <b>Clark</b>		Jodie <b>Schrapel</b>		Peter <b>Greenland</b>	
Michael <b>Cocks</b>	<b>60</b>	Elizabeth <b>Slattery</b>	<b>60</b>	Lilian <b>Harpur</b>	
Sian <b>Cooper</b>		Helen <b>Suridge</b>		Hayden <b>Harrell</b>	<b>65</b>
Gerald <b>Hicks</b>		Linda <b>Whitelaw</b>		Marlene <b>Norton-Baker</b>	
Emma <b>Kraft</b>		Rodger <b>Barber</b>		Tony <b>Smith</b>	
Anne <b>Lang</b>		Ian <b>Brown</b>		Paul <b>Sutcliffe</b>	
Brooke <b>Logan</b>	<b>45</b>	Glenn <b>Cowling</b>	<b>50</b>	Dennis <b>Vlachos</b>	

## CLUB CONTACTS



### Committee Members

<b>President</b>	Viddy Jermacans	0407 188 721	president@samastersathletics.org.au
<b>Vice President/Safety Officer</b>	Anne Lang	0457 070 934	fitnessonthepark@ozemail.com.au
<b>Treasurer</b>	Richard Moyle	0417 831 194	rmoyle@bigpond.net.au
<b>Secretary</b>	George White	0419 348 888	secretary@samastersathletics.org.au
<b>Registrar/Webmaster</b>	David Bates	0413 023 075	registrar@samastersathletics.org.au
<b>Throws Coordinator/Newsletter Editor</b>	Ann Jefferies	0417 716 892	ann.jefferies@adam.com.au
<b>Awards Officer</b>	John Hore	0417 858 882	johnhore@gmail.com
<b>Governance Coordinator/Historian/ Track Coordinator/Hall of Fame Chair/ Walks Coordinator/Winter Coordinator</b>	George White	0419 348 888	gwhite@adam.com.au
<b>Committee Member</b>	Miriam Cudmore	0411 281 137	mimbron@bigpond.com
<b>Committee Member</b>	Liz Slattery	0404 936 658	es.ms@bigpond.com

### Other Contacts

<b>Course Marker</b>	Graham Harrison	0439 500 751	grahamjharrison@hotmail.com
<b>Records Officer</b>	Ros Lowe	0437 811 582	ros.lowe@icloud.com
<b>Course Measurer</b>	Doug Smart	0413 456 898	dougsmart2@gmail.com
<b>Public Officer</b>	Lisa Attenborough	0404 120 813	lattenborough6@gmail.com
<b>Jumps Coordinators</b>	Kathy Blute	0416 214 439	kpblute@bigpond.com
	Hayden Harrell	0481 113 732	haydenharrell852@gmail.com





## Australian Masters Athletics Championships HOBART TASMANIA 2024

29th March - 1st April 2024



**Tasmanian Masters Athletics is proud to host the milestone 50th Anniversary of the Australian Masters Athletics National Track and Field Championship in Hobart, Tasmania, in 2024. We warmly invite all athletes to partake in this historic event at the premier athletics venue in Tasmania.**

As we celebrate half a century of this illustrious championship, it is not just a chance to strive for athletic excellence but also to experience the wonders of Tasmania. From breathtaking landscapes to its storied past and vibrant culture, Tasmania offers an array of treasures to explore. We encourage you to extend your stay and enjoy our national parks, exceptional museums and galleries, and the local culinary delights.

- Final program will be released Saturday 10th March 2024.
- Registrations close on 29 February and no late entries will be accepted so get in quick!
- Registration is \$100 plus \$20 per individual event entered.

<https://amahobart2024.com.au>



## 13-25 AUGUST 2024

The Gothenburg Athletics Federation extends a warm welcome to athletes and sports enthusiasts worldwide for the 25th World Masters Athletics Championships! Brace yourselves for the ultimate masters championship experience filled with unparalleled fun, excitement and rewards. Mark your calendars for the upcoming world championship scheduled to 13-25 August. Get ready to make Gothenburg your home and seize the opportunity to participate in this global celebration of athleticism, sportsmanship and joyous moments!

Go to the website below for information on:

- Venues & Stadiums
  - Schedule
  - Registration
  - Travel & Accommodation
  - Merchandise
  - Visa Requirements
- and more...



<https://www.2024wmac.com/>





# SAMA SUMMER PROGRAM 2023/24



Date	Program	
Sun 17 <sup>th</sup> Sept		City Bay Fun Run
Wed 27 <sup>th</sup> Sept	C1 Scratch	
Wed 4 <sup>th</sup> Oct	A2 Handicap	
7 <sup>th</sup> – 12 <sup>th</sup> Oct		<b>Australian Masters Games</b>
Wed 11 <sup>th</sup> Oct		No competition
Wed 18 <sup>th</sup> Oct	B1 Scratch	
Wed 25 <sup>th</sup> Oct	C2 Handicap	
Sat 28 <sup>th</sup> Oct		<b>ASA 10km run Championships</b>
Wed 1 <sup>st</sup> Nov	A1 Scratch	Including Bob Clarke Challenge 200m
Wed 8 <sup>th</sup> Nov	B2 Handicap	
Wed 15 <sup>th</sup> Nov	C1 Scratch	Including Bob Clarke Challenge 1000m
Fri 17 <sup>th</sup> Nov		<b>ASA km Championships</b>
Wed 22 <sup>nd</sup> Nov	A2 Handicap	
Wed 29 <sup>th</sup> Nov	B1 Scratch	Including Bob Clarke Challenge 500m Final
Wed 6 <sup>th</sup> Dec	C2 Handicap	
Wed 13 <sup>th</sup> Dec	A1 Scratch	
Sat 16 <sup>th</sup> Dec		<b>ASA State Relays</b>
Wed 20 <sup>th</sup> Dec	Modified Scratch	Adelaide Harriers - Xmas special: 5.50pm 60m last man standing, 800m run for walkers, 800m walk for runners, wrong handed turbo throw, water balloon throwing.
Wed 27 <sup>th</sup> Dec	tbc	<b>Bay Sheffield 800m</b>
Wed 10 <sup>th</sup> Jan	Modified Scratch	5.50pm mile walk, 6.05pm 600m, 6.15pm 100m, 6.25pm mile, 6.35pm 300m, 6.45pm 3k run/walk, 5.55pm hammer, 6.45pm HJ, 6.30pm turbo throw, 7.00pm standing LJ
13 <sup>th</sup> – 14 <sup>th</sup> Jan		<b>ASA Combined Events Championships</b>
Wed 17 <sup>th</sup> Jan*	B2 Handicap	Plus 4x100m relay (nominate previous week). First 2 track events – 5 minutes earlier 5.45pm start
Wed 24 <sup>th</sup> Jan	C1 Scratch	
Wed 31 <sup>st</sup> Jan	A2 Handicap	
Wed 7 <sup>th</sup> Feb	B1 Scratch	Incl. <b>State Champs Long Hurdles</b> 5.40pm start – nominate the week before
Wed 14 <sup>th</sup> Feb	C2 Handicap	Incl. <b>State Champs Short Hurdles</b> 5.40pm start – nominate the week before
Wed 21 <sup>st</sup> Feb	A1 Scratch	Incl. <b>State Champs T&amp;F Pent – Men</b> 5.30pm start – nominate the week before
Wed 28 <sup>th</sup> Feb	B2 Handicap	Incl. <b>State Champs T&amp;F Pent – Women</b> 5.30pm start – nominate the week before
Sun 3 <sup>rd</sup> March	Champs	<b>10km Run, 10km Walk</b> 8.00am start; <b>Throws Pentathlon</b> 9.00am start
Wed 6 <sup>th</sup> Mar	C1 Scratch	Incl. <b>State Champs Steeplechase</b> 5.15pm start – nominate the week before
9 <sup>th</sup> – 11 <sup>th</sup> Mar		<b>ASA Championships</b>
Wed 13 <sup>th</sup> Mar	Champs	<b>Day 1 T&amp;F Championships</b>
Wed 20 <sup>th</sup> Mar	Champs	<b>Day 2 T&amp;F Championships</b>
Wed 27 <sup>th</sup> Mar	A2 Handicap	
29 <sup>th</sup> Mar – 1 <sup>st</sup> Apr		<b>AMA National T&amp;F Championships - Hobart</b>
Wed 3 <sup>rd</sup> Apr	Modified Scratch	Summer Presentation Night, 5.50pm 600mW, 6.00pm 60m, 6.15pm 600m, 6.25pm 300m, 6.35pm Mile run/walk, 5.50pm Hammer, 6.10pm LJ Please bring a plate to share

W designates the race is a walk.

On handicap days if more than 1 heat is required in the 400, 800, 1000 and 1500m – the faster heat will be scratch.

Track A	Time	Track B	Time	Track C	Time	Field 1	Time	Field 2	Time
60m	5.50pm	1000mW	5.50pm	1500mW	5.50pm	Hammer	5.50pm	Weight	5.50pm
1500m	6.00pm	150m	6.00pm	100m	6.05pm	HJ	6.30pm	Discus	6.25pm
800mW	6.10pm	800m	6.10pm	1000m	6.15pm	Javelin	6.45pm	LJ	6.45pm
200m	6.20pm	300m	6.15pm	400m	6.25pm	TJ	6.55pm	Shot	6.55pm
3000m	6.35pm	5000m	6.30pm	2000mW	6.35pm				
5000mW	6.35pm	3000m	6.30pm	4000mW	6.35pm				
3000mW	6.35pm	3000mW	6.30pm	2000m	6.35pm				

# SAMA WINTER PROGRAM 2024



Please note this is a draft program only.

Date	Venue		Program	Distances & Start Times	
				Runs	Walks
4/5/24	Bonython Park	1	Scratch Races - <b>Prizes</b>	5km & 2.5km 2.30pm	5km & 2.5km 2.30pm
11/5/24	West Beach Barcoo Road	2	Handicap races	10km 2.15pm 5km & 2.5km 2.30pm	10km 2.00pm 5km & 2.5km 2.20pm
12/5/24	Mothers Day Classic				
18/5/24	Park 24 (West Tce by Westerns Clubrooms	3	SAMA 5km Run & Walk Champs Scratch races	5km & 2.5km 2.30pm	5km & 2.5km 2.30pm
25/5/24	Felixstow Reserve	4	Relay Challenge - <b>Prizes</b>	Teams of 3 – 6km total (2+2+2) 2.15pm	
26/5/24	Barossa Marathon Festival – eligible for the AMA postal Half Marathon Champs				
1/6/24	Felixstow Reserve	5	SAMA 10km Walk/Run Champs Scratch races	10km 2.15pm 4km & 2km 2.45pm	10km W 2.00pm 4km & 2km 2.45pm
8/6/24	Enter Parkrun & send results to John Hore				
10/8/24	Kings Birthday Turkey Handicap Fun Run Adelaide Harriers				
15/6/24	Park 15 East Tce, Glover Playground	6	SAMA Cross Country Champs Scratch races	8km, 6km CC 2.30pm , 4km & 2km CC 2.45pm	10km W 2.00pm 5km W 2.30pm
22/6/24	Park 20 Adelaide Harriers Clubrooms	7	Multi Event races Scratch	1500m 2.00pm, 800m 2.20pm, 2km 2.40pm	
	SAMA AGM				
29/6/24	Oaklands Park – Oaklands Road	8	Handicap races	8km 2.15pm 4km & 2km 2.45pm	8km 2.00pm 4km & 2km 2.35pm
6/7/24	Felixstow Reserve	9	Relay Challenge - <b>Prizes</b>	Teams of 3 – 8km total (2+2+4) 2.15pm	
13/7/24	West Beach Barcoo Road	10	Handicap races	10km 2.15pm 5km & 2.5km 2.30pm	10km 2.00pm 5km & 2.5km 2.20pm
20/7/24	Enter Parkrun & send results to John Hore				
27/7/24	Park 19 Playground Glen Osmond Road	11	AMA/SAMA Half Marathon & SAMA 15km Walk Champs Scratch races	Half mara 1.00pm, 8km 2.15pm, 4km & 2km 2.30pm	15km 1.15pm 8km 2.00pm, 4km & 2km 2.30pm
3/8/24	Park 16 Vic Park Pakapakanthi cnr Halifax & East Tce	12	Relay Challenge - <b>Prizes</b>	Teams of 3 – 10km total (2.5+2.5+5) 2.15pm	
10/8/24	Park 20 Adelaide Harriers Clubrooms	13	Multi event races	1500m 2.00pm, 800m 2.20pm, 2km 2.40pm	
17/8/24	Oaklands Park – Oaklands Road	14	Handicap races -	8km 2.15pm 4km & 2km 2.45pm	8km 2.00pm 4km & 2km 2.35pm
25/8/24	Park 20 Adelaide Harriers Clubrooms	15	AMA/SAMA 20km Walk Champs Scratch races	10km 11.30am, 4km & 2km 11.45am	20km 10.00am 8km & 4km 11.00am
25/8/24	Adelaide Marathon Festival				
31/8/24	Park 20 Petanque Club cnr Unley/Greenhill	16	Winter Presentation Turkey Hdcp - <b>Prizes</b>	5km 2.00pm 2.5km 2.15pm	5km 1.45pm 2.5km 2.00pm
15/9/24	City Bay Fun Run				
	SAMA Weekend Away				

## Notes:

Relays are handicapped teams of 3. Scratch starts. Planned as a normal relay – 3 x 2km touch handover.

With several days having multiple distances on the same start time either a distance or walkers could be separated by a minute to avoid congestion.



# CLUB UNIFORMS



**Sports Centre is our new official uniform supplier.**

You can view the range and order through their **on-line portal** which is located at <https://www.samastersathletics.org.au/uniforms/>



## MEMBERS BENEFITS



### Fitness on the Park

(Anne Lang SAMA member)

64 MacKinnon Parade,  
North Adelaide 5006.  
[www.fitnessonthepark.com.au](http://www.fitnessonthepark.com.au)

**Joining fee valued at \$100 waived on gym membership of 3, 6 or 12 months**



### Sportspower Glenelg

Shop 2, 128 Jetty Road, Glenelg, SA 5045  
P. 8295 1714  
[www.zorichgroup.com.au](http://www.zorichgroup.com.au)

**10% off store wide, excludes all sale items.**

### Exurbia

**Formerly Scout Outdoor Centre**

134a The Parade, Norwood, SA, 5067.  
P. 08 8223 5544  
[exurbia.com.au](http://exurbia.com.au)

Outdoor clothing, equipment and accessories.

**10% discount on all purchases for SAMA members.**

Mention SAMA and quote discount code ZMA.



### Matt Lovell (SAMA member)

[athletictrack\\_and\\_field@adam.com.au](mailto:athletictrack_and_field@adam.com.au)

**10% discount on athletics equipment**

## CONTACTS



If you break a Club record, contact Ros Lowe at [ros.lowe@icloud.com](mailto:ros.lowe@icloud.com)

If you change your address, phone no. or email, contact David Bates at [registrar@samastersathletics.org.au](mailto:registrar@samastersathletics.org.au)

Please send articles, images and results to be included in the newsletter to the editor at [ann.jefferies@adam.com.au](mailto:ann.jefferies@adam.com.au)



South Australian  
**Masters Athletics**